



# A Healthy Partnership

The Chicago Botanic Garden and NorthShore University HealthSystem encourage you to walk. Whether you're an aspiring athlete, a beginning fitness walker, or someone who simply enjoys nature, there is a walking path for you. Follow the Zen Walk through the Elizabeth Hubert Malott Japanese Garden and along the shoreline. Look for wildflowers in bloom along the Prairie Views. Take 5,000 steps on the Heart Healthy Hike, while little ones check off items they spot on their Bingo Activity Card. The health and wellness benefits of walking are a path away.

NorthShore University HealthSystem and the Chicago Botanic Garden share a holistic approach to assist you on your journey toward a balanced and healthy life. NorthShore – Edward-Elmhurst Health is a comprehensive, fully integrated healthcare delivery system. Care is delivered at our eight hospitals—Edward (Naperville), Elmhurst, Evanston, Glenbrook (Glenview), Highland Park, Northwest Community (Arlington Heights), Skokie, Swedish (Chicago)—and 300-plus ambulatory locations across six northeast Illinois counties. Linden Oaks Behavioral Health (Naperville) provides for the mental health needs of area residents. Our more than 25,000 team members and more than 6,000 physicians, specialists, and Magnet-certified nurses provide quality, community-connected care. Please use this map to help identify the best path to achieve your health and wellness goals. To learn more about NorthShore healthy living ideas, visit [northshore.org/healthyyou](http://northshore.org/healthyyou).



# Live Your Best Life

The Joseph Regenstein, Jr. School of the Chicago Botanic Garden promotes healthy lives and well-being by helping people connect to nature.



## Energize Your Body

Research shows that even simple movement—a cat-cow yoga stretch or a walk in the woods—can improve your energy level. Move toward fitness with tai chi, yoga, and outdoor walking classes. Make smarter choices with help from the Garden.



## Stretch Your Mind

Just as your body needs movement, your mind needs stimulation. Stretch your mind with photography, botanical arts, and gardening classes in a spectacular setting that changes every day.



## Rejuvenate Your Spirit

To reduce stress and increase your sense of well-being, explore the mind-body connection at the Garden. Recharge and rejuvenate your spirit with classes on meditation and well-being.

[chicagobotanic.org/education](http://chicagobotanic.org/education)



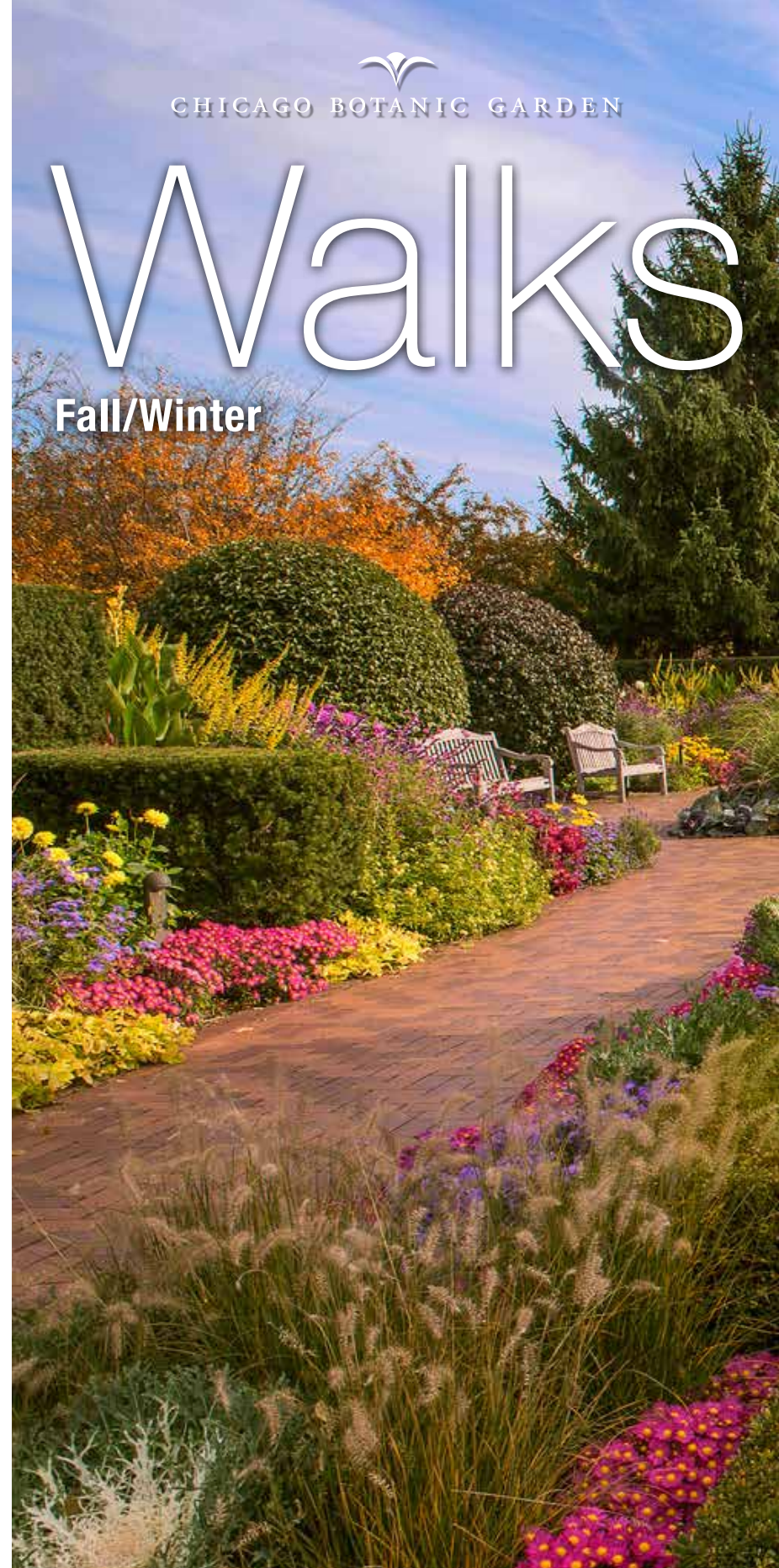
CHICAGO BOTANIC GARDEN

*One of the treasures of the Forest Preserves of Cook County*

CHICAGO BOTANIC GARDEN

# Walks

Fall/Winter





## Fall/Winter

Heart Healthy Hike 2.3 miles



Bridges to Wellness 1.74 miles



Zen Walk 1.2 miles




Prairie Views 1.75 miles



Harvest Hike 1.65 miles



 Nature Play Garden

 McDonald Woods

 Zigzag Bridge

 Circle Garden

 Fruit & Vegetable Garden