

MEET YOUR WEIS DIETITIAN



ROBIN KLEIN
RDN, CSP, LDN, CHWC

SHOP WITH A WEIS DIETITIAN

Robin offers FREE services by appointment such as consultations, personalized shopping, and tailored nutrition guidance.

Her free in-store health and wellness services include:

- Aisle-by-aisle educational tours
- Nutrition consultations by appointment
- Cooking demos and recipe tastings
- Personalized shopping assistance
- Interactive healthy eating events for kids
- Community and custom event appearances

Email Robin at rklein@weismarkets.com
or call 215-357-4095

weis
Dietitian
FOOD & NUTRITION EXPERT

HEALTH & WELLNESS EVENTS

JANUARY / FEBRUARY



200 W. Ridge Pike,
Conshohocken

BE A BETTER YOU: FOCUS ON FIBER

Fiber is an important part of a nutritious and energizing eating pattern, but many of us don't get enough. Join your Weis Dietitian, Robin, to learn more about fiber's role and ways to include fiber-rich foods into every day meals and snacks.

JANUARY: FREE CLASSES AND WORKSHOPS

MINDFUL EATING WORKSHOP

Thursday, January 17th 5pm

Do you want to learn more about mindful eating and how to incorporate it into your lifestyle? Join Robin for this informative workshop to learn the benefits of mindful eating and how to start practicing it on a regular basis.

***REGISTRATION REQUIRED.** Please register by calling 215-357-4095 or email rklein@weismarkets.com

RIPE NOW WORKSHOP:

Tuesday, January 29th 6pm

Learn about seasonal fruits and vegetables including easy, delicious, and creative tips for every day meals and snacks.

***REGISTRATION REQUIRED.** Please register by calling 215-357-4095 or email rklein@weismarkets.co

FEBRUARY: IN-STORE EVENTS

LOVE YOUR HEART WORKSHOP:

Tuesday, February 12th 4pm

February is American Heart Month which is the perfect time to make lifestyle changes that are supportive of a healthy heart. Join Robin for this workshop where you'll learn all about heart health as well as easy recipes and tips to be a better you.

***REGISTRATION REQUIRED.** Please register by calling 215-357-4095 or email rklein@weismarkets.com

HEART HEALTH STORE TOUR

Thursday, February 28th 6pm

Walk the aisles with Robin to learn all about foods to promote a healthful heart.

***REGISTRATION REQUIRED.** Please register by calling 215-357-4095 or email rklein@weismarkets.com

EVENTS SPONSORED BY:

