

**FOR IMMEDIATE RELEASE:**

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**Area seniors invited on monthly nature strolls**

GENEVA, IL — The Forest Preserve District of Kane County invites area seniors to join us for our monthly “Senior Stroll” programs.

On the first Thursday of each month, Forest Preserve naturalists lead a leisurely walk through a Kane County forest preserve and share the natural and cultural history along the way. Dress for the weather – these outdoor programs celebrate the change in seasonal surroundings. Each program includes a pleasant ramble lasting about an hour, followed by social time and refreshments in the shelter.

Join us at one or all of the upcoming Senior Strolls:

- Thursday, May 5, from 10 a.m. - noon at Bliss Woods Forest Preserve; 5S660 Bliss Rd., Sugar Grove
- Thursday, June 2, from 10 a.m. - noon at Fabyan Forest Preserve (Route 31 entrance); 1925 Batavia Ave., Geneva
- Thursday, July 7, from 10 a.m. - noon at Elburn Forest Preserve; 45W061 Route 38, Elburn
- Thursday, Aug. 4, from 10 a.m. - noon at Muirhead Springs Forest Preserve; 42W855 Bahr Rd., Hampshire

No registration is required for these free drop-in programs. To see a full roster of Forest Preserve District nature programs, visit [www.kaneforest.com](http://www.kaneforest.com). Find us on social media by searching @forestpreserve.