

# Rx for Health

— WALKING IN NATURE —

## 2018 Schedule

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

- 4/7** **Hastings Lake Forest Preserve**  
21155 W. Gelden Rd., Lake Villa
- 4/28** **Pine Dunes Forest Preserve**  
42909 Hunt Club Rd., Antioch
- 5/19** **Ryerson Woods Forest Preserve**  
21950 N. Riverwoods Rd., Riverwoods
- 6/16** **Greenbelt Forest Preserve**  
1110 Green Bay Rd., North Chicago
- 7/21** **Lyons Woods Forest Preserve**  
10200 W. Blanchard Rd., Waukegan
- 8/25** **McDonald Woods Forest Preserve**  
19611 W. Grass Lake Rd., Lindenhurst
- 9/15** **Wright Woods Forest Preserve**  
24830 St. Mary's Rd., Mettawa
- 10/13** **Nippersink Forest Preserve**  
900 W. Belvidere Rd., Round Lake
- 11/3** **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.*



*Explore nature in  
Lake County's  
breathtaking  
forest preserves!*



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