

FOR IMMEDIATE RELEASE:

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Reconnect with nature during 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. Take time to slow down, recharge and experience the restorative benefits of nature with the Forest Preserve District of Kane County.

“Nurtured by Nature” is a monthly program series that combines gentle stretching, deep breathing and mindful awareness with leisurely hikes through different forest preserves. Each session is designed to nurture the mind, body and spirit while encouraging participants to connect with the natural world around them.

Join us at an upcoming program:

- **Sunday, Sept. 6;** 10-11 a.m. at Burlington Prairie Forest Preserve; 13N240 Engel Rd., Sycamore
- **Sunday, Oct. 4;** 10-11 a.m. at Hampshire Forest Preserve; 44W780 Allen Rd., Hampshire
- **Sunday, Nov. 1;** 10-11 a.m. at Muirhead Springs Forest Preserve; 42W855 Bahr Rd., Hampshire
- **Sunday, Nov. 29;** 10-11 a.m. at Brunner Family Forest Preserve; 18N681 Western Ave., IL Rte. 31, West Dundee

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.

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