



# 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"

October 2024

## Breast Cancer Awareness Month

Visit [myCigna.com](http://myCigna.com) or call 800-244-6224 to schedule your breast cancer screening and take a crucial step toward early detection.



Join live to be entered into our Wellness Raffle!

*Well-Informed*

### The Power of Connection: Healthy Relationships

Wednesday, October 30 at 11 am

Featuring

Cynthia Kay, LPC, MA

Register to view live or watch at a later time

<https://bit.ly/47wsngH>

Register Here



### Maintain Don't Gain 2024

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.

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>



### Emotional Fitness: Dealing with Difficult Emotions

Wednesday, November 6 at 1 pm

Learn about emotional awareness, acceptance, and coping skills.

Register to view live or watch at a later time

<https://bit.ly/45O2ml8>



### LIVE MEDITATION & DEEP BREATHING SESSION

Thursday, November 7

12 - 12:15 pm

WITH COACH YOHANNES

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



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### A Fresh Look at Healthy Eating

Tuesday, November 12 at 11 am

Featuring

Beth Devilbiss

Register to view live or watch at a later time

<https://bit.ly/3UdD4zn>

Register Here



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Ask the Doctor

### Diabetes Awareness: Prevention and Reversal

Thursday, November 21 at 11 am

featuring

Elizabeth Deavilla

Register to view live or watch at a later time

<https://bit.ly/4h7KbDg>

Register Here



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

**Step 1** Register or log on to [myCigna.com](http://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](http://myCigna.com) and complete eligible activities by 10/31/24.



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