

MEET YOUR WEIS DIETITIAN



Lyndi is your new local Lehigh Valley in-store dietitian. She's here to help you and your family make nutritious food choices for a healthier lifestyle.

Her free in-store health and wellness services include:

- Aisle-by-aisle educational Cart Smart™ 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 Lyndi at lwieand@weismarkets.com
or call 610-821-1072

weis
Dietitian
FOOD & NUTRITION EXPERT

HEALTH & WELLNESS EVENTS

JANUARY / FEBRUARY



7801 Glenlivet Drive West,
Fogelsville

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, Lyndi, to learn more about fiber's role and ways to include fiber-rich foods into every day meals and snacks.

TASTING EVENTS

Look for tastings featuring sponsors:



JANUARY: IN-STORE EVENTS

WELLNESS WEDNESDAY

Wednesday, January 2nd 1-3pm

Stop by the Pharmacy for a free blood pressure and blood glucose screening as well as nutrition education on how to make healthier food choices this year.

REGISTRATION REQUIRED EVENTS

WHOLE GRAINS WORKSHOP*

Wednesday, January 23rd 1-2pm

Interested in learning more about the benefits of whole grains? Join Lyndi to learn how to easily identify, prepare and plan them into your meals.

RIPE NOW WORKSHOP*

Wednesday, January 28th 1-2pm

Does the cold weather leave you short on ideas for getting in those fruits and vegetables? Join Lyndi to

learn more about seasonal fruits and vegetables and how to include them into meals and snacks.

***Meet Lyndi in the café for the start of the tour. Please register at least 24 hours before the event. To register, call 610-821-1072 or email lwieand@weismarkets.com**

FEBRUARY: IN-STORE EVENTS

WELLNESS WEDNESDAY

Wednesday, February 6th 1-3pm

Love your heart! Join Lyndi and Weis Pharmacist, Nicole, for a free blood pressure screening or body composition analysis. You'll receive general heart health prevention tips too!

REGISTRATION REQUIRED EVENTS

KID'S VALENTINE WORKSHOP*

Sunday, February 10th 11am

Calling all kids! Join Lyndi 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.

HEALTHY HEART STORE TOUR*

Wednesday, February 20th 1-2pm

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

***Please register at least 24 hours before the event. To register, call 610-821-1072 or email lwieand@weismarkets.com**