

FOR IMMEDIATE RELEASE:

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Experience the healing effects of nature at “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 focus on awareness during these hikes designed to nurture the mind, body and spirit.

Join us at our upcoming programs:

- Sunday, Dec. 5; 10-11 a.m. at Pingree Grove Forest Preserve; 14N187 Rte. 20, Pingree Grove
- Sunday, Jan. 30; 10-11 a.m. at Dick Young Forest Preserve; 39W115 Main St., Batavia
- Sunday, Feb. 27; 10-11 a.m. at LeRoy Oakes Forest Preserve; 37W700 Dean St., Batavia

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.