

# JUNE

## HEALTH & WELLNESS EVENTS

### SUMMER EATS

5020 Route 873, Schnecksville



Contact Andrea today by calling 610-821-1072  
or email [abarnes@weismarkets.com](mailto:abarnes@weismarkets.com).

**weis**  
**Healthy Bites**<sup>™</sup>

This month, welcome the official start of summer with Weis Dietitian Andrea, featuring health tips and recipes from the American Dairy Association.



## FREE CLASSES AND WORKSHOPS

### WELLNESS WEDNESDAY: BONE HEALTH

Wednesday, June 6th 3-5pm

Consuming three daily servings of low-fat dairy is an easy way to get a powerful punch of nutrients to help build stronger bones and reduce the risk of osteoporosis. Stop by the Pharmacy for some tips on the best ways to get the recommended servings of nutrient-rich dairy into your diet. Enjoy a sample of Weis Quality Cheeses and *a chance to win a \$10 Weis coupon!*

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### HYDRATION TRANSLATION STORE TOUR\*

Monday, June 4th 5pm

Join Andrea for a tour through the beverage aisles to learn some must-know tips for staying hydrated this summer. The tour will cover pros and cons, and frequently-asked-questions of common beverages. We'll end the tour with a fresh taste-of-summer drink recipe.

**\*Registration required.**

**Please register online at <https://www.eventbrite.com/>**

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## FREE COMMUNITY EVENTS

### SUMMER GRILLING COOKING DEMO WITH CAPITAL BLUE CROSS\*

Tuesday June 26th 5:30pm

Get ready for grilling season! Join Capital Blue Cross and Weis Markets for a cooking demo on better-for-you summertime eats.

*Class will be held at the Capital Blue Store,  
2845 Center Valley Pkwy, Center Valley*

**\*Registration required.**

**Please register online at <https://www.eventbrite.com/>**

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Look for recipe and product samplings  
for fresh summer eats throughout June.

Apricot Ricotta Breakfast Sundae, Kale Superfood Salad,  
Muuna Cottage Cheese, Weis Quality Cheeses