



# 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

### 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/45O2ml8>



Ask the Doctor

### Heart Health

featuring

Dr. Prentiss Taylor, MD

Thursday, February 27 at 12 pm

Register to view live or watch at a later time

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

Register Here



Join live to be entered into our Wellness Raffle!

## 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>



### Join CTA Wellness at the Shamrock Shuffle

Events: 8k Run / Walk OR 2-Mile Walk

Grant Park - Chicago, IL

Race Date: Sunday, March 23, 2025



Scan the QR code or click the link to receive complimentary employee registration for the Shamrock Shuffle.



<https://bit.ly/419piS3>

Deadline to Register: Friday, March 7, 2025 or until all tickets are reserved.

Valid for Current CTA Employees Only



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