



Wellness Wednesday

Check here for all updates on Wellness

Please reach out to Wellness for additional information about any event at wellness@transitchicago.com or call 1-312-681-2225 option "8"



CTA WELLNESS WOMEN'S HEALTH MONTH

Getting the Heart Pumping & Happiness Flowing

Walk & Talk

Grab a co-worker or neighbor and go on a brisk walk.

Head on a Hike

Not only are you moving your body but being out in nature can have a positive effect on your mind.

Say Yes to Yoga

Gentle yoga classes are a great way to promote relaxation, reduce stress, and create that mind-body connection.

Get Into Gardening

Choose a few easy to grow veggies and plant a garden. Maintaining it will help keep you active and outdoors.



wellness@transitchicago.com

MoveMondays

LIVE WORKOUT SESSION

Yoga Stretch

Monday, May 20

12 - 12:30 pm

WITH COACH TRAVIS

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME.

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



wellnesscoach@transitchicago.com

Ask the Doctor Women's Health

Thursday, May 23 at 11 am

featuring

Dr. Jamilah Okoe, MD

Register to view live or watch at a later time.

<https://bit.ly/49KChuu>

Join live to be entered into our Wellness Raffle!

Register Here



wellness@transitchicago.com



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Financial Fridays

Financial Fridays

Roth Contributions Part I

Friday, May 24

12 pm

Register to view live or watch at a later time

<https://bit.ly/4b1Jecl>



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SOLDIER FIELD 10: MEMORIAL DAY RUN - 10k

Soldier Field - Chicago, IL

Saturday, May 25 | 7:30 am

Valid for CTA Employees Only
Code: CTASF24



Register Today



<http://bit.ly/3Gdc8Zj>

Registration Instructions:

1. Visit <http://bit.ly/3Gdc8Zj>
2. Log in or create an Enmotive account
3. Register for race and enter your personal info
4. Upon checkout, click on coupon and enter CTASF24



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Strides for Peace Race Against Gun Violence

Grant Park - Chicago, IL

Thursday, June 6 | 6:30 pm

Valid for CTA Employees Only
Code: CTA24



Register Today



<https://bit.ly/43N2Zky>

Registration Instructions:

1. Visit <https://bit.ly/43N2Zky>
2. Log in or create an Enmotive account
3. Register for race and enter your personal info
4. Upon checkout, Click coupon and enter CTA24



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