

September



is Mental Health



Awareness Month



wellness@transitchicago.com

Join live to
be entered
into our
Wellness
Raffle!

Ask the Doctor 



Mental Health Awareness

featuring

Schaelyn McFadden, PsyD

Wednesday, September 10 at 12 pm

Register to view live or watch at a later time

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



wellness@transitchicago.com





Living with the Threat of Violent Attacks

Mass tragedies stir strong emotions. Learn how to process and cope.

Wednesday, September 10 at 1 pm



Register to view live or watch at a later time.

<https://bit.ly/45O2ml8>



wellness@transitchicago.com





Well-Informed

Under Pressure - Managing Workplace Stress

featuring

Dr. Warren Wright, PhD, LPC, NCC

Wednesday, September 17 at 11 am



Register to view live or watch at a later time

<https://bit.ly/45Jc0hn>



wellness@transitchicago.com





Health Eating for Kids

Concerned about your child's eating habits? Help them build a healthy relationship with food.

Wednesday, September 24 at 1 pm

Register to view live or watch at a later time.

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



wellness@transitchicago.com



Financial Fridays

Estate Planning

Friday, September 26 | 12 pm



[Register to Participate LIVE - https://bit.ly/3Hh4wZL](https://bit.ly/3Hh4wZL)

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



wellness@transitchicago.com



MoveMondays

LIVE WORKOUT SESSION



With Coach Travis

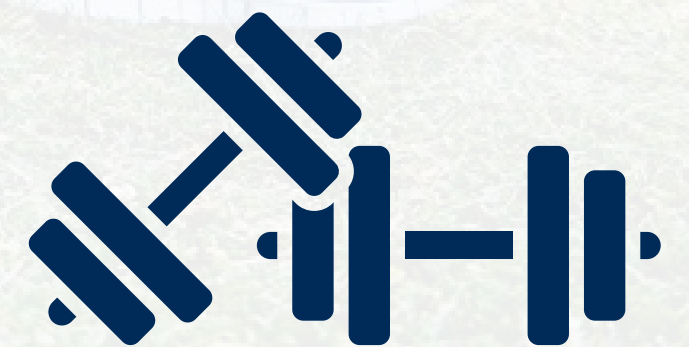
Total Body Strength Using Dumbbells

Monday, September 29

12 - 12:30 pm

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/SepLiveWorkout>



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



wellness@transitchicago.com

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



wellness@transitchicago.com

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/4oCymSC>
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



wellness@transitchicago.com

Valid for Current CTA Employees Only



Mental Health Awareness Month

Your mental health matters—every day. Check in with yourself, reach out for support, and remember you're not alone. Connect with a counselor anytime through your Employee Assistance Program for free, confidential help.

Employee Assistance Program 888-371-1125



wellness@transitchicago.com



The central graphic features two logos. On the left is the National Suicide Prevention Lifeline logo, which includes the text "NATIONAL SUICIDE PREVENTION LIFELINE", the phone number "1-800-273-TALK (8255)", and the website "suicidepreventionlifeline.org". A blue arrow points from this logo to the 988 Suicide & Crisis Lifeline logo on the right, which consists of a dark blue square containing the number "988" and the text "SUICIDE & CRISIS LIFELINE".

Help is Available
Call or Text
24 Hours 7 Days a Week



wellness@transitchicago.com



Prostate Cancer Awareness Month

Raise awareness about prostate health, encourage early detection through screenings, and support those affected by the disease.

Let's empower men to take charge of their health.

Schedule your annual checkups and recommended screenings today. Find a provider at myCigna.com.



wellness@transitchicago.com



World Alzheimer's Month

Together, we can raise awareness, challenge stigma, and support those affected by Alzheimer's and dementia. Early detection matters! Know the signs, share resources, and be a voice for change.

