

JUNE

HEALTH & WELLNESS EVENTS

SUMMER EATS

6901 Westbranch Hwy, Lewisburg



Healthy ^{weis} 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 or online at 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.