



Let's Move Pittsburgh Virtual After School Programs

Movement Mondays	Cooking Tuesdays	Earthy Wednesdays	Nourished Thursdays	Flexible Fridays
<u>Two-Minute Workout</u>	<u>Veggie Stuffed Nachos</u>	<u>Birding by Ear</u>	<u>Decoding the Nutrition Label</u>	<u>Ballet Beginnings</u>
<u>Exercise Cards</u>	<u>Hydrating Smoothie Bowls</u>	<u>Nature Sketching</u>	<u>Nutrition and Immunity</u>	<u>Forest Animal Yoga</u>
<u>Physical Activity Checklist</u>	<u>Homemade Energy Bars</u>	<u>Water Density</u>	<u>Fueling Your Workouts with Food</u>	<u>Owl Desk Stretches</u>
<u>Island Vacation Pop-Up</u>	<u>Veggie Peel Pasta Sauce</u>	<u>Backyard Biodiversity</u>	<u>Plant-Forward Plates</u>	<u>Seed Yoga</u>



Download this calendar as an interactive PDF at phipps.conservatory.org/LMPVirtualPrograms.

