

2020

Walk for Life Breast Cancer Awareness Virtual Walk

Saturday, October 17

Free to CTA Employees
Plus One Guest



**MAKING STRIDES
Against Breast Cancer**

Please complete your registration in two steps.

1 STEP ONE

Go to main.acsevents.org/goto/CTA2020 and join our team (Chicago Transit Authority). Create or log in to an account to complete registration.

2 STEP TWO

Visit research.net/r/R8W3GHN to register you and your guest for team swag.

***BOTH steps need to be completed
in order to receive your team swag.***

Inside your Swag Bag: T-Shirt, Socks, Lapel Pin, & Pouch

Email wellness@transitchicago.com with any questions.



Live Well
Work Well 

CTA Wellness Presents:

Pay it Forward

A Guide to Giving Back

Thursday, October 22
1:00-2:00 p.m. CT

CTA Wellness encourages you to pay it forward. Finding opportunities to connect and volunteer locally can be very rewarding. This seminar can help provide information on how you can get started.

- Learn what "pay it forward means," and recognize its value.
- Explore simple ways to do good for others.
- Discover reasons to volunteer and engage in your community.
- Review how to make giving back part of your daily life.
- Review the benefits of your Employee Assistance Program (EAP).

Visit Cigna.WebEx.com
Meeting Number: 173 482 2674
Passcode: GIVEBACK

Or Dial in: 1-866-205-5379
Access Code: 173 482 2674



Cigna®

Live Well
Work Well





Wear Pink for Breast Cancer Awareness Friday, October 30

Show your support. Send pictures wearing your pink to
wellness@transtichicago.com

*Uniform requirements still apply

