

NEWS RELEASE
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FOR IMMEDIATE RELEASE:

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Ribbon Cutting at Lakeside Nutrition (426 Avon Belden Rd.) on Saturday, September 21, at 9:30am

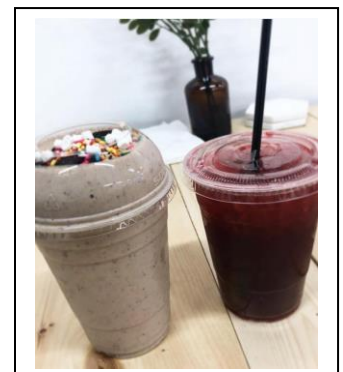
Avon Lake, Ohio: On Saturday, September 21, at 9:30am, there will be a ribbon cutting ceremony at Lakeside Nutrition at 426 Avon Belden Road in Avon Lake. This is timed to take place just before the beginning of Big Trucks, a popular family event across the street at the Safety Center on the same day.

Lakeside Nutrition is the newest business in Towne Center, which now supports ten businesses despite the lack of an anchor tenant in the former Tops grocery store space. Lakeside Nutrition is a shop that sells protein shakes, meal replacement shakes, and teas that boost metabolism. It is owned by Julian Lee and Dartanian Dalziell.

“We serve tasty healthier alternatives, meal replacement shakes and energizing teas, but at the same time we’re not just a shake bar,” says Lee. “Lakeside Nutrition is a place where you can stop in for quick healthy meal on the go, and at the same time somewhere customers can relax and stay for as long as they’d like. We enjoy interacting with customers and creating a sense of community, it’s not exclusively for fitness.” Indeed, the shop offers a comfortable atmosphere for those who want somewhere to work or relax for a few hours. Lakeside Nutrition has free WiFi. They also have board games, and a Nintendo Switch hooked up to a large screen so customers can play. They coordinate a work-out buddy list, group dog walks, fitness challenges and much more.

The most popular choice on the Lakeside Nutrition menu is a combo featuring a healthy meal replacement shake along with an energizing tea. There is a wide range of flavors for both. Some top flavors for shakes are fried ice cream, birthday cake, and raspberry cheesecake. And for the teas, Skittles and Jolly Ranchers are popular flavors.

Avon Lake’s Towne Center was a strategic choice. “I don’t think I could have asked for a better location for Lakeside Nutrition,” says Lee. “Our spot is in between two gyms, within a mile of the high school, and only 5 minutes from the Avon Planet Fitness.” And the City of Avon Lake could not have asked for a better business for this spot. “Lakeside Nutrition brings something completely new to Avon Lake,” says Ted Esborn, the City’s Economic Development Director. “I hope that people give their shakes and teas a try—I think they may find them to be great additions to a fitness routine or just something fast and easy to get you through the day.”



*A shake and tea from
Lakeside Nutrition*