

# APRIL

## HEALTH & WELLNESS EVENTS

### SPRING CLEAN YOUR EATING

4525 Valley Road, Enola



Healthy <sup>weis</sup> Bites™

Welcome spring with a fresh take on healthful foods. Join Weis Dietitian Erin for tips and tricks on how to spring clean your eating habits.

## IN THE TASTING KITCHEN

*Springtime Sweets featuring McCormick®*

Friday, April 6th 3-5pm



*NEW! French-Style Oui™ by Yoplait® Yogurt*

Friday, April 20th 3-5pm



*Pinwheels featuring Flatout® Flatbreads*

Friday, April 27th 3-5pm

Sunday, April 29th 11am-2pm



## FREE COMMUNITY EVENT

**EAT WELL TO LIVE WELL WORKSHOP\***

Tuesday, April 17th 6-7pm

Class is at the East Pennsboro Library,  
98 S. Enola Drive

Eating smart starts in your cart. Erin will discuss cooking and shopping strategies that will help you eat and feel your best.

**\*Please register by calling 717-732-7830 or email [edunleavy@weismarkets.com](mailto:edunleavy@weismarkets.com)**

# FREE CLASSES AND WORKSHOPS

## **SPICE IT UP WORKSHOP\***

Tuesday, April 10th 5:30pm

Plain chicken and vegetables can be boring. Explore new flavors with McCormick®. Erin will discuss both common and unique spices and explain how to incorporate them into recipes. Samples included! Group will meet in the pub room.

**\*Please register by calling 717-732-7830 or email [edunleavy@weismarkets.com](mailto:edunleavy@weismarkets.com).**

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## **COOKING FOR 1 OR 2 STORE TOUR\***

Tuesday, April 24th 1pm

It can be tricky to cook for just 1 or 2, especially when recipes make 4 to 6 servings. Walk the aisles with Erin to learn about healthful meal planning and grocery shopping strategies for smaller portions.

**\*Please register by calling 717-732-7830 or email [edunleavy@weismarkets.com](mailto:edunleavy@weismarkets.com).**

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## **WELLNESS WEDNESDAY AT THE PHARMACY: NOURISH YOUR GUT**

Wednesday, April 25th 4-6pm

Join Erin and Weis Pharmacist Michelle to learn more about what foods are best for gut health and tips on restoring the digestive system. Samples provided!

*Each participant can enter for a chance to win a \$10 Weis coupon!*



**ERIN DUNLEAVY**  
MS, RDN, LDN

## **NEW: SHOP WITH A WEIS DIETITIAN**

As part of this **FREE** and personalized service, Erin will accompany you on your shopping trip to provide tips for making better food choices, meal planning and more.

You will also receive a healthy eating toolkit, **PLUS** savings on your grocery order. **Registration is required.**

### **Erin's other FREE services include:**

- One-on-one nutrition consultations
- Group store tours (diabetes, heart health, etc.)
- Cooking demos
- Kids cooking classes and workshops
- Community events
- Nutrition presentations
- and more!

Contact Erin today by calling 717-732-7830  
or email [edunleavy@weismarkets.com](mailto:edunleavy@weismarkets.com).