

# A Healthy Partnership

Gaura longiflora, Gaura



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 six hospitals—Evanston, Glenbrook, Highland Park, Skokie, Swedish, Northwest Community—and 170-plus locations from the Wisconsin border to downtown Chicago to the western suburbs. In addition, NorthShore's Centers of Excellence—Neurological Institute, Cardiovascular Institute, Kellogg Cancer Center, and Orthopaedic & Spine Institute—combine with 4,250 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](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 Preserve District of Cook County*

CHICAGO BOTANIC GARDEN

# Walks

## Summer





Butterflies & Blooms

Administrative Center

The Cove

Regenstein Learning Campus

P 6

P 4

P 5

P 3

Woods

North Lake

P 1

P 2

Fruit & Vegetable Garden

Visitor Center



Regenstein Center

McGinley Pavilion

Japanese Garden

### PICTURING THE PRAIRIE

Paintings by Philip Juras

May 1 – September 12, 2021

Joutras Gallery

Great Basin

Evening Island

Plant Science Center

## Summer Walks

Fitness Walk 1.8 miles



North Lake Views

Bridges to Wellness 1.74 miles



McDonald Woods

Zen Walk 1.2 miles



Zigzag Bridge

Prairie Views 1.25 miles



Dixon Prairie

East Road closed spring 2020 – fall 2022

Kris Jarantoski Campus