

Natural Healing Express Weekly

Column 284 Café and Lounge Grand Opening TODAY

For those of you who missed last week's article, we talked a bit about our Grand Opening. Well, TODAY is the DAY. Unless you are reading this on Tuesday, then it's Tomorrow! We will begin celebrating the Grand Opening for the Silver Fox Broth and Tea Company along with our Vitamin M Lounge (Kelly's) on Wednesday, April 26th. Hours are 630am to 700pm.

And, you are invited! Please come out anytime during the day and help us celebrate. We will be giving away prizes and free samples all day. The Silver Fox will open at 630am and stay open until 7:00pm on this special day. And, finally, for those of you who have been diligently waiting – there will be menus that you can TAKE HOME... (Provided God continues to bless us and the Post Office still likes us enough to drop off that big ole box we are waiting for!)

Breakfast include: Blueberry/Cinnamon French Toast Muffin with Greek Yogurt, Turkey Egg Bowl, Breakfast Frittata, Cheesy Potato Breakfast Wrap, Fruit Bruschetta and many others. If you are in a hurry, you can call or text 815 990 8732 and have your order delivered curbside.

Lunch will feature the Wednesday Special – Broth Infused Baked Potato Bar with all the fixings. The Wednesday Special Soup will be Turkey Chili. And I am hearing rumors that the most popular Chicken Noodle Soup will also be on hand! Always available are side salads, chef salads, tuna salad, chicken salad and made to order wraps such as the Strawberry Chicken Spinach Wrap.

There will be samples available all day and into the evening that include many of the amazing protein balls, teas, protein drinks, soups, wraps and bone broth. Just ask for what you LIKE!

Also opening at the time is the Vitamin M Lounge (Kelly's). The Vitamin M Lounge is designed to be a Nashville Style listening room featuring acoustical acts showcasing original music. The M in Vitamin M stands for Music. This is based on our strong belief that music heals the soul, and like a vitamin, it should be consumed daily.

The "listening portion" of our concept is to allow a small setting so the musician's word can actually be heard, so everything is acoustic.

The Vitamin M Lounge (Kelly's) will open at 4:00pm on April 26 and feature pianist Deziray Haight beginning around 4:30pm Dezi will entertain us until 6:30pm. A short break will entail and then Nashville Recording Artist Corey Cox will take over. Corey will feature many of his self-written or co-written songs with an acoustic show.

Please join us anytime during our Grand Opening!!!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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