

JULY

HEALTH & WELLNESS EVENTS

NO COOKING REQUIRED

6901 Westbranch Hwy, Lewisburg



Healthy^{weis}Bites™

EAT BETTER. SPEND LESS.
THAT'S **weis**

July is the perfect time to shift your family's meals to easy recipes that require minimal to no cooking! Visit Emily for recipe ideas, nutrition tips, and free events.

IN-STORE EVENTS:

BLUEBERRY ALMOND CHICKEN SALAD LETTUCE WRAPS

Friday, July 6th, 1pm

Join Emily to sample a healthy and unique twist on traditional chicken salad with fresh blueberries and crunchy almonds.

REGISTRATION REQUIRED EVENTS:

PLANT-POWERED EATING STORE TOUR

Wednesday, July 25th, 11am

Join Emily to walk aisle-by-aisle and learn about the benefits of a plant-based diet approach.

Registration is required for this event. Register at erenninger@weismarkets.com or call 570-275-8646.

