

# Wellness Wednesd

Check here for all updates on Wellness

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



## DECEMBER IS Winter Wellness Mont



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





Wednesday, December 11 at 11 am Featuring

Well-Informed

Holiday Stress: Putting the Happy Back in Holidays

**Beth Devilbiss** 

Register to view live or watch at a later time https://bit.ly/4hKSHbF

**Register Here** 



# Financial Fridays (s)

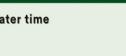
## **Retirement Readiness**

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

#### **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

Code: CTARUN24 Valid for CTA Employees Only



### Register Here



https://bit.ly/4dME0SW

# 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





ctaCares

Contact EAP:

1-888-371-1125

or

myCigna.com

**Employer ID: CTA** 





