

**FOR IMMEDIATE RELEASE:**

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**Forest Preserve Hosts Monthly “Nurtured by Nature” Wellness Hikes**

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 by getting out into 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, Dec. 28;** 10-11 a.m. at Hannaford Woods Forest Preserve; 5S002 Merrill Rd., Sugar Grove
- **Sunday, Jan. 25;** 10-11 a.m. at Les Arends Forest Preserve; 2S731 Rte. 31, Batavia
- **Sunday, Feb. 22;** 10-11 a.m. at LeRoy Oakes Forest Preserve; 37W700 Dean St., St. Charles

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

For more information, visit [www.kaneforest.com](http://www.kaneforest.com), or find us on social by searching @forestpreserve.