

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 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



365 South Cedar Crest Boulevard,
Allentown

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: REGISTRATION REQUIRED EVENTS

WHOLE GRAINS WORKSHOP*

Thursday, January 24th 5-6pm

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*

Monday, January 28th 5-6pm

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: REGISTRATION REQUIRED EVENTS

KID'S VALENTINE WORKSHOP*

Monday, February 11th 5-6pm

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*

Friday, February 22nd 1-2pm

Join Lyndi for a tour of your Dorneyville 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

*Pick up the latest edition
of HealthyBites Magazine*

