



KIMBERLY ASMAN
RDN

weis
Dietitian
FOOD & NUTRITION EXPERT

HEALTH & WELLNESS EVENTS

JANUARY / FEBRUARY



SHOP WITH A WEIS DIETITIAN

Kimberly offers FREE services including consultations, personalized grocery store tours, and tailored nutrition guidance.

To register for an event or set up a free nutrition consultation, contact Kimberly by calling 973-442-5539 or email kasman@weismarkets.com

146 Center Grove Road,
Randolph

SPONSORS:



BE A BETTER YOU: FOCUS ON FIBER

Fiber is an important part of a nutritious and energizing eating pattern, but many of us don't get enough.

Join your Weis Dietitian, Kimberly, to learn more about fiber's role and ways to include fiber-rich foods into every day meals and snacks.

To register for an event or set up a free nutrition consultation, email Kimberly at kasman@weismarkets.com or call 973-442-5539.

FREE EVENTS AND DEMOS

KIDS COOKING CLASSES*

Saturday, January 19th at 10am and 1pm

These hands-on classes are for kids ages 5-10 and will take place in the café area of the store. Contact Kimberly ahead of time if your child has any allergies.

WALK WITH A DOCTOR AND DIETITIAN STORE TOUR*

Friday, January 25th at 1pm

Join Kimberly and a doctor from Atlantic Health for a guided tour of Weis focusing on heart health. We will discuss different foods and behaviors that can have an impact on your heart, and answer any of your food or health questions along the way.

RANDOLPH LIBRARY PRESENTATION*

Wednesday, January 30th at 7pm

Join Kimberly at the Randolph Library for a presentation on why temporary diets are generally unsuccessful, and learn non-diet techniques to eat well and feel your best.

February will feature our first Healthy Eating Class Series. For three weeks, we will meet in the store to discuss various topics related to nutrition in order to assist you in meeting your health goals including weight management, heart health, or diabetes management. See class topics below and contact Kimberly to reserve your spot for all three!

FREE EVENTS AND DEMOS

HEALTHY EATING SERIES CLASS #1*

Wednesday, February 13th at 6pm

Our first class will focus on label reading. Learn how to interpret and use nutrition labels to make educated choices about your food.

HEALTHY EATING SERIES CLASS #2*

Wednesday, February 20th at 6pm

During the second class, we will discuss meal planning techniques. Find out simple and tasty ideas for every meal, and learn some techniques to make meal planning and preparation easier.

HEALTHY EATING SERIES CLASS #3*

Wednesday, February 27th at 6pm

Our series will end with a discussion of mindful eating. Learn how to enjoy the food you eat while nourishing your body well.

KIDS COOKING CLASSES*

Saturday, February 16th at 10am and 1pm

These hands-on classes are for kids ages 5-10 and will take place in the café area of the store. Contact Kimberly ahead of time if your child has any allergies.