



Let's Move Pittsburgh After School Program: Week Four

Movement Mondays	<u>Island Vacation Pop-Up</u>
Cooking Tuesdays	<u>Veggie Peel Pasta Sauce</u>
Earthy Wednesdays	<u>Backyard Biodiversity</u>
Nourished Thursdays	<u>Plant-Forward Plates</u>
Flexible Fridays	<u>Seed Yoga</u>