

# DECEMBER

## HEALTH & WELLNESS EVENTS

**HOLIDAY ENTERTAINING WITH EASE**

7927 Bel Air Rd., Nottingham



Healthy<sup>weis</sup>Bites™



The holidays can be a stressful time of year. But have no fear, your Weis Dietitian is here! This holiday season, Taylor wants to help you celebrate and make memories with healthier holiday recipes. Join Taylor at one of her tasting events or register for a workshop to learn more!

## TASTING EVENTS

Stop by one of the tasting events below for some festive appetizer inspiration!

### *Garlic & Feta Cheese Ball*

Saturday, December 1st 11am-2pm

### *5 Ingredient Cheese Board*

Tuesday, December 18th 11am-2pm



## FREE EVENTS

### HEALTHIER HOLIDAYS WORKSHOP

Wednesday, December 12th 2:30pm

Tuesday, December 18th 6pm

Join Taylor for this workshop to learn about ways to lighten up your holiday meals. Recipes and samples will be provided!

**\*\*Space is limited. Please register by calling 410-661-0123 or email [TBSimpson@weismarkets.com](mailto:TBSimpson@weismarkets.com).**