

Mercola Market & Solspring Café Announce New Summer Hours



Mark your calendars for upcoming summer events now through the fall season

CAPE CORAL, Fla. (May 21, 2024) – A community hub known for hosting a variety of events for Southwest Florida residents, Mercola Market of Cape Coral and Solspring Café are adjusting their hours for the summer. From now through October, the natural health store and café will be open Monday through Thursday from 7 a.m. to 6 p.m., Friday and Saturday from 9 a.m. to 6 p.m., and closed on Sundays. Both shops will also be closed on Memorial Day.

The Mercola Market & Solspring Café, located at 125 SW 3rd Place, hosts a series of family-friendly events throughout the year, including monthly trivia, seasonal festivals, and paint and sip evenings that are perfect for date night. Some of the upcoming ones include:

- **End of School Bash**
Saturday, May 25 | 9 a.m. to 2 p.m.
Celebrate summer with this free event that will offer bounce houses, food trucks, vendors and more.
- **Paint & Sip – Summer Themed**
Wednesday, June 12 | 6 to 8 p.m.
Hosted on the second Wednesday of every month, this event is \$30 to attend and includes a glass of wine along with a beach and turtles portrait for you to create.
- **Marvel Trivia Night**
Saturday, June 15 | 4 to 6 p.m.
Celebrate Father's Day in style with the ultimate treat for Marvel-loving dads. This monthly event is free to play, featuring special beverages, a costume contest and exciting prizes.
- **Meet the Local Candidates**
Thursday, June 20 | 5:30 to 7:30 p.m.
Join us for a meet-and-greet event with 92.5 FOX News Radio to connect with local candidates running for office.
- **Annual Roast the Competition**
Saturday, July 13 | 1:30 p.m. to 6 p.m.
Typically a monthly event, this special competition will be bigger than ever with extended hours and more space to roast your friends, family and others in a Super Smash Bros. Charity Video Game Tournament. It's free to enter, and all donations go to St. Jude Children's Hospital.
- **Mobile Blood Drive**
Tuesday, July 16 | 11 a.m. to 5 p.m.
This feel-good event is hosted quarterly, and walk-ups are welcome.
- **Pirates of the Caribbean Trivia**
Saturday, July 20 | 4 to 6 p.m.
Another fan-favorite trivia event that's free to play with a chance of winning prizes.
- **Running Scared 5K**
Saturday, Oct. 5 | 5 p.m., Race starts at 6 p.m.
Organized by Lee County Law Enforcement, this Halloween-themed event is perfect for the whole family to get out and support a good cause.

Mercola Market also offers a 4,000-square-foot room available for the public to rent for special occasions or business meetings. It features audio and visuals capabilities as well as catering options. If interested in renting for a future event, please contact Mercola Market at 239-599-9400 or mercolamarketcc.com/banquet-room.aspx. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.

The Mercola Market of Cape Coral is a natural health retail store located in the center of the city at 125 SW 3rd Place. It exclusively offers Dr. Mercola® supplements and other premium products for your health, home, pantry and pet. Its Solspring Café offers one-of-a-kind biodynamic beverages, fit for the morning and evening, and healthy food options for breakfast or lunch. The main campus serves as a hub for the community, hosting family-friendly events throughout the year. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.