



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

7801 Glenlivet Drive W., Fogelsville



weis Healthy Bites™

February is American Heart Month. Heart Disease is the number one 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*



Wednesday, February 7th 12-2pm

*Chunky Monkey
Overnight Oats*



Wednesday, February 14th 3-5pm

*Avocado
Cauliflower Rice*



Wednesday, February 21st 2-4pm

PAIRING EVENT

Love Your Heart with Red Wine

Friday, February 16th 4-7pm

Red wine contains key antioxidants known as polyphenols which have heart-health benefits. Sample a variety of Tolino Vineyard wines with an easy appetizer pairing of Chocolate Walnut Dessert Hummus.

Sponsored by: California Walnuts

Must be 21 to sample.

FREE CLASSES AND WORKSHOPS

KIDS BE-MY-VALENTINE CRAFT*

Wednesday, February 7th 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

Wednesday, February 21st 11am-1pm

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

LOVE YOUR HEART NUTRITION AND YOGA WORKSHOP*

Saturday, February 24th 12pm

Join Weis Dietitian, Andrea, and Karen from Five Paths Yoga for a nutrition workshop and relaxing family yoga session to benefit your heart. Enjoy a pre- and post-session snack. Ages 3 and older. Please bring a yoga mat, or wear sneakers. Space is limited and registration is required. *Please register by calling 610-821-1072 or email abarnes@weismarkets.com

HEALTHY HEART STORE TOUR*

Wednesday, February 28th 5:30-6:30pm

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