

**FOR IMMEDIATE RELEASE:**

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**Start “Hiking for Health” with Forest Preserve programs**

GENEVA, IL — Head outdoors and take the first step towards a healthy lifestyle during our “Hiking for Health” series.

Spending time in nature has been shown to reduce anxiety and depression, help with attention deficits, and bring about general good health. We’ll hike to explore nature, as well as do some gentle stretching and invigorating exercises along the way.

Join us on the following hikes:

- Saturday, Sept. 19; 10-11 a.m. at Oakhurst Forest Preserve, 1680 Fifth Ave., Aurora.
- Saturday, Oct. 24; 10-11 a.m. at Burnidge Forest Preserve, 38W235 Big Timber Rd., Elgin.
- Sunday, Nov. 22; 10-11 a.m. at Aurora West Forest Preserve, 40W032 Hanks Rd., Aurora.

These free programs are for all-ages. Advance registration is required. Call 630-444-3190 or email [programs@kaneforest.com](mailto:programs@kaneforest.com) to register.

Please bring a mask that covers your nose and mouth, if social distancing can’t be maintained. Frequent hand sanitizing or handwashing is encouraged. Stay home if you are sick or experiencing any COVID-19 related symptoms. Thank you for keeping yourself and other safe.

For more information, or to view a full list of upcoming Forest Preserve District programs, visit [www.kaneforest.com](http://www.kaneforest.com). Find the Forest Preserve District on social media by searching @forestpreserve.