



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

365 S. Cedar Crest Blvd., Allentown



weis Healthy 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*



Tuesday, February 6th 12-2pm

*Chunky Monkey
Overnight Oats*



Tuesday, February 13th 2-4pm

*Avocado
Cauliflower Rice*



Tuesday, February 20th 2-4pm

PAIRING EVENT

Gear up for Game Day!

Friday, February 2nd 4-7pm

Gear up for the big game by joining Weis Dietitian, Andrea, and Shangy's for a unique spin on game-day appetizers and beer sampling.

FREE CLASSES AND WORKSHOPS

KIDS BE-MY-VALENTINE CRAFT*

Saturday, February 10th 11am

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

FREE NUTRITION CONSULTATIONS

Tuesday, February 13th 9am-12pm

Stop in for a FREE 15-minute personalized nutrition consultation with Andrea to discuss your health and wellness questions.

WEIS WELLNESS DAY AT THE PHARMACY

Tuesday, February 20th 11am-1pm

Love your heart. Stop by the Pharmacy for an evaluation of your BMI and percent body fat, and receive tips on general heart-health, and prevention.

HEALTHY HEART STORE TOUR*

Tuesday, February 27th 5:30-6:30pm

Join Andrea for a tour of your Dorneyville Weis, and learn strategies on cooking and shopping to create a heart-healthy lifestyle at home.

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