

## 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](mailto: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**

7801 Glenlivet Drive West, Fogelsville



**Healthy**<sup>weis</sup>**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

Wednesday, December 5th 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.

### BRUSSELS SPROUTS & RADICCHIO SLAW

Sunday, December 9th 2:30-4:30pm

Stop by and try a sample of a HealthyBites recipe in the current magazine for an easy side dish that will be sure to surprise all of your holiday guests!

### GARLIC & FETA CHEESE BALL

Wednesday, December 19th 2-5pm

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

### WINE AND CHEESE PAIRING EVENT WITH WEATHERED VINEYARDS

Friday, December 21st, 4-6pm

Join Lyndi as she features local wine, and signature cheese pairings to create the perfect tastings for your next gathering. Featured wines are sourced locally from Weathered Vineyards in New Tripoli, PA, and paired with a variety of Cabot brand cheeses. She'll also be sampling a festive Cranberry Brie Bite appetizer. *Must be 21 to sample wine.*

## REGISTRATION-REQUIRED EVENTS

### KIDS HOLIDAY CRAFT WORKSHOP\*

Sunday, December 9th 11am-12pm

Calling all kids! Join Lyndi in the beer café area to learn how to make some fun, edible holiday crafts using marshmallows, pretzels and chocolate!  
(Children must be accompanied by an adult.)

### HEALTHY HOLIDAY WORKSHOP\*

Wednesday, December 12th 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](mailto:lwieand@weismarkets.com) up to 24 hours before the event.

Pick up the latest edition  
of HealthyBites Magazine

