

FOR IMMEDIATE RELEASE:

Jan. 21, 2021



CONTACT:

Laurie Metanchuk, Director of Community Affairs
Brittany Kovach, Communications & Marketing Coordinator
630-232-5980 forestpreserve@kaneforest.com

Forest Preserve District of Kane County
1996 S. Kirk Rd., Ste. 320, Geneva, IL 60134
www.kaneforest.com

Forest Preserve District offers “Nurtured by Nature” program series

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, Feb. 28; 10-11 a.m. at Les Arends Forest Preserve; 2S731 State Rte. 31, Batavia
- Sunday, March 28; 9-10 a.m. at Burnidge Forest Preserve; 38W235 Big Timber Rd., Elgin
- Sunday, April 25; 9-10 a.m. at Bliss Woods Forest Preserve; 5S660 Bliss Rd., Sugar Grove
- Sunday, May 23; 9-10 a.m. at Tyler Creek Forest Preserve; 401 Davis Rd., Elgin

These free programs are for ages 18 and above. Masks are required at all programs and group sizes will be limited. 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.