

FOR IMMEDIATE RELEASE:

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Spend time outdoors during the “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 a focus on awareness during these hikes designed to nurture the mind, body and spirit.

Join us at our upcoming programs:

- Sunday, Sept. 11; 10-11 a.m. at Lone Grove Forest Preserve; 49W055 Perry Rd., Maple Park
- Sunday, Oct. 9; 10-11 a.m. at Campton Forest Preserve; 4N379 Town Hall Rd., St. Charles
- Sunday, Nov. 6; 10-11 a.m. at Muirhead Springs Forest Preserve; 42W855 Bahr Rd., Hampshire

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.