

JUNE

HEALTH & WELLNESS EVENTS

SUMMER EATS

140 Continental Blvd, Danville



Healthy ^{weis} Bites™

Summer is finally here! This month, welcome the official start of summer with Weis Dietitian, Emily, featuring health tips and recipes from The American Dairy Association!



IN-STORE EVENTS

GREEK YOGURT DIPS

Friday, June 1st, 1pm

Try substituting plain Greek yogurt for traditional sour cream in your family's favorite dip for a higher protein, probiotic-rich snack!

KIDS DIY YOGURT BAR*

Monday, June 11th, 3:30pm

Calling all kiddos ages 4-12! Join Emily in the café for a fun game of MyPlate bingo and then create your own yogurt parfait!

***Registration is required for this event. Register via email at erenninger@weismarkets.com or online at www.eventbrite.com**

OSTEOPOROSIS AWARENESS EVENT

Monday, June 18th, 10-12pm

Join Geisinger's health and wellness team along with Weis Dietitian, Emily, to learn about osteoporosis, the importance of bone health, risk factors and prevention. Bone density screenings will be offered for both men and women ages 18 and older. The portable device uses ultrasound wave on your forearm, making the test fast, easy and completely painless. Although this screening is not diagnostic, it is a very useful awareness tool. Space is limited. All screenings are walk-in.