

MEET YOUR WEIS DIETITIAN



Are you interested in a custom health and wellness event or free nutrition consultation?

Contact Lyndi today to learn more about her free services:

- 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

Contact Lyndi at lwieand@weismarkets.com or call 610-821-1072 for more information or to set up an appointment.

DECEMBER

HEALTH & WELLNESS EVENTS

HOLIDAY ENTERTAINING WITH EASE

5020 Route 873, Schnecksville



Healthy^{weis}**Bites™**

Holiday season is in full swing! Join Lyndi to learn more about crowd-pleasing entertaining ideas and tips on how to enjoy the holidays without sacrificing your health.

TASTING EVENTS

DELIGHTED BY DESSERT HUMMUS

Thursday, December 6th 2-5pm

Hummus for dessert? Weis Dietitian Lyndi will be sampling a healthy chickpea-based Brownie Batter, Choc-O-Mint, and Vanilla Bean flavors waiting for you to delight in.

STORE-WIDE HOLIDAY SAMPLING DAY

Friday, December 14th

Join Lyndi and the associates as we celebrate the new remodel of the Schnecksville store and provide you with ideas for your holiday meals. Lyndi will be sampling the Brussels Sprouts & Radicchio Slaw recipe, found in the current edition of HealthyBites magazine.

GARLIC & FETA CHEESE BALL

Thursday, December 20th 1-4pm

Try a sample of a HealthyBites favorite that is a great appetizer for all of your holiday entertaining needs!

MEAD AND CHEESE PAIRING EVENT

Thursday, December 13th 5-7pm

What exactly is mead? Join Lyndi as she features local mead, and signature cheese pairings to create the perfect tastings for your next gathering. Featured meads are sourced locally from The Colony Meadery in Allentown, PA, and paired with a variety of cheeses. She'll also be sampling a festive Cranberry Brie Bite appetizer. *Must be 21 to sample mead.*

IN-STORE WELLNESS EVENT

FREE HEALTH SCREENINGS

Monday, December 3rd

Thursday, December 6th

Thursday, December 13th

Join Dietitian Lyndi and Pharmacist Nicole for free blood glucose and blood pressure screenings and nutrition education on how to make healthy choices in 2019!

REGISTRATION-REQUIRED EVENT

HEALTHY HOLIDAY WORKSHOP*

Friday, December 14th 5:30-6:30pm

Feeling stressed out this time of year? Join Lyndi in the beer café for this informative workshop where you'll learn tips on how to thoughtfully indulge and makeover holiday recipes with simple substitutions. Attendees will also get to sample an appetizer that is sure to be a hit at your holiday gatherings this year!



*Please register by calling 610-821-1072 or email lwieand@weismarkets.com

Pick up the latest edition of HealthyBites Magazine

