

OCTOBER

BREAST CANCER

AWARENESS MONTH



WELLNESS@TRANSITCHICAGO.COM

Ask The Experts



Breast Cancer Awareness

featuring

American Cancer Society

Tuesday, October 7 at 1 pm



Register to view live or watch at a later time

<https://bit.ly/asktheexpertOct>



wellness@transitchicago.com

Ask the Doctor



Conversations with an Oncologist

featuring

Dr. Celeste Cruz

Thursday, October 9 at 12 pm

Register to view live or watch at a later time

<https://bit.ly/askthedocOct>



wellness@transitchicago.com



Well-Informed



Smart Money Moves - Holiday Planning

featuring

Joel Larsen

Tuesday, October 14 at 11 am

Register to view live or watch at a later time

<https://bit.ly/wellinformedOct>



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Understanding Depression

Find clarity, support, and real-world strategies for
better mental health.



Wednesday, October 8 at 1 pm



Register to view live or watch at a later time.
<https://bit.ly/45O2ml8>



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Depression in the Workplace



Depression affects our work. Learn how to respond and support others.

Wednesday, October 22 at 1 pm



Register to view live or watch at a later time.

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



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Financial Fridays

A Look at Your CTA Plans

Friday, October 24 | 12 pm



[Register to Participate LIVE - https://bit.ly/4IWp4oI](https://bit.ly/4IWp4oI)

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



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Move Mondays



HYBRID LIVE WORKOUT SESSION

Featuring Coach Travis

Plank & Stretch at 74th St Garage

Monday, October 27 at 12 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/OCTLWS>



wellnesscoach@transitchicago.com



**Join HR - Wellness
at the Making Strides Against Breast Cancer Walk**

Saturday, October 18 | 8 am

Location - Soldier Field

Scan the QR code or click the link to <https://bit.ly/TeamCTA> to join Team CTA at the Making Strides Against Breast Cancer Walk!



Deadline to Receive Swag - Tuesday, October 14



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Swag Valid for Current CTA Employees Only



**Join HR - Wellness
at the Carrera de los Muertos 5k
Saturday, November 1 | 8 am
Benito Juarez Community Academy**

Scan the QR code or click the link <https://bit.ly/4fDb1mu> to receive complimentary employee registration for the Carrera de los Muertos 5k.



Deadline to Register: Friday, October 17 or until Sold Out



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Valid for Current CTA Employees Only



Join HR - Wellness at the
Hot Chocolate 5k, 10k, 15k Run or 2-Mile Walk
Sunday, November 2 | 7:30 am
Grant Park - Buckingham Fountain

Scan the QR code or click the link to <https://bit.ly/4oCym5C>
to receive complimentary employee registration for the
Hot Chocolate 5k, 10K, 15k Run or 2-Mile Walk.



Deadline to Register: Friday, October 17 or until Sold Out



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Valid for Current CTA Employees Only



**Join HR - Wellness
at the Jingle Bell Run
Saturday, December 13 | 9 am
Chicago History Museum**

Scan the QR code or click the link to
<https://bit.ly/JingleBellReq> to receive
complimentary employee registration for the
Jingle Bell Run 5k.



Deadline to Register: Friday, November 28 or until Sold Out



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Valid for Current CTA Employees Only



Breast Cancer Awareness Month

Breast cancer affects millions, and together we can raise awareness, support research, and bring hope to those impacted by this disease.

Early detection saves lives. Visit myCigna.com to find an in-network provider near you.



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Domestic Violence Awareness Month

Awareness is the first step toward safety,
healing, and lasting change!

National Domestic Violence Hotline 1-800-799-7233



wellness@transitchicago.com

On World Arthritis Day,
we work to increase
understanding, encourage
early care, and drive progress
in treatment and support.



Scan the QR code for more info.



OCTOBER 12
WORLD

ARTHRITIS

DAY



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Mental Illness Awareness Week October 6-12

Sponsored by the National Alliance on Mental Illness (NAMI)



This week, we're joining NAMI in highlighting how workplace culture impacts mental wellness - for employees, managers, and coworkers alike.

NAMI HelpLine: 800-950-6264 or Text "NAMI" to 62640



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NATIONAL Health Education Week

OCTOBER 20-24, 2025 #NHEW



Scan the QR code for more info.



Celebrating the vital role that health education plays in promoting well-being, preventing illness, and equipping everyone to make informed, healthy choices!



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MotivateMe®

Join MotivateMe® by **10/31/25** to earn your cash incentive!

Step 1

Register or log on to myCigna.com or the myCigna mobile app.



Step 2

Complete your online Health Assessment survey.

Step 3

Track self-reported activities on myCigna.com and complete eligible activities by **10/31/25**

Visit transitchicago.com/wellness/motivateme to learn more.



MotivateMe®

Upcoming Self-Reported HR - Wellness Events



October 7	Movement & More: Foundations of Stretch
October 7	Ask the Experts: Breast Cancer Awareness
October 9	Ask the Doc: Conversations with an Oncologist
October 14	Well-Informed: Smart Money Moves - Holiday Planning
October 18	Making Strides Against Breast Cancer Walk
October 22	Movement & More: Stretch & Align
October 24	Financial Fridays: A Look at Your CTA Plans
October 27	Live Workout Session: Plank & Stretch



For more information or to track and complete your self-reported activities, visit myCigna.com.



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