

# A Healthy Partnership

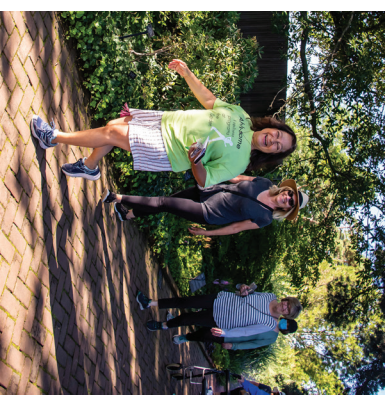
The Chicago Botanic Garden and Endeavor Health encourage you to walk. Whether you're an aspiring athlete, a beginning fitness walker, or someone who simply enjoys nature, there is a walking path for you. Follow the Zen Walk through the Elizabeth Hubert Malott Japanese Garden and along the shoreline.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

Endeavor Health and the Chicago Botanic Garden share a holistic approach to assisting you on your journey toward a balanced and healthy life. Endeavor Health is an integrated health system driven by our mission to help everyone in our communities be their best. As Illinois' third-largest health system, we proudly serve an area of more than 4.2 million residents across seven northeast Illinois counties. Our more than 27,000 team members and more than 7,100 physicians and advance practice provider partners are the heart of our organization, delivering seamless access to personalized, pioneering, world-class patient care across more than 300 ambulatory locations and nine hospitals, including eight Magnet-recognized acute care hospitals—Edward (Naperville), Elmhurst, Evanston, Glenbrook (Glenview), Highland Park, Northwest Community (Arlington Heights), Skokie, Swedish (Chicago), and Linden Oaks Behavioral Health Hospital (Naperville). To learn more about our healthy living ideas, visit: [endeavorhealth.org/healthy-endeavors](http://endeavorhealth.org/healthy-endeavors)

 Endeavor Health

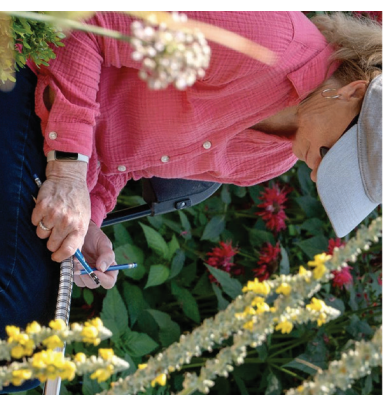
## Live Your Best Life

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 healing.

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



**chicago botanic garden**

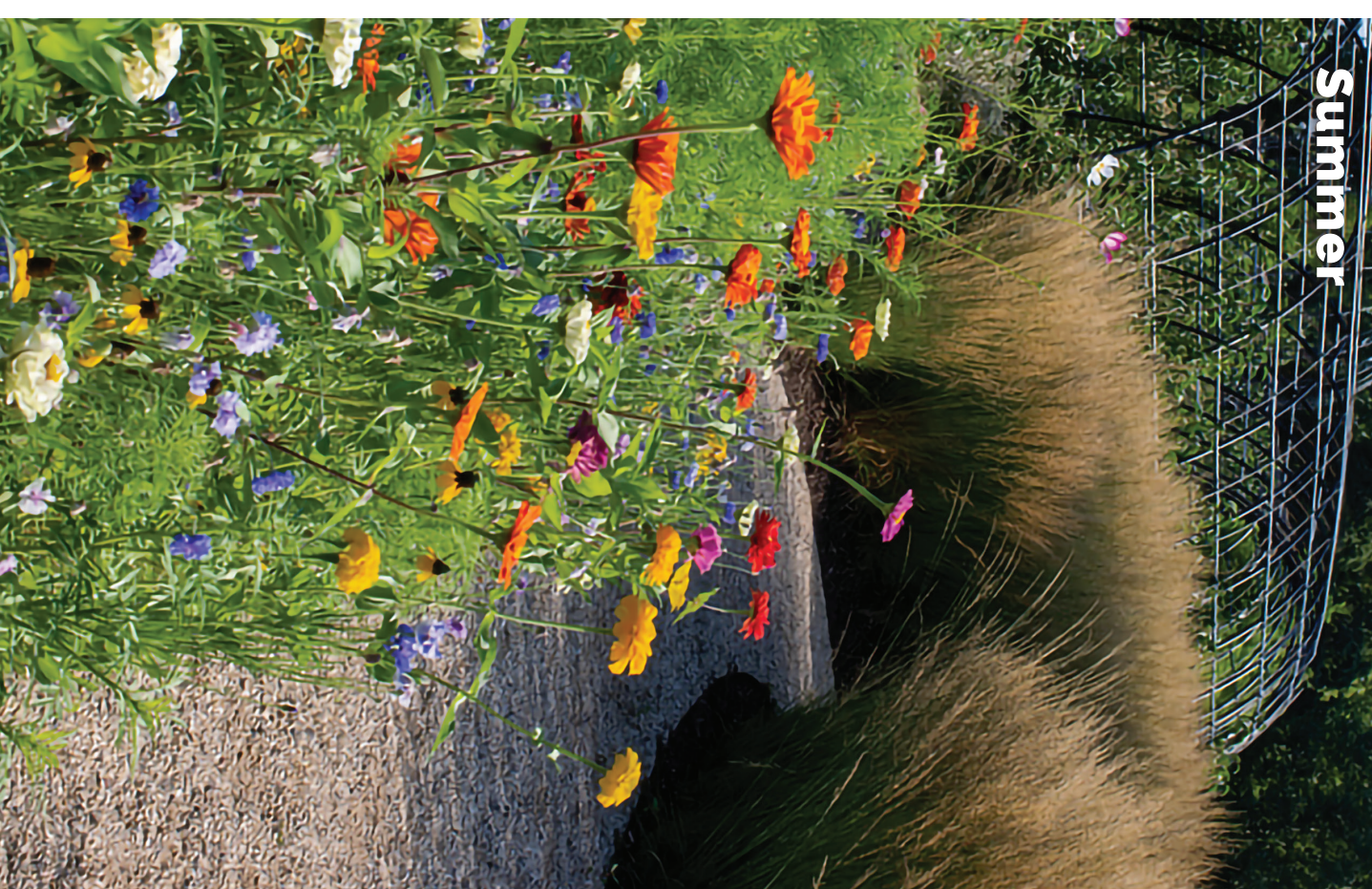
*One of the treasures of the Forest Preserves of Cook County*



chicago botanic garden

# WALKS

**Summer**



 Endeavor Health





**PATTERNED BY  
NATURE**  
JUNE 7 - SEPT. 21

# Summer Walks

- |                                |                           |
|--------------------------------|---------------------------|
| Fitness Walk 2.3 miles         | ● Shida Evaluation Garden |
| Bridges to Wellness 1.74 miles | ● McDonald Woods          |
| Zen Walk 1.2 miles             | ● Zigzag Bridge           |
| Prairie Views 1.9 miles        | ● Dixon Prairie           |
| Heart-Healthy Hike 1.65 miles  | ● English Oak Meadow      |