

FOR IMMEDIATE RELEASE:

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Forest Preserve District of Kane County
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Forest Preserve District offers “Nurtured by Nature” program series, this fall

GENEVA, IL — Studies show that time outdoors can relieve stress, boost your immune system, improve sleep and contribute to overall good health.

“Nurtured by Nature” is a monthly series, where you can experience the healing effects of nature. We’ll incorporate gentle stretching, deep breathing and focus on awareness during these hikes designed to nurture the mind, body and spirit.

Join us at our upcoming programs:

- Sunday, Sept. 12; 9-10 a.m. at Camp Tomo Chi-Chi Knolls; 40W095 Freeman Rd., Gilberts
- Sunday, Oct. 10; 9-10 a.m. at Tekakwitha Woods Forest Preserve; 35W076 Villa Maria Rd., St. Charles
- Sunday, Nov. 7; 9-10 a.m. at Freeman Kame Forest Preserve; 40W346 Freeman Rd., Gilberts

These free programs are for ages 18 and above. Advance registration is required. Call 630-444-3190 or email programs@kaneforest.com to register.

For more information, visit www.kaneforest.com, or find us on social by searching @forestpreserve.