

JUNE

HEALTH & WELLNESS EVENTS

SUMMER EATS

2100 E. County Line Rd, Huntingdon Valley



Healthy ^{weis} Bites™

EAT BETTER, SPEND LESS.

THAT'S **weis**

June welcomes the official start of summer that includes picnics, travel, and a jam-packed calendar. Join Weis Dietitian Robin to learn more about easy-to-prepare meal and snack ideas to accommodate your busy schedule.

FREE CLASSES AND WORKSHOPS

SUMMER EATS CART SMART TOUR *

Tuesday, June 12th 1pm

If you're looking for some new meal and snack ideas for the summer, join Robin on this informative Cart Smart Tour where you'll learn about easy and refreshing recipes.

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

WELLNESS WEDNESDAY AT THE PHARMACY

Wednesday, June 13th 12-2pm

What do you know about Calcium and bone health? Join Robin at the Pharmacy to learn about calcium-rich foods and how to keep your bones healthy and strong.

Each participant can enter for a chance to win a \$10 Weis coupon!

SUMMER EATS COOKING DEMO

Wednesday, June 13th 5:30-6:30pm

Need some fresh meal and snack ideas for the summer? Join Robin for a Summer Eats Cooking Demo where she'll do the prepping and you'll get to taste some delicious seasonal foods!

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