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.

A Healthy Partnership

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.

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.
**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