

JULY

HEALTH & WELLNESS EVENTS

NO COOKING REQUIRED

140 Continental Blvd., Danville



Healthy^{weis}Bites™

EAT BETTER. SPEND LESS.
THAT'S **weis**

July is the perfect time to shift your family's meals to easy recipes that require minimal to no cooking! Visit Emily for recipe ideas, nutrition tips, and free events.

IN-STORE EVENTS:

FESTIVE WATERMELON PARFAITS

Tuesday, July 3rd, 11am

Join Emily in the produce department to sample a festive red, white and blue fruit parfait. This recipe is easy and will please both adults and kids alike!

REGISTRATION REQUIRED EVENTS:

PLANT-POWERED EATING STORE TOUR

Saturday, July 7th, 9am

Join Emily to walk aisle-by-aisle and learn about the health benefits of a plant-based diet approach.

Registration is required for this event. Register at erenninger@weismarkets.com or call 570-275-8646.

