

FEBRUARY

HEALTH & WELLNESS EVENTS

LOVE YOUR HEART

1201 Dutchman's Creek Drive, Brunswick



Healthy^{weis}Bites™

February is Heart Health Month.
Join Taylor in the tasting kitchen for heart
healthy tips and recipe inspiration!

TASTING EVENTS

Game Day Herbed White Cheddar Mac

Thursday, February 1st 4-7pm

Friday, February 2nd 11am-2pm

Avocado Cauliflower Rice

Thursday, February 8th 4-7pm

Friday, February 9th 11am-2pm



Chunky Monkey Overnight Oats

Thursday, February 15th 4-7pm

Friday, February 16th 11am-2pm



Southwest Avocado Bites with Yogurt Dipping Sauce

Thursday, February 22nd 4-7pm

Saturday, February 24th 11am-2pm



FREE CLASSES AND WORKSHOPS

HEART SMART STORE TOUR*

Wednesday, February 7th 12-1:30pm

Eating heart-smart starts in your cart. Walk the aisles with Taylor to learn what foods can help naturally promote healthy cholesterol and blood pressure levels to lower your risk for heart disease.

BE MY VALENTINE*

Saturday, February 10th 10am

Monday, February 12th 5:30pm

Calling all kids! Come make a “sweet” valentine with Taylor in the Café area. Kids can also participate in a fruit taste test! Ideal for children ages 5-12. Children must be accompanied by an adult.

WELLNESS WEDNESDAY

Wednesday, February 21st 3:30-6:30pm

Stop by the pharmacy to learn more about heart health and get your free blood pressure screening. Taylor will also be sampling new flavor combinations of your favorite Quaker® Oats.

RIPE NOW WORKSHOP*

Monday, February 26th 5:30pm

Tuesday, February 27th 12pm

Meet Taylor in the Café to learn about in-season produce. From selection to preparation tips, she has got you covered!

*Space is limited. Please register by calling 301-834-4810 or email TBSimpson@weismarkets.com.

MEET YOUR WEIS DIETITIAN



TAYLOR SIMPSON
MS, RDN, LDN

Menu of Free Nutrition Services:

- Personalized nutrition consultations
 - Group educational store tours (diabetes, heart health, etc.)
 - Cooking demos and tastings
 - Kids' cooking classes and workshops
 - Nutrition presentations
- ..and more!

Interested in a custom health and wellness event or free nutrition consultation? Contact Taylor at 301-834-4810 or TBSimpson@weismarkets.com