

# DECEMBER

## HEALTH & WELLNESS EVENTS

**HOLIDAY ENTERTAINING WITH EASE**

6901 Westbranch Hwy, Lewisburg



Healthy<sup>weis</sup>Bites™



## IN-STORE EVENTS:

### **BRUSSELS SPROUTS SLAW**

**Thursday, December 6th, 3PM-5PM**

Brussels sprouts are known to pack a nutritional punch as part of the cruciferous veggie family. Shake up your ordinary slaw recipe with this flavorful Brussels Sprouts and Radicchio Salad.

### **HEALTHY HOLIDAYS WORKSHOP\***

**Tuesday, December 11th, 6pm**

Rich, calorie-dense foods tend to creep onto our plates during the holidays. Join us for a free nutrition workshop where you'll learn the basics of holiday plate reconstruction that help to trim saturated fat and calories without sacrificing flavor!

**Registration is Required.**

### **FESTIVE GARLIC & HERB CHEESE BALL**

**Thursday, December 20th, 3-5PM**

This recipe is fast, easy and sure to be the hit of your holiday party!

---

**\*Registering for an event? Connect with Emily:**

**Email: [erenninger@weismarkets.com](mailto:erenninger@weismarkets.com)**

**Phone: 570-912-2870**

**Online Registration: [www.emilycrawfordrdn.eventbrite.com](http://www.emilycrawfordrdn.eventbrite.com)**

**Emily also offers FREE services by appointment such as consultations, personalized shopping, and tailored nutrition guidance. Visit her office located near the pharmacy for more information!**