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Children Embrace Healthy Habits in Tropical Atmosphere

Phipps Conservatory offers weekend of family-friendly events that educate and inspire children

(Pittsburgh, PA) — This month, [Phipps Conservatory and Botanical Gardens](#) will host two events for children that invite families to come together for fun-filled games and activities designed to experience a different culture and learn new and simple ways to stay healthy.

On Sat., Feb. 18, families are invited to Phipps' Tropical Forest Congo Festival, a celebration of Africa's rich culture and natural treasures. Free with admission, fun-filled family activities inspired by one of the world's most botanically and culturally rich rainforests will be held between 11 a.m. and 4 p.m.

- Craft a passport mask
- Pot a plant
- Dance to live music by Camara Drum and Dance and Ibeji Drum Ensemble
- Taste tropical foods

The Tropical Forest Congo Festival is sponsored in part by Duquesne University.

On Sun., Feb. 19 from 10 a.m.— 1 p.m., join Let's Move Pittsburgh for a day of good health and great fun at 5-2-1-0 Day, a celebration of the program's newest effort to reinforce healthy lifestyle choices that benefit local kids. "Kids will learn about making healthy choices while being physically active!" says Mary Kathryn Poole, director of Let's Move Pittsburgh, a program of Phipps Conservatory.

Kids will have a blast participating in the following activities that will keep them moving:

- Upcycled games and crafts
- Relay races
- Fruit tastings
- Hip hop dancing led by BaM Choreography from 11 a.m. – noon
- Demos on making a healthy Phipps Splash beverage

All activities are free with Phipps admission and no advance registration is required.

Phipps hours are 9:30 a.m. – 5 p.m. daily and until 10 p.m. on Fridays. Admission is \$17.95 for adults, \$16.95 for seniors and students, and \$11.95 for children (2 – 18). Members and kids under 2 enter free. More details can be found at phipps.conservatory.org.

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About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

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