

# JUNE

## HEALTH & WELLNESS EVENTS

### SUMMER EATS

6901 Westbranch Hwy, Lewisburg



Healthy <sup>weis</sup> Bites™

Summer is finally here! This month, welcome the official start of summer with Weis Dietitian, Emily, featuring health tips and recipes from The American Dairy Association!



## IN-STORE EVENTS

### **GREEK YOGURT DIPS**

**Saturday, June 2nd, 12pm**

Try substituting plain Greek yogurt for traditional sour cream in your family's favorite dip for a higher protein, probiotic-rich snack!

### **KIDS DIY YOGURT BAR\***

**Tuesday, June 19th, 1pm**

Calling all kiddos ages 4-12! Join Emily in the café for a fun game of MyPlate bingo and then create your own yogurt parfait!

**\* Registration is required for this event. Register via email at [erenninger@weismarkets.com](mailto:erenninger@weismarkets.com) or online at [www.eventbrite.com](http://www.eventbrite.com)**

## FREE COMMUNITY EVENTS

### **INDEPENDENCE DAY BLOCK PARTY**

**Saturday, June 30th, 3pm**

Join us in the parking lot for family fun, food, and games! Visit Emily to sample a festive red, white and blue treat.