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Expert Educator Shows Pittsburgh Parents How to Cultivate Healthy, Happy Playtimes
Let's Move Pittsburgh speaker series focuses on creative play

Pittsburgh, Pa. – [Let's Move Pittsburgh](#) will host the next installment of its [5-2-1-0 Speaker Series](#) on July 13 from 5:30 – 7:30 p.m. at [Phipps Conservatory and Botanical Gardens](#). The event, titled “Make Playtime Count,” will include a lecture from Dr. Roberta Schomberg of Carlow University on the importance of incorporating play into children’s schedule. Parents, educators and healthcare professionals are all encouraged to attend. A free childcare session is available during the lecture, with limited spaces available.

A former associate director of the Carlow School of Education and vice-president of the board of the National Association for the Education of Young Children, and current senior fellow at Fred Rogers Center for Early Learning, Dr. Schomberg is a nationally-regarded expert on the topic of play. Attendees are invited to ask questions and engage in a lively discussion about play.

Preceding and following the presentation, participants can enjoy light refreshments and browse poster presentations from [Let's Move Pittsburgh's Champion Schools](#), which are annually recognized for their achievements in building robust, creative wellness education programs. Coaches from UPMC Health and representatives from the Pittsburgh Playful Collaborative and other community partners will also be available to suggest strategies for building healthy, active play habits.

The lecture is a part of LMP’s continuing [5-2-1-0 Initiative](#), which encourages children to develop healthy eating habits, engage in regular physical activity and minimize recreational electronics usage. In the free children’s session, “P Is For Play,” kids can explore their own world of play and experiment with homemade toys and games.

The speaker series and children’s session are free, but require advance registration. Visit phipps.conservatory.org/lets-move-pittsburgh for more details.

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About Let's Move Pittsburgh: [Let's Move Pittsburgh](#), an initiative of Phipps Conservatory and Botanical Gardens supported by UPMC Health Plan, is a collaborative effort of organizations, healthcare providers, educators, parents and caregivers in southwestern Pennsylvania committed to leading children toward a healthier future. The program is inspired by First Lady Michelle Obama’s Let’s Move! campaign to curb childhood obesity through raised awareness about the benefits of healthy foods, decreased screen time and increased physical activity.

About Phipps: Founded in 1893, Phipps Conservatory and Botanical Gardens in Pittsburgh, Pa. is a green leader among public gardens with a mission to inspire and educate all with the beauty and importance of plants; to advance sustainability and promote human and environmental well-being through action and research; and to celebrate its historic glasshouse. Learn more: phipps.conservatory.org.

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