



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"



NOVEMBER IS DIABETES

AWARENESS MONTH



Caregiving 101

Wednesday, November 20 at 1 pm

We'll discuss caregiving best practices that can help ease the pressure and boost your resilience.

Register to view live or watch at a later time

<https://bit.ly/4502ml8>



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



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

Friday, November 22 | 12 pm

Register to view live or watch at a later time

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



Move Mondays

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

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



transitchicago.com/wellness