

COMMUNITY OUTREACH PROGRAMS

FOREST PRESERVE DISTRICT OF KANE COUNTY PRESENTATION



Coming on Thursday,
February 16th.

Nature Program Manager, Valerie Blaine, from the Forest Preserve District of Kane County will lead an "arm-chair tour" of the preserves in the district and show the diversity of natural areas. Valerie will also provide an over-

view of the many programs the district offers throughout the county.

As Spring approaches, plan an outing with family and friends to one or all of the preserves in Kane County and enjoy the beauty of nature. Each preserve offers an array of op-

portunities to hike through fields or woods, bike on a trail, or learn from local experts at one of the nature programs offered for all ages throughout the year. Visit www.kaneforest.com for more information on programs presented by the Forest Preserve.

INFORMATION:

- **Community Outreach Programs will be held at the Aurora Township Youth and Community Center, 313 Gale Street, Aurora.**
- **Programs begin at 5:30 p.m. and last approximately 1 hour.**
- **Registration is strongly suggested by calling 630-859-7501.**
- **Community Outreach Programs are free to the public.**
- **Refreshments and door prizes**

East Aurora High School Culinary Arts Students Present Healthy Cooking Demonstration

On Thursday, March 15th, students from the East Aurora High School's culinary arts program will be here to present a cooking demonstration on preparing healthy meals for you and your family. They will share healthy recipes and discuss ways to make everyday meals using healthier ingredients that taste delicious and satisfying. Food samples will be available during the presentation.

Join us each month for our series of Community Outreach Programs this year designed to help you achieve better health in 2012. Residents who attend 8 or more of the monthly sessions will have their names entered into a drawing in December for some amazing prizes.