



**For Immediate Release**

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**Let's Move Pittsburgh Shares the Secrets to Raising a Healthy Family**

*Speaker series aims to make Allegheny County the healthiest place for children to live, learn and grow*

**Pittsburgh, Pa.** — Make playtime count, analyze the effects of screen time on your children, students or patients and learn how to establish healthy habits from a young age. Join [Let's Move Pittsburgh](#) and a panel of experts to discuss these topics and more at the new 5-2-1-0 Speaker Series, starting on Thurs., Nov. 10 at 5:30 p.m. The meetings will be held on the second Thursday of every other month in the Center for Sustainable Landscapes Classroom at [Phipps Conservatory and Botanical Gardens](#).

The series will kick off with 5-2-1-0: The Doctor's Orders, bringing together a panel of pediatricians and medical professionals to discuss practicing the 5-2-1-0 lifestyle as a family. 5-2-1-0 stands for 5 or more servings of fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity and 0 sugary drinks and more water every day.

Keith Somers, M.D. and Anne Marie Kuchera, M.S., M.A., R.D., L.P.C. will comprise the panel of experts for this installment of the series. Dr. Somers is a local pediatrician at Children's Community Pediatrics – GIL and Kuchera is the director for community health at Children's Hospital of Pittsburgh of UPMC, as well as an adjunct professor at the University of Pittsburgh. After the brief presentation, participants are encouraged to ask the experts questions and generate a discussion.

The discussion will be preceded and followed by 30 minutes of networking, during which time healthy refreshments will be served and Let's Move Pittsburgh Champion Schools will present poster sessions celebrating the success of healthy initiatives they started with the help of Let's Move Pittsburgh Champion School grants. Educators, healthcare professionals, parents, caregivers and anyone who has a passion for children's wellbeing are encouraged to attend these meetings.

The event is free to attend, but R.S.V.P. is required as space is limited. Childcare will be available for a maximum of 12 children from ages two to eight — R.S.V.P. is required. Let's Move Pittsburgh is launching the series in celebration of its five year anniversary, and aims to generate new partnerships, collective action and continued efforts to make Allegheny County the healthiest place for children to live, learn and grow with 5-2-1-0. To learn more about the series, please visit [letsmovepittsburgh.org](http://letsmovepittsburgh.org).

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**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](http://phipps.conservatory.org).

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