FOR IMMEDIATE RELEASE: Sept. 1, 2026

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Self-Guided Nature Wellness Experience Coming to Kane County
Wandering With Wonder Launching Sept. 1

GENEVA, IL — The Kane Nature Rx Coalition is proud to share Wandering With Wonder, a self-guided nature wellness experience that allows people to connect with local places through their senses to benefit their mental, physical, and emotional health.

The self-guided Wandering With Wonder experience is launching at four local parks and forest preserves throughout Kane County, with accompanying audio that can be used anywhere there is sky above you and ground below you. Both the signage and audio are available in Spanish and English languages. Locations with Wandering with Wonder signage include:

- **Delnor Woods Park (St. Charles)**; 0.5-mile loop, paved, ADA-accessible path; 200 Wing Ave., St. Charles, IL. Hours: dawn to dusk, year-round.
- **Hampshire Forest Preserve (Hampshire)**; 1-mile loop, partially paved, partially mown grass; 44W880 Allen Rd., Hampshire, IL. Hours: dawn to dusk, road closed in winter.
- **Hawthorne Hill Nature Center (Elgin)**; 0.75-mile loop, partially paved, partially woodchips, non-motorized all-terrain wheelchair available; 28 Brookside Dr., Elgin, IL. Hours: Dawn to dusk, year-round.
- **Oakhurst Forest Preserve (Aurora)**; 1-mile loop, mown grass; 1650 Fifth Ave., Aurora, IL. Hours: Dawn to dusk, year-round.

The audio experience can be accessed for use in any natural area or outdoor space at www.theconservationfoundation.org/nature-rx/wandering-with-wonder/

Wandering with Wonder is designed to spark curiosity, creativity, and a sense of being present in the moment. Inspired by the practice of forest therapy, this experience is a self-paced series of prompts that help you get in tune with nature's rhythms and connect to a place with your senses.

— MORE —

— ADD ONE —
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Each time you join, you'll likely find something different to explore.

There is no right or wrong way to do Wandering With Wonder, and all experiences are welcome. It is designed to be adaptable to a wide range of mobility levels/preferences, can be done individually or sequentially, with friends or on your own.

For an introduction to this experience with on-site support, visit one of the following free and open-to-the-public events:

- **Nature Wellness Celebration** at Delnor Woods Park on Sunday, Sept. 20, from 1-4 p.m. Registration
- **Harvest Fall Festival** at Oakhurst Forest Preserve on Sunday, Sept. 27, from Noon - 3 p.m. No registration required
- **Nurtured by Nature** at Hampshire Forest Preserve on Sunday, Oct. 4, from 10-11 a.m. Registration

Wandering with Wonder was created by a collaboration of organizations that make up the Kane Nature Coalition, including The Conservation Foundation, Forest Preserve District of Kane County, Rush Copley Medical Center, Hawthorne Hill Nature Center, Hickory Knolls Discovery Center, Midwest Forest Bathing LLC, Kane County Health Department, Waterford Place Cancer Resource Center, Living Well Cancer Resource Center, Friends of the Fox River, and Alzheimer's Association of Illinois. To learn more about the Kane Nature Rx Coalition, visit theconservationfoundation.org/nature-rx/kane-coalition/

The sign design and printing was funded by a generous grant from the Community Foundation of the Fox River Valley.

For more information, visit www.kaneforest.com, or find us on social by searching @forestpreserve.

WANDERING with WONDER

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