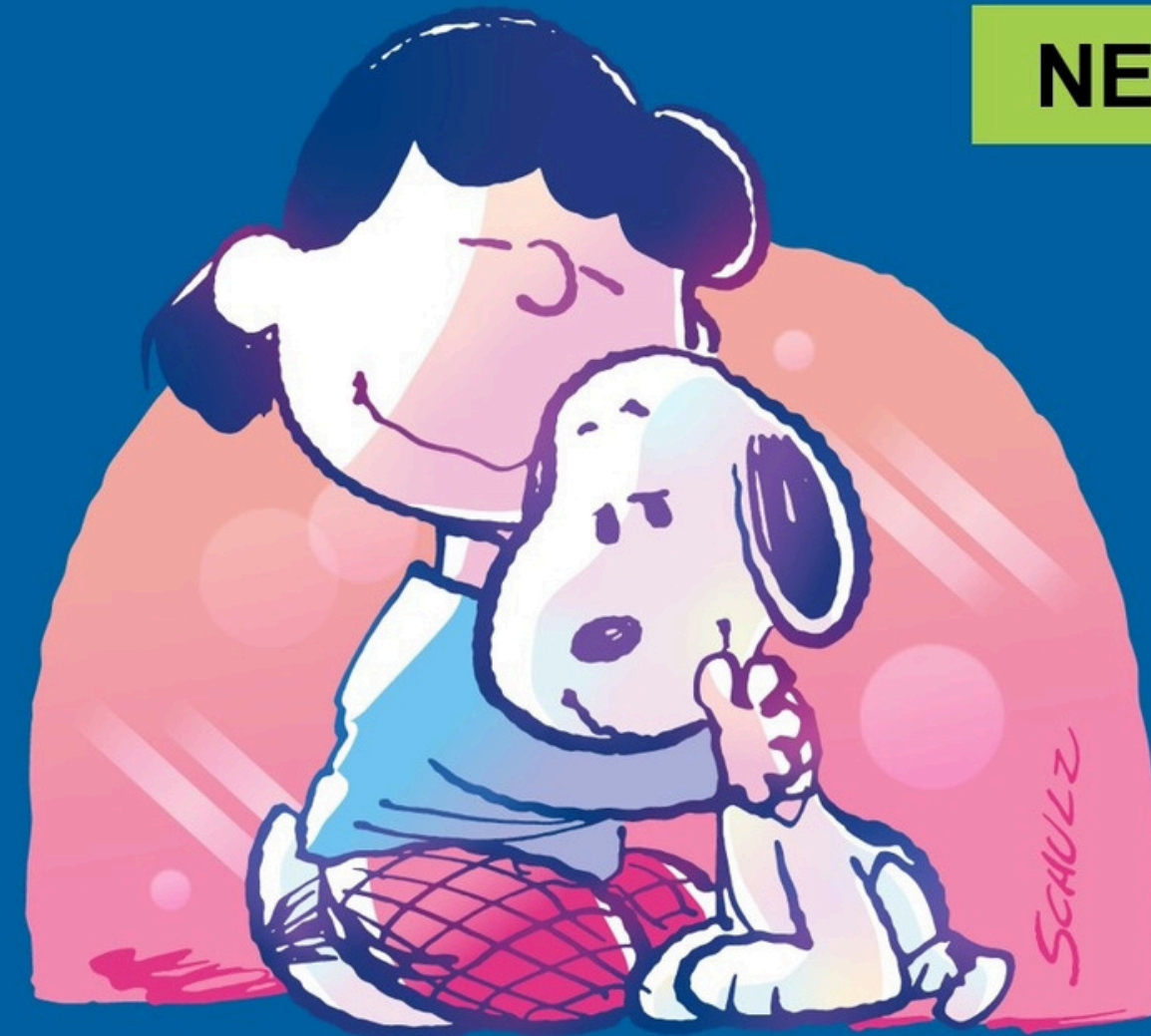
 Learn more at [alz.org](https://www.alz.org) 

Join the pack, CTA!

Introducing flexible pet insurance for the
furry ones you love

- Discounts of up to 30%¹
- Up to 90% coverage if your pet becomes sick or injured²

NEW!



Scan the code or visit
metlife.com/getpetquote59728

¹ When using multiple discounts, discounts cannot exceed 30%. Each discount may not be available in all states. Please contact MetLife Pet for further details.

² Reimbursement options include: 50%, 70%, 80% and 90%. Some restrictions may apply.

Pet Insurance coverage issued by Metropolitan General Insurance Company, a Rhode Island insurance company headquartered at 700 Quaker Lane, Warwick, RI 02886. Coverage subject to restrictions, exclusions and limitations and application is subject to underwriting. See policy or contact MetLife Pet Insurance Solutions LLC ("MetLife Pet") for details. MetLife Pet is the policy administrator. It may operate under an alternate or fictitious name in certain jurisdictions, including MetLife Pet Insurance Services LLC (New York and Minnesota) and MetLife Pet Insurance Solutions Agency LLC (Illinois).



Need a Quick Reset?

Try the 4-4-4-4 Breathing Method

Take a minute for yourself — just a few rounds of 4-4-4-4 breathing can help you feel calmer, clearer, and ready for what's next.

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

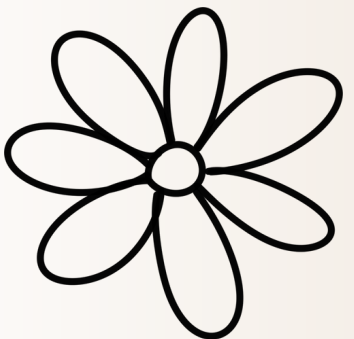


wellness@transitchicago.com

Managing Work Stress

Finding balance starts with caring for your mind as much as your to-do list.

- **Prioritize Wisely**
- **Take Micro-Breaks**
- **Set Boundaries**



wellness@transitchicago.com