

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 View. Take 5,000 steps on the Fitness Walk, 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 is a comprehensive, fully integrated healthcare delivery system. Care is delivered at our five hospitals—Evanston, Glenbrook, Highland Park, Skokie, Swedish—and 140-plus locations from the Wisconsin border to downtown Chicago. In addition, NorthShore's Centers of Excellence—Neurological Institute, Cardiovascular Institute, Kellogg Cancer Center, and Orthopaedic & Spine Institute—combine with 2,300 physicians, specialists, and Magnet-certified nurses to provide leading-edge 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.



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 with online and onsite classes.



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



CHICAGO BOTANIC GARDEN

One of the treasures of the Forest Preserve District of Cook County

CHICAGO BOTANIC GARDEN




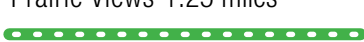




Walks

Fall





Fall Walks

-  Fitness Walk 1.8 miles
-  Bridges to Wellness 1.74 miles
-  Zen Walk 1.2 miles
-  Prairie Views 1.25 miles
-  North Lake Views
-  McDonald Woods
-  Zigzag Bridge
-  Circle Garden

East Road closed spring 2020 - fall 2022

Kris Jarantoski Campus