

## FOR IMMEDIATE RELEASE:

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## Get Inspired this Winter at the “Nurtured by Nature” Program Series

GENEVA, IL — Studies show that time outdoors can relieve stress, boost your immune system, improve sleep, and contribute to overall good health. And during the cold winter months, what better way to uplift your mood than getting out in nature for a little relaxation and sunshine.

“Nurtured by Nature” is a monthly series, where you can experience the healing effects of nature.

We’ll incorporate gentle stretching, deep breathing and a focus on awareness during these hikes designed to nurture the mind, body and spirit.

Join us at our upcoming programs:

- Sunday, Dec. 1; 10:00 a.m. - 11:00 a.m. at Creek Bend Nature Center/LeRoy Oakes Forest Preserve; 37W700 Dean St., St. Charles
- Sunday, Jan. 26; 10:00 a.m. - 11:00 a.m. at Rutland Forest Preserve; 41W230 Big Timber Rd., Hampshire
- Sunday, Feb. 23; 10:00 a.m. - 11:00 a.m. at Burnidge Forest Preserve; 14N035 Coombs Rd., Elgin

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.

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