



Let's Move Pittsburgh After School Program: Week Two

Movement Mondays	<u>Exercise Cards</u>
Cooking Tuesdays	<u>Hydrating Smoothie Bowls</u>
Earthy Wednesdays	<u>Nature Sketching</u>
Nourished Thursdays	<u>Nutrition and Immunity</u>
Flexible Fridays	<u>Forest Animal Yoga</u>