

DECEMBER

HEALTH & WELLNESS EVENTS

HOLIDAY ENTERTAINING WITH EASE

1201 Dutchman's Creek Dr., Brunswick



Healthy^{weis}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 in the Tasting Kitchen or register for a workshop to learn more!

TASTING EVENTS

Stop by the tasting kitchen on the dates and times below for some festive appetizer inspiration!

Garlic & Feta Cheese Ball

Monday, December 3rd 3:30-6:30pm

5 Ingredient Cheese Board

Thursday, December 6th 3:30pm-6:30pm

Sunday, December 9th 11am-2pm

Monday, December 10th 3pm-6pm



Zesty Layered Hummus Dip

Thursday, December 13th 3:30pm-6:30pm

Monday, December 17th 11am-2pm

Festive Cranberry Guacamole

Thursday, December 20th 3:30pm-6:30pm

FREE EVENTS

HEALTHIER HOLIDAYS WORKSHOP

Sunday, December 9th 2:30pm

Monday, December 10th 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 301-834-4810 or email TBSimpson@weismarkets.com.**