



Let's Move Pittsburgh After School Program: Week Four

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| Movement Mondays | <u>Bird Fact Pop-Up</u> |
| Cooking Tuesdays | <u>Veggie Peel Pasta Sauce</u> |
| Earthy Wednesdays | <u>Worm Anatomy</u> |
| Nourished Thursdays | <u>How to Make a Resolution</u> |
| Flexible Fridays | <u>Seed Yoga</u> |