



# Wellness Wednesday

Check here for all updates on Wellness

Please reach out to Wellness for additional information about any event at [wellness@transitchicago.com](mailto:wellness@transitchicago.com) or call 1-312-681-2225 option "8"



## DECEMBER IS Winter Wellness Month

EMBRACE THE SEASON BY PRIORITIZING YOUR WELL-BEING.

### LIVE MEDITATION & DEEP BREATHING SESSION

Thursday, December 5

12 - 12:15 pm

WITH COACH YOHANNES



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



### Well-Informed

Holiday Stress: Putting the Happy Back in Holidays

Wednesday, December 11 at 11 am

Featuring

Beth Devilbiss

Register Here



Register to view live or watch at a later time

<https://bit.ly/4hKSHbF>



## Financial Fridays



### Retirement Readiness

Friday, December 13 | 12 pm



Register to view live or watch at a later time

<https://bit.ly/4b1Jecl>



### Jingle Bell Run

Chicago History Museum  
1601 N. Clark St. Chicago, IL  
Saturday, December 14 | 9 am

Code: CTARUN24  
Valid for CTA Employees Only



Register Here



<https://bit.ly/4dME0SW>

#### Registration Instructions

1. Scan QR Code or Visit <https://bit.ly/4dME0SW>
  2. Create an Account or Sign-in
  3. Choose 5k Timed/Untimed or 1-Mile
  4. Choose Join Team & Search "Team CTA"
  5. At checkout, enter discount code CTARUN24
- Deadline to Register - December 7

## MoveMondays

### LIVE WORKOUT SESSION

### Cardio Intervals

Monday, December 23

12 - 12:30 pm

featuring Coach Travis

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/4aYJkkw>



### 6 Free Counseling Sessions Per Issue



### ctaCares

Contact EAP:

1-888-371-1125

or

[myCigna.com](http://myCigna.com)

Employer ID: CTA



[transitchicago.com/wellness](https://transitchicago.com/wellness)