

APRIL

HEALTH & WELLNESS EVENTS

SPRING CLEAN YOUR EATING

5020 Route 873, Schnecksville



Healthy^{weis}Bites™

Welcome spring with a fresh new take on healthful foods. Join Weis Dietitian Andrea for tips and tricks on how to spring clean your eating habits.

TASTING EVENTS

**NEW! French-Style Oui™
by Yoplait® Yogurt**



Thursday, April 12th 10am-12pm

**Springtime Sweets
featuring McCormick®**



Thursday, April 19th 2-4pm

Flatout® Wrap Pinwheels



Monday, April 23rd 12-2pm

PICK UP OUR LATEST EDITION OF HEALTHYBITES MAGAZINE!

Located at the main entrance kiosk, customer service or pharmacy counter, or view it online.



www.healthybites.weismarkets.com

FREE COMMUNITY EVENTS

HEALTHY KIDS DAY AT THE YMCA

Saturday, April 21st 11am-1pm

Allentown YMCA

HEALTHY AGING EXPO

Thursday, April 26th 10am-1pm

Sacred Heart Senior Living by the Creek, Saucon Valley

FREE CLASSES AND WORKSHOPS

KIDS SUPERFOOD SCAVENGER HUNT*

Sunday, April 15th 10am

Have some picky eaters at home? Bring your kids out for a super fun, superfood scavenger hunt around the store with Weis Dietitian Andrea. We'll taste test what we find and learn how these unique foods can keep us healthy.

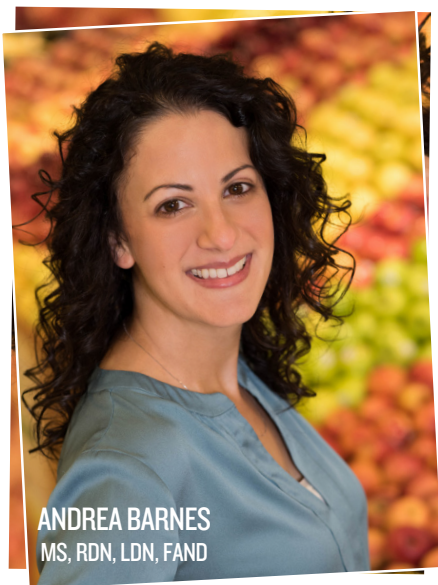
***Please register by calling 610-821-1072 or email abarnes@weismarkets.com.**

SPICE IT UP WORKSHOP*

Monday, April 23rd 5:30pm

Give your weekly meals personality by exploring new flavors with McCormick®. Join Andrea for a discussion on the use of both common and unique spices and how to incorporate them into recipes. Samples included!

***Please register by calling 610-821-1072 or email abarnes@weismarkets.com.**



ANDREA BARNES
MS, RDN, LDN, FAND

NEW: SHOP WITH A WEIS DIETITIAN

As part of this **FREE** and personalized service, Andrea will accompany you on your shopping trip to provide tips for making better food choices, meal planning and more.

You will also receive a healthy eating toolkit, **PLUS** savings on your grocery order. **Registration is required.**

Andrea's other FREE services include:

- One-on-one nutrition consultations
- Group store tours (diabetes, heart health, etc.)
- Cooking demos
- Kids cooking classes and workshops
- Community events
- Nutrition presentations
- and more!

Contact Andrea today by calling 610-821-1072
or email abarnes@weismarkets.com.