

**WELLNESS IN THE WOODS:** Informational links

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[Wellness in the Woods - Forest Preserves of Cook County \(fpdcc.com\)](#)

[Who We Are - Forest Preserves of Cook County \(fpdcc.com\)](#)

[Walking Green: Study Finds Walking in Forest Preserves Improves Health - Forest Preserves of Cook County \(fpdcc.com\)](#)

[Walking Green: Developing an Evidence-base for Nature Prescriptions \(fpdcc.com\)](#)

[Next Century Conservation Plan - Forest Preserves of Cook County \(fpdcc.com\)](#)

[Things to Do - Forest Preserves of Cook County \(fpdcc.com\)](#)

[Events - Forest Preserves of Cook County \(fpdcc.com\)](#)

<https://fpdcc.com/chicagos-true-nature-forest-preserves-cook-county/>