

# DECEMBER

## HEALTH & WELLNESS EVENTS

**HOLIDAY ENTERTAINING WITH EASE**

146 Center Grove Road, Randolph



Healthy <sup>weis</sup> Bites™



December is a very busy and exciting time for everyone. That doesn't mean you have to sacrifice your normal eating habits! At my Grocery Store Tour and Healthy Eating Workshop this month, we will discuss strategies to eat well all month long. To register for any events below or to sign up for a nutrition consultation, contact Kimberly at [kasman@weismarkets.com](mailto:kasman@weismarkets.com) or 973-442-5539.

## FREE EVENTS AND DEMOS

### HEALTHY EATING WORKSHOP\*

Wednesday, December 5th at 5pm

Join Kimberly in the café area of the store where she will discuss foundations of eating well, including how to read a nutrition facts label.

### GROCERY STORE TOUR\*

Tuesday, December 11th at 6pm

Join Kimberly for a guided tour featuring foods to help you find nutritious solutions for the holiday season. This tour will focus on simple and fast meal ideas that can be easily executed during this busy time.

### SUNSWEEP PRUNES DEMO

Tuesday, December 18th 1-3pm

Kimberly will be sampling Sunsweet Prunes in the produce section. Stop by to sample this nutritious and tasty treat.

### MOCKTAILS DEMO

Friday, December 21st 3-5pm

Stop by produce to sample a delicious and creative mocktail, made with flavored seltzer water, juice and fruit.

### KIDS COOKING CLASS\*

Saturday, December 29th 10am

Kimberly is hosting a free kids cooking class in the cafe area of the store! Class will be about one hour long, and is for kids ages 5-10. Contact Kim to reserve your spot.

---

\*Registration is required