

**FREE RECREATION SPECIAL EVENT**

**WOMEN'S  
NATURE WALK AT  
HERRICK LAKE**

**Saturday, June 23, 10am-12pm**

Spending time in nature has therapeutic and healing effects. We will experience this together as we go walking at Herrick Lake Forest Preserve. It's home to an impressive amount of wildlife, mature trees, open prairie land, and a beautiful lake.

- **WHO:** For adults with a primary diagnosis of mental illness and their family members and friends.
- **WHERE:** We will meet at the main entrance on the south side of Butterfield Road (Route 56) roughly 2 miles west of Naperville Road.
- Please dress for the weather, wear sunscreen and bring a water bottle.

*\*Please note: If there is rain on this day we will cancel the event.*



To register visit [www.namidupage.org](http://www.namidupage.org) or call/email  
Dana Stewart, Recreation Director at  
NAMI DuPage, 630-752-0066 or  
[d.stewart@namidupage.org](mailto:d.stewart@namidupage.org).