

HR Wellness Presents:



Stress Reduction Workshop

We invite all employees to take advantage of this opportunity to invest in your well-being.

This workshop will feature the following stations

Muscle Recovery

Mental Health Information

Guided Breathing Technique

Schedule

4.1	- Control Center	- 11 am - 2 pm
4.3	- North Park Garage	- 11 am - 2 pm
4.9	- Kedzie Garage	- 11 am - 2 pm
4.22	- South Shops	- 8 am - 11 am
4.22	- 77th St. Garage	- 12 pm - 3 pm
4.24	- Chicago Ave. Garage	- 11 am - 2 pm
4.30	- 95th St. Terminal	- 10 am - 1 pm



wellness@transitchicago.com