



# Wellness Wednesday

Check here for all updates on wellness

Please reach out to Wellness for further questions about any event at [wellness@transitchicago.com](mailto:wellness@transitchicago.com) or call 1-312-681-2225, press "8"

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



## Dental Health Month

AUGUST 2023

### August is Dental Health Month

#### Tips for Keeping Your Child's Smile Healthy

Reduce sugar in their diets.

Remind them to brush 2x daily.

Reward healthy dental hygiene habits.

Teach the importance of flossing.

Replace soda and juice with water.



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### Show Us Your Smile

Thank you CTA Employees for submitting photos during the Show Us Your Smile campaign!



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



Free to All CTA Employees

Code: CTA40

### Fifth Third Bike the Drive

Sunday, September 3, 2023

6:30 am - 10:30 am | Festival 8 am - 12:30 pm

#### Registration Instructions:

1. Visit <https://bit.ly/3NSskT2>
2. Click Register Now
3. Complete Participant Info
4. Choose the 15 mile or 30 mile option
5. Use Promo Code: CTA40 at Checkout

Scan Here to Register



<https://bit.ly/3NSskT2>



### RUN MAG MILE Grant Park

Saturday, September 9, 2023 | 7 am

Free to All CTA Employees  
Code: CTAMAGMILE23



#### Registration Instructions:

1. Visit <https://bit.ly/3PgM4PB>
2. Click Register Now
3. Choose 5k or 10k
4. Complete Registration Info
5. At Checkout, Click on Coupon and Enter CTAMAGMILE23

REGISTER HERE



<https://bit.ly/3PgM4PB>

### Well-Informed

#### Why We Worry and What to Do About It

Tuesday, September 12 at 11 am

Register Here

Featuring

**Beth Devilbiss**

Register to view live or watch at a later time

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



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### Working On Wellness

"Working on my health, by participating in sponsored events with the Wellness Team, makes my life move well!"

-Deshone Maddox  
Senior Coordinator, Leave Management  
CTA Headquarters

