



# 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"



# FEBRUARY

## HEART HEALTH MONTH

*Well-Informed*

## Know Your Numbers

featuring  
**Erika Kawamura, LP, PsyD**

**Wednesday, February 12 at 11 am**

Register to view live or watch at a later time

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

Register Here



## Strengthening Your Team

Managers - Explore strategies for managing diverse work styles, enhancing collaboration and unlocking your team's full potential.

**Wednesday, February 12 at 1 pm**

Register to view live or watch at a later time.

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



## MoveMondays

### LIVE WORKOUT SESSION

With Coach Travis

**Upper Body Blitz**

**Monday, February 24**

12 - 12:30 pm

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LiveWorkoutSession>



## Practicing Positivity at Work

Discover how unconscious bias, personal positivity, and clear communication shape a positive work culture for everyone.

**Wednesday, February 26 at 1 pm**

Register to view live or watch at a later time.

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



## Financial Fridays

### Saving Early in Your Career

Friday, February 28 | 12 pm



Register to Participate LIVE - <https://bit.ly/4hrnEAP>

Please Note: Recordings will not be available for this event.



## LIVE MEDITATION & DEEP BREATHING SESSION

WITH COACH YOHANNES



**Thursday, March 6**

12 - 12:15 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LIVEMEDITATION>



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