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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



Find Calm and Renewal at “Winter Solstice Mindful Movement,” Dec. 20

GENEVA, IL — The Forest Preserve District of Kane County invites community members to pause, breathe and restore at the “Winter Solstice Mindful Movement” program on Saturday, Dec. 20, from 9-10:30 a.m. at the Barbara Belding Lodge.

The Winter Solstice marks the shortest day of the year, and many cultures consider it to be a day of hope for the new year. This reflective session offers participants an opportunity to end 2025 on a calming, restorative note.

Led by local wellness instructor Jennifer Falbo-Negron, this 90-minute class will guide participants through a heat-building practice featuring grounding postures, breath work, mindful movement and acupressure techniques. The session is designed to enhance strength, tone and flexibility while supporting a peaceful transition into the winter season.

Participants are encouraged to bring a yoga mat and any props that help maintain balance, extend stretches, and sit up tall.

Advance registration is required, and the fee is \$15/person. To register, visit www.kaneforest.com/register, call 630-444-3190 or email programs@kaneforest.com.

The Barbara Belding Lodge is located within Brewster Creek Forest Preserve at 6N921 IL Rte. 25, St. Charles.

For more information on Forest Preserve District programs, visit www.kaneforest.com and follow us on social media @forestpreserve.