

APRIL 15, 2021 @ 1 PM

**Virtual Cook-Along Class-** Italian Chicken Sausage Pasta

Join Weis Dietitian, *Emily Bumgarner*, as we explore choosing healthy foods to decrease your risk for diabetes or benefit your health if you have diabetes. Cook along as Emily shows us a recipe for Italian Chicken Sausage Pasta.

Click Zoom link below to join the meeting:

<https://zoom.us/j/99944322497?pwd=ZkdVMWgiMoZzYUsvdkVxeWNDKzJKUTog>

Recipe: <https://www.weismarkets.com/recipes/italian-chicken-sausage-pasta/24937>

APRIL 22, 2021 @1 PM

**Virtual Cook-Along Class:** No-Bake Energy Bites

Join Weis Dietitian, *Emily Bumgarner*, as we explore choosing healthy foods to decrease your risk for diabetes or benefit your health if you have diabetes. Cook along as Emily shows us a recipe for No-Bake Energy Bites.

Click Zoom link below to join the meeting:

<https://zoom.us/j/97080808473?pwd=MHEvUis4bXFhSzg3UmtjZkpVMjNpQTog>

Recipe: <https://www.weismarkets.com/recipes/no-bake-energy-bites/14599>

*Please see attached recipe or recipe link for needed ingredients.*



**APRIL WEIS  
MARKETS  
COOK-ALONG  
WEBINARS**

**APRIL 15, 2021  
1:00 PM  
AND  
APRIL 22, 2021  
1:00 PM**

**REGISTRATION NOT  
REQUIRED**

**JOIN ON YOUR COMPUTER  
OR MOBILE APP**

**ATTEND AS A GROUP OR  
INDIVIDUALLY**

**IF POSSIBLE, HAVE ALL  
INGREDIENTS PREPARED AND  
MEASURED IN ADVANCE TO  
SAVE TIME.**

**CONTACT**

**[LGMURPHY@GEISINGER.EDU](mailto:LGMURPHY@GEISINGER.EDU)**

**FOR A CERTIFICATE OF  
ATTENDANCE.**