

# H HEALTH IN HAND



## HEALTH IN HAND

SPARTANBURG'S GO-TO WELLNESS CAFE

At Health in Hand, we have one goal in mind—crafting the perfect recipes that will boost your wellness and elevate your nutrition in the best way possible. With our fresh flavors and natural ingredients, all that's left to do is choose the daily blend that will turn your day around and give you the glow you deserve. Meet your daily ritual—stay fresh, stay hydrated.



100% WASTE  
FREE



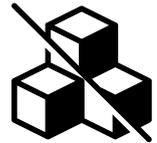
VEGAN  
MENU



MOSTLY  
ORGANIC



WOMAN  
OWNED



NO ADDED  
SUGARS

DOWNTOWN SPARTANBURG  
TYGER RIVER

WWW.HEALTHINHANDSC.COM  
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## ANNOUNCEMENT

After seven years of success in downtown Spartanburg, Emily Vargo has decided to bring her concept to the Tyger River area of Moore/Duncan. "Downtown has been so good to us, and I'm excited to bring our business to this area. I see exciting potential in the Tyger River community and am looking forward to being a part of the growth". The menu will be the same at both locations, although Tyger River will have longer hours of operation and plans to be open on Sundays. The new restaurant will be almost three times the size of the location in downtown, and will have an outdoor space for hosting wellness related events. The Tyger River location evolved from a need for more kitchen space and a desire to increase current menu offerings. The wellness cafe will showcase clean and pure design elements that support the freshest of products. Local designer Sandra Cannon will be designing the new location.



## HIGHLIGHTS

wellness shots | juice cleanses | vegan food  
mostly organic | raw smoothies |  
acai bowls | wellness events | all day items  
locally owned & operated | est 2015

## TESTIMONIALS

"The Acai bowls are fresh, tasty, and quick. Happy I found an acai place in Spartanburg!" -  
Courtney Potvin

"Delicious, wholesome options...Great cold pressed juice selection as well as smoothies and  
wraps" - Britni Davison

"...Juices and wellness shots are all fresh. Staff is knowledgeable and willing to answer any  
questions you may have." - Abby Gilmore

TASTE TRUE WELLNESS