

Fall Into Wellness

Three seasonal opportunities to support your health this fall.



Maintain, Don't Gain Weigh Ins

Kick off the holiday season with simple ways to stay active & healthy.
Don't see your location? Weigh in by emailing wellness@transitchicago.com by Nov 15.



Flu Shot Bus*

Stop by the Flu Shot Bus to protect yourself, your team, & your community this season.



Blood Drive**

Give back in a meaningful way by donating blood & making a lasting difference.



Mon, Oct 26	Tues, Oct 27	Wed, Oct 28	Thurs, Oct 29	Fri, Oct 30
Forest Park Terminal 8AM-10AM Harlem Terminal 11AM-1PM  	89 th St. Training 9AM-11AM  	Warehouse 6AM-9AM CTA Headquarters 11AM-3PM  	Control Center 9AM-12PM CTA Headquarters 1PM-4PM  	103 rd St. Garage 10AM-1PM 
Mon, Nov 2	Tues, Nov 3	Wed, Nov 4	Thurs, Nov 5	Fri, Nov 6
West Shops 7AM-10AM  	South Shops 7AM-10AM Midway Terminal 12PM-3PM  	Kimball Terminal 7AM-10AM Howard Terminal 12PM-2PM  	Skokie Shops 10AM-2PM  	95 th St. Terminal 11AM-1PM O'Hare Terminal 11AM-1PM 
Mon, Nov 9	Tues, Nov 10	Wed, Nov 11	Thurs, Nov 12	Fri, Nov 13
Forest Glen Garage 7AM-10AM North Park Garage 12PM-3PM  	Chicago Ave. Garage 7AM-10AM Kedzie Garage 12PM-3PM  	Veteran's Day No Visits	74 th St. Garage 7AM-10AM  	77 th St. Garage 10AM-1PM  
Wed, Nov 18				
*Please bring your Cigna Insurance Card to the Flu Shot Bus in order to receive credit for Well-Being Solution.		CTA Headquarters 2 nd Floor 10AM-3PM 	**Registration is required for the Blood Drive: bit.ly/CTABloodDrive	



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