

# Rx for Health

— WALKING IN NATURE —



Explore nature in  
Lake County's  
breathtaking  
forest preserves!



## 2019 Schedule

**SATURDAYS**  
**4:00 P.M. - 5:30 P.M.**

- 4/13** Hastings Lake Forest Preserve  
21155 W. Gelden Rd., Lake Villa
- 4/27** Middlefork Savanna Forest Preserve  
1401 Middlefork Dr., Lake Forest
- 5/18** Lakewood Forest Preserve  
27277 Forest Preserve Rd., Wauconda
- 6/15** Greenbelt Forest Preserve  
1110 Green Bay Rd., North Chicago
- 7/20** Ryerson Woods Forest Preserve  
21950 N. Riverwoods Rd., Riverwoods
- 8/17** Lyons Woods Forest Preserve  
10200 W. Blanchard Rd., Waukegan
- 9/14** Fort Sheridan Forest Preserve  
117 Sheridan Rd., Lake Forest
- 10/19** Pine Dunes Forest Preserve  
42909 Hunt Club Rd., Antioch
- 11/2** Independence Grove Forest Preserve  
16400 W. Buckley Rd., Libertyville

*Walks are 1-2 miles in length.*

*Children under 16 must be accompanied by an adult.  
No pets allowed, except service animals.*

Free and open to all | [www.LiveWellLakeCounty.org](http://www.LiveWellLakeCounty.org)

