

FOR IMMEDIATE RELEASE:

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Seniors Invited on Monthly Nature Strolls

GENEVA, IL — The Forest Preserve District of Kane County invites area seniors to join us for our free monthly “Senior Stroll” programs.

On the first Thursday of every month, Forest Preserve naturalists lead a leisurely walk through a Kane County forest preserve and share the natural and cultural history along the way. Dress for the weather – these outdoor programs celebrate the change in seasonal surroundings! Each program includes a pleasant ramble lasting about an hour, followed by social time in the shelter.

Mark your calendars for the upcoming Senior Strolls:

- **Thursday, March 7, 10 a.m. - noon:** Elburn Forest Preserve; 45W061 Rte. 38, Elburn
- **Thursday, April 4, 10 a.m. - noon:** LeRoy Oakes Forest Preserve; 37W700 Dean St., St. Charles
- **Thursday, May 2, 10 a.m. - noon:** Bliss Woods Forest Preserve; 5S660 Bliss Rd., Sugar Grove

No registration is required for these programs. To see a full roster of Forest Preserve District nature programs, visit www.kaneforest.com. Stay updated with us on social media by searching @forestpreserve.