

Wellness Wednesday

Check here for all updates on Wellness

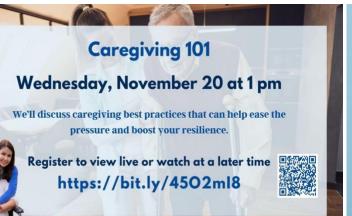
Please reach out to Wellness for additional information about any event at wellness@transitchicago.com or call 1-312-681-2225 option "8"

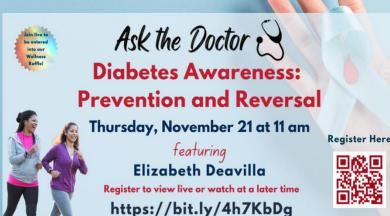


DIABETES

AWARENESS









The Great American Smokeout® Thursday, November 21

Quitting smoking isn't easy. Start with day one.

Let the Great American Smokeout event be the day you start your journey towards a smoke-free life!

For more information scan the code or visit cancer.org/smokeout

Financial Fridays 🕥

Asset Classes and Asset Allocations

MONTH

Friday, November 22 | 12 pm





Register to view live or watch at a later time https://bit.ly/4b1JecL



LIVE WORKOUT SESSION

Reps and Rounds with Dumbbells

Monday, November 25

12 - 12:30 pm

featuring Coach Travis
REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

https://bit.ly/4aYJkkw



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







https://bit.ly/4dME0SW





