

**FOR IMMEDIATE RELEASE:**

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**Relax and recharge at Women's Nature Retreat, April 30 - May 1**

GENEVA, IL — Immerse yourself in a restorative weekend in nature with a community of women naturalists and nature lovers.

This women's retreat is an expanded version of Forest Preserve District's popular, Nurtured by Nature hikes. Connect with like-minded souls during gentle outdoor activities as we explore the benefits of *Shinrin-yoku*, yoga, artistic creation and other therapeutic pursuits.

Day one of this two-day retreat will culminate in a night hike and a gathering around a communal campfire. After a shared breakfast on Day two, we'll leave refreshed and renewed. Participants need to provide a tent and sleeping gear. We'll supply snacks, meals, activity instruction and supplies, and access to indoor bathrooms, shower, and kitchen.

The Women's Weekend: A Nurturing Nature Retreat begins on Saturday, April 30 at 10 a.m. and runs through Sunday, May 1 at 10 a.m. We'll meet at Freeman Kame-Meagher Forest Preserve (Camp Tomo Chi-Chi Knolls entrance) located at 40W095 Freeman Rd., Gilberts.

This program is for ages 18 and above and advance registration is required at least two weeks prior to the program, and full payment due at the time of registration. The registration fee is \$149 per person. To learn more about this nature retreat, or to register, call 630-444-3190 or email [programs@kaneforest.com](mailto:programs@kaneforest.com).