

# DECEMBER

## HEALTH & WELLNESS EVENTS

**HOLIDAY ENTERTAINING WITH EASE**

2100 E. County Line Rd, Huntingdon Valley



Healthy<sup>weis</sup>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

Wednesday, December 12th 5:30pm

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.

**\*Registration required. Please register by calling 215-357-4095 or email [rklein@weismarkets.com](mailto:rklein@weismarkets.com)**

### HEALTHY HOLIDAYS COOKING DEMO

Wednesday, December 19th 5:30-6:30pm

Join Robin for a cooking demo where you'll learn delicious holiday recipes and celebrate the joyous season!

**\*Registration required. Please register by calling 215-357-4095 or email [rklein@weismarkets.com](mailto:rklein@weismarkets.com)**