

FOR IMMEDIATE RELEASE:

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CONTACT:

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

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



Ease the Body and Mind at “Nurtured by Nature”

GENEVA, IL — Studies show that time outdoors can relieve stress, boost your immune system, improve sleep, and contribute to overall good health. As the weather turns colder, uplift your mood and get out in nature for a little relaxation and sunshine.

“Nurtured by Nature” is a monthly series, that incorporates gentle stretching, deep breathing and a focus on awareness during gentle hikes designed to nurture the mind, body and spirit.

Join us at our upcoming programs:

- Sunday, Nov. 2; 10:00 a.m. - 11:00 a.m. at Oakhurst Forest Preserve; 1680 Fifth Ave., Aurora
- Sunday, Nov. 30; 10:00 a.m. - 11:00 a.m. at Raceway Woods Forest Preserve; 17N702 Western Ave., Carpentersville
- Sunday, Dec. 28; 10:00 a.m. - 11:00 a.m. at Hannaford Woods Forest Preserve; 5S002 Merrill Rd., Sugar Grove

These free programs are for ages 18 and above. Advance registration is required. To register, visit www.kaneforest.com/register, call 630-444-3190 or email programs@kaneforest.com.

For more information, visit www.kaneforest.com, or find us on social by searching @forestpreserve.