



# 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"

April 2024

## Financial Literacy Month

Wellness is hosting various seminars in April to enhance your financial literacy. Click here to register and view the full Financial Literacy Seminar Schedule.

Financial Literacy Month

### The Student Loan Survival Guide

Wednesday, April 24 | 11 am



Register to view live or watch at a later time!

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



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

Financial Literacy Month

### Pros & Cons of Loans

Friday, April 26 | 12 pm



Register to view live or watch at a later time!

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**MARCH FOR BABIES**  
MARCH OF DIMES  
**MARCH OF DIMES WALK**  
MONTROSE HARBOR - CHICAGO, IL  
Saturday, April 28 | 8:30 am

Valid for CTA Employees Only



Register



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

#### Registration Instructions:

1. Visit <https://bit.ly/49jnBmW>
2. Click Join Team CTA
3. Complete Registration Info



Exciting Update: Team CTA t-shirts will now be distributed to employees on the day of the walk. Pick-up will only be available at Montrose Harbor between 7 am - 8 am on walk day, while supplies last. Stop by the CTA Wellness Van to get yours!



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

## MoveMondays LIVE WORKOUT SESSION

TABATA CARDIO CIRCUIT

Monday, April 29

12 - 12:30 pm

WITH COACH TRAVIS



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME



[wellnesscoach@transitchicago.com](mailto:wellnesscoach@transitchicago.com)

Financial Literacy Month

### CTA Pension: Understanding Retirement & Retiree Benefits

Tuesday, April 30 | 12 pm



Register to view live or watch at a later time!

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



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

## Well-Informed Emotional Exhaustion Fighting Fatigue

Wednesday, May 1 at 11 am

Register Here

Featuring

Janice Zimmerman, LCSW- C

Register to view live or watch at a later time

<https://bit.ly/3Uj0eEL>



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

