

## Wellness Wed

Check here for all updates on Wellness

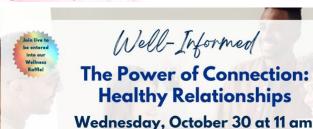
Please reach out to Wellness for additional information about any event at wellness@transitchicago.com or call 1-312-681-2225 option "8"



October 2024

Visit myCigna.com or call 800-244-6224 to to schedule your breast cancer screening and take a crucial step toward early detection.





Featuring

Cynthia Kay, LPC, MA Register to view live or watch at a later time https://bit.ly/47wsngH

Register Here

Join CTA Wellness during our 8-week Maintain Don't Gain Challenge! This program gives you easy tips and activities to stay healthy and avoid gaining weight over the holidays.

Maintain Don't Gain 2024

Weigh-In to Join the Challenge! Oct. 28 - Nov. 15

Scan here to view the Maintain Don't Gain Weigh-In Schedule https://bit.ly/3XtGqz3







Thursday, November 7 12 - 12:15 pm

WITH COACH YOHANNES

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

https://bit.ly/LIVEMEDITATION





Elizabeth Deavilla

Register to view live or watch at a later time

https://bit.ly/4h7KbDg



MotivateMe° The October 31 deadline to earn your cash incentive is fast approaching.

Step 1 Register or log on to myCigna.com or the myCigna mobile app.

Step 2 Under the Wellness tab, complete your Health Assessment.

Step 3 Track self-reported activities on myCigna.com and complete eligible activities by 10/31/24.





