



ANDREA BARNES
MS, RDN, LDN, FAND

Are you interested in a custom health and wellness event or free nutrition consultation?

Contact Andrea today to learn more about her free services that include:

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

Contact Andrea at 610-821-1072 or email abarnes@weismarkets.com for more information or to set up an appointment.

FEBRUARY HEALTH & WELLNESS EVENTS

LOVE YOUR HEART

5020 Route 873, Schnecksville



Healthy^{weis}**Bites™**

February is American Heart Month. Heart Disease is the number 1 cause of death in the US. Increasing key nutrients like omega-3s, soluble fiber, and potassium can help to reduce your risk. Visit Andrea for tips, tricks and recipe inspiration for a healthy heart!

TASTING EVENTS

*Avocado
Walnut Brownies*

Monday, February 5th 12-2pm



*Chunky Monkey
Overnight Oats*

Monday, February 12th 11-1pm



*Avocado
Cauliflower Rice*

Monday, February 19th 2-4pm



Pick up the January-February issue of HealthyBites Magazine!



FREE CLASSES AND WORKSHOPS

KIDS BE-MY-VALENTINE CRAFT*

Monday, February 5th 5:30pm

Calling all kids! Join Andrea in the café area for a fun Valentine's Day Craft, while learning about healthy food for our hearts. Ideal for children ages 4-12. Kids must be accompanied by an adult.

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

WEIS WELLNESS DAY AT THE PHARMACY

Monday, February 19th 11am-1pm

Stop by the Pharmacy for an evaluation of your BMI and percent body fat, and receive tips on protecting your heart.

HEALTHY HEART STORE TOUR*

Monday, February 26th 5:30-6:30pm

Join Andrea for a tour of your Schnecksville Weis and learn what foods to incorporate into your daily meal plans to naturally promote healthy cholesterol and blood pressure levels and lower your risk for heart disease and stroke. *Please register by calling 610-821-1072 or email abarnes@weismarkets.com