

**FOR IMMEDIATE RELEASE:**

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Forest Preserve District of Kane County  
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**Forest Preserve District offers Healing Hikes in nature**

GENEVA, IL — Join us for monthly meditative walks for anyone ages 18 and above who is grieving the loss of a loved one.

These healing hikes are over gentle terrain and will include poems, nature activities, and periods of silent reflection so that we can access the healing powers of nature and community.

Join us at our upcoming Healing Hikes:

- Sunday, April 3; 10-11:30 a.m. at Elburn Forest Preserve; 45W061 IL Rte. 38, Elburn (We will meet at the picnic shelter, off of the Rte. 38 entrance.)
- Sunday, May 1; 10-11:30 a.m. at Lone Grove Forest Preserve; 49W055 Perry Rd., Maple Park

Please dress for the weather, bring a photo of your loved one(s), and wear comfortable walking shoes. Registration is suggested, but not required. For more information, or to register, call 630-444-3190 or email [programs@kaneforest.com](mailto:programs@kaneforest.com).