

APRIL

HEALTH & WELLNESS EVENTS

SPRING CLEAN YOUR EATING

365 S. Cedar Crest Blvd., Allentown



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

Flatout® Wrap Pinwheels
Tuesday, April 3rd 3-5pm



**NEW! French-Style Oui™
by Yoplait® Yogurt**
Monday, April 9th 10am-12pm



**Springtime Sweets featuring
McCormick®**
Tuesday, April 17th 2-4pm



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

WELLNESS WEDNESDAY AT THE PHARMACY: NOURISH YOUR GUT

Wednesday, April 4th 3-5pm

Join Andrea and at the pharmacy to learn more about what foods are best for gut health and tips on restoring the digestive system. Samples provided!

Each participant can enter for a chance to win a \$10 Weis coupon!

SPICE IT UP WORKSHOP*

Tuesday, April 24th 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.

COOKING FOR 1 OR 2 STORE TOUR*

Monday, April 30th 1pm

It can be tricky to cook for just 1 or 2, especially when recipes make 4 to 6 servings. Walk the aisles with Andrea to learn about healthful meal planning and grocery shopping strategies for smaller portions.

***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.