



**ROBIN KLEIN**  
RDN, CSP, LDN

# MARCH

## HEALTH & WELLNESS EVENTS

### GO FURTHER WITH FOOD

Huntingdon Valley, PA

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

As part of this FREE and personalized service, Robin 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.

#### **Robin'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 Robin at 215-357-4095 or email [rklein@weismarkets.com](mailto:rklein@weismarkets.com) for more information or to set up an appointment.



**Healthy**<sup>weis</sup>**Bites**<sup>™</sup>

**March is National Nutrition Month®!**

This year's theme is to "Go Further with Food!" Whether it's prepping meals for the week, fueling your body for optimal health, or planning meals and snacks ahead to reduce food waste, Weis Dietitian Robin will provide you with creative solutions to using what's in your kitchen and help you strategize for success this month.

**TASTING EVENTS*****Garden Salad with Pesto Vinaigrette******Sponsored by Chobani.***

Friday, March 2nd 2-4pm

Friday, March 16th 3-5pm

***Mix-N-Match Yogurt Bar******Sponsored by Chobani.***

Saturday, March 3rd 12-2pm

***Spicy Tuna Bites******Sponsored by StarKist.***

Thursday, March 8th, 2-4pm

Saturday, March 24th 11am-1pm

***Sugar Snap Pea Salad***

Friday, March 23rd 1-3pm

**FREE CLASSES AND WORKSHOPS****\*WELLNESS SERIES****Every Tuesday in March from 5:30-6:30pm**

This series is designed to help you establish your ultimate wellness vision, build confidence in your ability to make health related changes, provide you with tips for better eating habits for you and your family, and will conclude with an in-store tour to help you bring your goals to action.

**3/6:** Designing your wellness vision and health goals.

**3/13:** Building confidence in your ability to make and sustain your health related changes.

**3/20:** Tips for establishing better eating habits for you and your family.

**3/27:** In-store tour to help you bring your goals to action.

**Exclusive coupons will be provided after the completion of all 4 classes!**

**\*EATING ON A BUDGET STORE TOUR****Wednesday, March 7th 12-1pm****\*DIABETES FRIENDLY STORE TOUR****Thursday, March 22nd 12-1pm**

**\*Registration is required for these events. Please register by calling 215-357-4095 or email [rklein@weismarkets.com](mailto:rklein@weismarkets.com)**