

**FOR IMMEDIATE RELEASE:**

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**Area seniors invited on outdoor winter 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 each 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.

Join us at one or all of the upcoming winter Senior Strolls:

- Thursday, Jan. 7, from 10 a.m. - noon at Johnson’s Mound Forest Preserve, 41W600 Hughes Rd., Elburn
- Thursday, Feb. 4, from 10 a.m. - noon at Burnidge Forest Preserve, 38W235 Big Timber Rd., Elgin
- Thursday, March 4, from 10 a.m. - noon at Bliss Woods Forest Preserve, 5S660 Bliss Rd., Sugar Grove

No registration is required for this program. Masks are required at all programs. Group sizes will be limited and social distancing will take place. Stay home if you are sick or experiencing any COVID-19 related symptoms. Thank you for keeping yourself and others safe.

To see a full roster of Forest Preserve District nature programs, visit [www.kaneforest.com](http://www.kaneforest.com).

Find us on social media by searching @forestpreserve.