



Let's Move Pittsburgh After School Program: Week One

Movement Mondays	<u>Two-Minute Workout</u>
Cooking Tuesdays	<u>Veggie Stuffed Nachos</u>
Earthy Wednesdays	<u>Birding by Ear</u>
Nourished Thursdays	<u>Decoding the Nutrition Label</u>
Flexible Fridays	<u>Ballet Beginnings</u>



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