



# Nature Walks Free for Families

Join us for an easy morning walk to connect with other families and enjoy some fresh air! After a short walk, bring a snack or drink and stay to connect with each other...and allow time for your children to play together. Walking is a powerful and accessible exercise that offers numerous benefits for postpartum recovery. By incorporating regular walks into your routine, you can strengthen your body, boost your energy levels, prevent postpartum depression, improve your sleep quality, relieve stress, aid in weight loss, reduce the risk of blood clots, enhance cardiovascular fitness, enjoy social interaction and enhance your psychological well-being. Remember to prioritize your health, listen to your body, and consult with healthcare professionals to ensure a safe and effective postpartum walking routine. Embrace the transformative journey of motherhood while nurturing your physical and mental well-being through the simple act of walking.

Walks will take place  
at 11 am on the  
following dates:

Thursday, May 30

Thursday, June 27

Thursday, July 25

Thursday, August 29

Thursday, September 26

Thursday, October 31



**Please register in advance.** Each walk will take place at a different location. A reminder email will be sent before each event. In case of inclement weather, we will contact you to reschedule.

Our support group is open to all parents, so bring a friend or two. Siblings are welcome. Contact Erin to RSVP or with any questions at **317.688.2465** or **[eharkess@iuhealth.org](mailto:eharkess@iuhealth.org)**.