

Mercola Market Continues Weekly Events into the Spring



An event for everyone, add these to your calendar for your next family outing or date night

CAPE CORAL, Fla. (March 17, 2022) – Nearly a year after opening its doors and hosting a number of seasonal events, Mercola Market continues to offer a variety of happenings through the spring for the community to enjoy.

“A part of our mission here, aside from offering quality health and wellness products for everyone in the family, including your pets, is to be a hub in the middle of Cape Coral for the public to gather and appreciate the company of others, meet new people, create traditions and more,” says Patrick Rossi, Campus Operations Manager at Mercola Market.

The Market & Café hosts a series of weekly and monthly events throughout the year, including yoga, trivia and food truck nights, seasonal festivals and weekly farmer’s markets. Southwest Florida residents can look forward to the following events scheduled through the season:

- **Nautical Market**
Saturday, March 26 | 8 a.m. to 3 p.m.
Special event featuring nautical-themed gifts and art, boat vendors and three fishing seminars
- **Mid-Cape Farmer’s Market**
Sundays | 10 a.m. to 2 p.m.
Events will take place, weather permitting
- **Yoga with Lisa Hall**
Tuesdays | 10 to 11 a.m.
Thursdays | 10 to 11 a.m.
Fridays | 5:30 to 6:30 p.m.
\$10 per person
- **Monthly Trivia Night**
First Wednesday of the month | 6:30 to 8:30 p.m.
Free to attend, great prizes for winning teams
- **Food Truck Fridays**
First and third Fridays of the month | 4 to 8 p.m.
Dates are subject to change based on availability
- **Paint & Sip**
Second Wednesday of the month | 6 to 8 p.m.
\$30 to attend and includes a glass of wine



Mercola Market also offers a 4,000 square-foot room available for the public to rent for special occasions or business meetings. This newly renovated space currently hosts weekly meetings every Thursday morning for Business Network International (BNI). It features audio and visuals capabilities as well as catering options. If interested in renting for a future event, please contact Patrick Rossi at 239-599-9400.

The Mercola Market & Café of Cape Coral features natural health products for your health, home, pantry and pet. Its Café is the only one in Cape Coral that offers biodynamic coffee and espresso beverages, along with hot and iced teas, beer and wine, a variety of gluten-free and vegan baked goods and snacks from local vendors and its very own selection of healthy wraps, breakfast sandwiches, avocado toast and newly added Black Bean Burger. It is open Tuesday through Friday from 7 a.m. to 7 p.m., Saturday from 9 a.m. to 7 p.m., and Sunday from 9 a.m. to 5 p.m. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.