

DECEMBER

HEALTH & WELLNESS EVENTS

HOLIDAY ENTERTAINING WITH EASE

200 W. Ridge Pike, Conshohocken



Healthy ^{weis} Bites™



Holiday season is in full swing! Join Robin to learn more about crowd-pleasing entertaining ideas and how to enjoy the holidays without sacrificing your health.

FREE CLASSES AND WORKSHOPS

HEALTHY HOLIDAY WORKSHOP

Feeling stressed this time of the year? Join Robin for this informative workshop where you'll learn about mindful eating and living this holiday season.

Tuesday, December 13th 5:30pm

Tuesday, December 20th 6pm

***Registration required. Please register by calling 215-357-4095 or email rklein@weismarkets.com**