

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



2100 E. County Line Rd,
Huntingdon Valley

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

RIPE NOW WORKSHOP:

Monday, January 7th 5pm

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.com

FOCUS ON FIBER COOKING DEMO

Wednesday, January 23rd 5:30-6:30pm

Join Robin for a cooking demo where you'll learn delicious recipes featuring fiber rich foods.

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

FEBRUARY: FREE CLASSES AND WORKSHOPS

LOVE YOUR HEART WORKSHOP:

Wednesday, February 13th 5:30pm

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

HEALTHY HEART COOKING DEMO

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

Join Robin for a cooking demo where you'll learn delicious recipes featuring foods to nourish your heart.

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

EVENTS SPONSORED BY:

