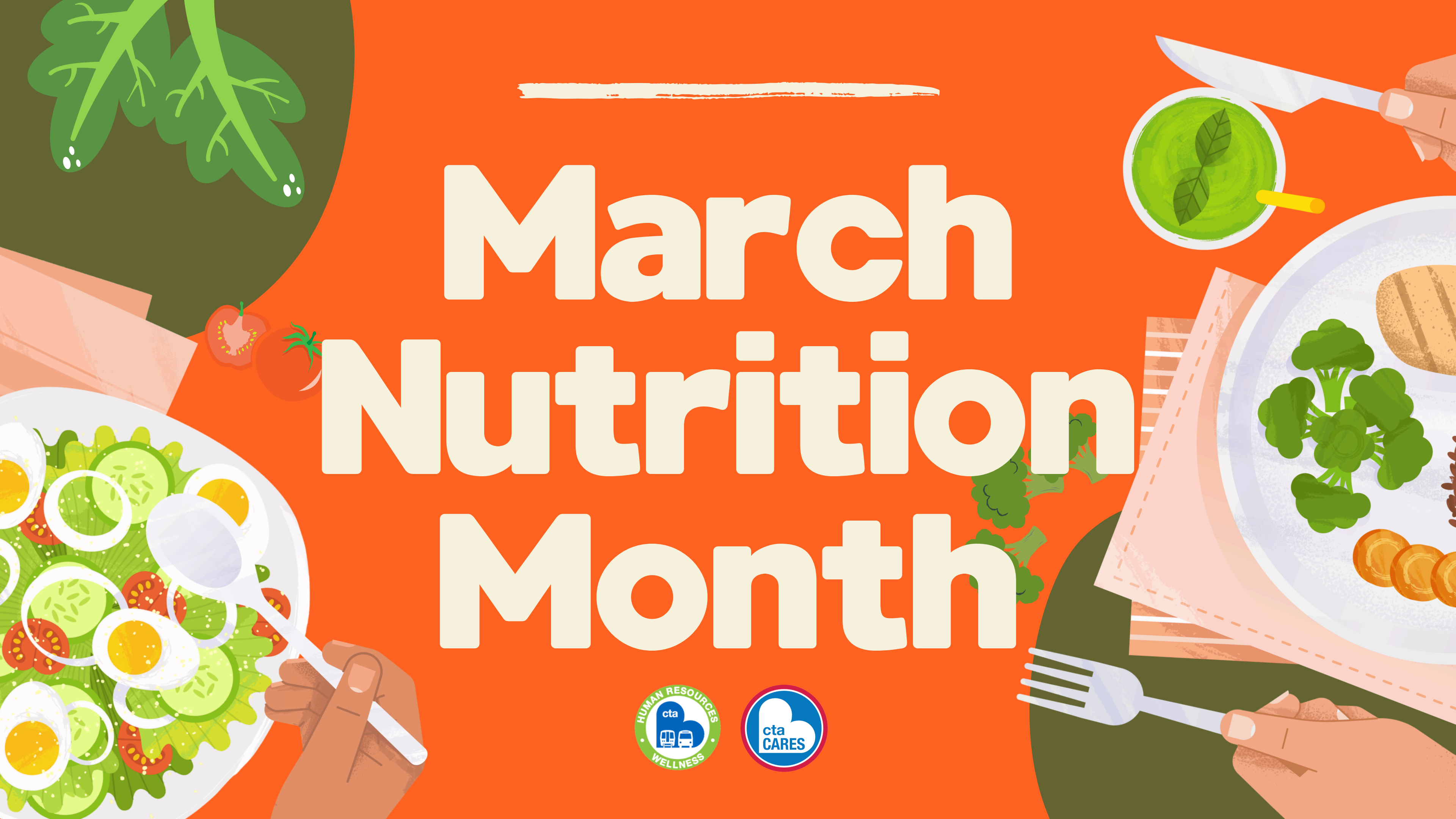


March Nutrition Month



Living with Grief & Loss

There's no easy way "through" grief.

But we can share strategies to help you understand the emotional journey and cope with the challenge of living with loss.

Wednesday, March 11 at 1 pm

Register to view live or watch at a later time

<https://bit.ly/4502ml8>



wellness@transitchicago.com



Mindfulness: Release the Stress

Our multitasking minds are always going a mile a minute.

What would happen if we stopped for a moment?

Join us to explore the practice of mindfulness.

Wednesday, March 25 at 1 pm

Register to view live or watch at a later time

<https://bit.ly/4502ml8>



wellness@transitchicago.com



Well-Informed

Eat Well to Feel Well

featuring

Morganne Brownlee, LPC, MA

Wednesday, March 4 at 12 pm



Register to view live or watch at a later time

<https://bit.ly/MarchWellInformed>



wellness@transitchicago.com



Well-Informed

Eat Well to Feel Well

featuring

Morganne Brownlee, LPC, MA

Wednesday, March 4 at 12 pm



Ask The Experts

Colon Cancer Awareness

featuring

The Blue Hat Foundation

Tuesday, March 17 at 12 pm



Register to view live or watch at a later time

<https://bit.ly/March17AsktheExperts>



wellness@transitchicago.com



Ask The Experts

Colon Cancer Awareness

featuring

The Blue Hat Foundation

Tuesday, March 17 at 12 pm



Financial Fridays

Financial Wellness for Everyone

Friday, March 27 | 12 pm



Register to Participate LIVE - <https://bit.ly/MarchFinancialFriday>

Please Note: Recordings will not be available for this event.



wellness@transitchicago.com



Financial Fridays

Financial Wellness for Everyone

Friday, March 27 | 12 pm

Please Note: Recordings will not be available for this event.



MOVEMENT & MORE - IN THE FIELD

FEATURING COACH TRAVIS

CARDIO & STRENGTH

DATE	TIME	LOCATION
Mon, March 02	12 PM	North Park
Mon, March 09	12 PM	103 rd
Mon, March 16	10 AM	North Park
Mon, March 30	10 AM	103 rd

ON DECK IN APRIL - KEDZIE & 74TH



wellness@transitchicago.com

MOVEMENT & MORE

AT CTA HEADQUARTERS

Presented by Coach Travis



STRETCH & FLOW
TUESDAY | MARCH 3 | 12 PM
BID ROOM



bit.ly/MarchMovementMore



wellness@transitchicago.com



Join HR-Wellness for Creative Clay Workshop

Saturday, March 14 | 1 PM

Terra Incognito | Oak Park, IL

Scan the QR code or click the link to receive complimentary employee registration for the Creative Clay Workshop - bit.ly/ClayBuildingClass



Deadline to Register: Saturday, March 7th or Until Sold Out



wellness@transitchicago.com

Valid for Current CTA Employees Only



Join HR-Wellness at the Shamrock Shuffle

Sunday, March 22 | Grant Park

8k Run/Walk | 8:30 am OR 2-Mile Walk | 9 am

Scan the QR code or click the link to receive complimentary employee registration for the 2026 Shamrock Shuffle - <https://bit.ly/shamrockshuffle2026>.



Deadline to Register: Sunday, March 8th or Until Sold Out



wellness@transitchicago.com

Valid for Current CTA Employees Only


Know your numbers

March 2 - 31



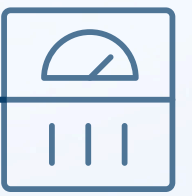
Take active steps towards better health with an onsite metric screening.

Blood Glucose 


Resting Heart Rate 

Cholesterol Levels 

Body Height 

Body Weight 

Blood Pressure 

Body Mass Index 



Metrics in **RED** will be taken at select locations.
These screenings qualify as a Biometric Screening for the Well-Being Solutions® program.
Scan the QR code to view the detailed Know Your Numbers schedule.



wellness@transitchicago.com



Know your numbers



2026 Campaign Schedule

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Warehouse 7 am - 9 am	Harlem Terminal 11 am - 2 pm	Kimball Terminal 11 am - 2 pm	Forest Park Terminal 11 am - 2 pm	Rosemont Terminal 11 am - 2 pm
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
	Midway Terminal 11 am - 2 pm	Skokie Shops 11 am - 3 pm	West Shops 7 am - 11 am	Control Center 11 am - 2 pm
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
95th St. Terminal 11 am - 2 pm	Chicago Ave. Garage 10 am - 2 pm	Howard Terminal 10 am - 2 pm	77th St. Garage 10 am - 2 pm	74th St. Garage 10 am - 2 pm
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Forest Glen Garage 10 am - 2 pm	Kedzie Garage 10 am - 2 pm	CTA Headquarters - Bid Rm 12 pm - 3 pm	North Park Garage 10 am - 2 pm	103rd St. Garage 10 am - 2 pm
Monday, March 30	Tuesday, March 31	Wednesday, April 1	Thursday, April 2	Friday, April 3
	CTA Headquarters - 2AB 10 am - 3 pm			



wellness@transitchicago.com





Know Your Numbers



March 2 - 31



Earn Up to \$100 in 5 Minutes.

Complete Quick Well-Being Solutions[®] Steps to Start Earning Your 2026 Wellness Rewards.

<u>Activity</u>	<u>Single</u>	<u>Family</u>
Activate Account	\$20	\$40
Personalize Profile	\$10	\$20
Complete Health Assessment	\$50	\$50

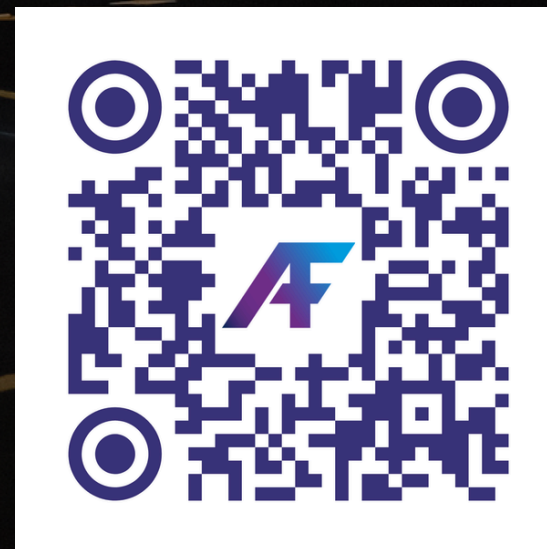
Reward amounts vary based on union/non-union eligibility.



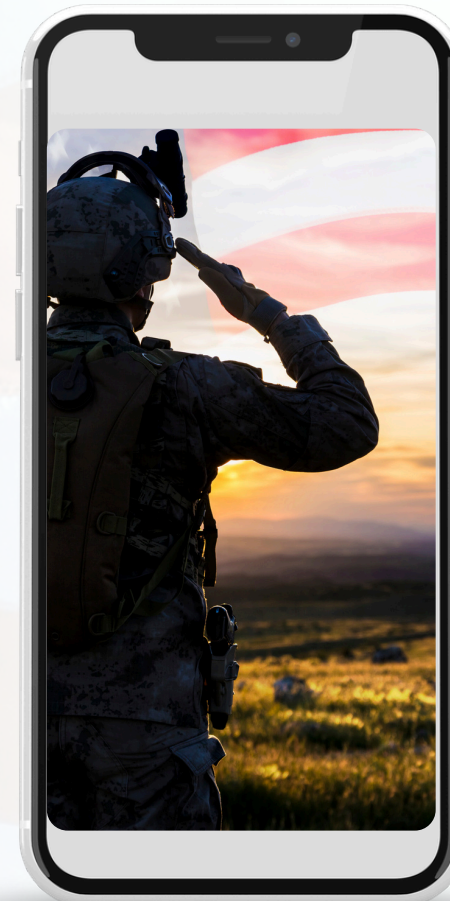
TransitChicago.com/Wellness
Wellness@transitchicago.com

WANT TO HIT YOUR 2026 FITNESS GOALS? JOIN THE CLUB.

- 12,500+ standard gyms to choose from
- No long-term contracts or cancellation fees
- Get \$5 off each additional gym you join
- Save 20% - 70% off premium exercise studios



Veterans Support Line



FREE & Confidential Support

Available 24/7/365

Call: 855-244-6211

You do not need to be a Cigna Customer to use these services.

**Behavioral Health Specialists
provide assistance for
Veterans, their families and
their caregivers for a wide
range of issues such as:**

- PTSD
- Stress
- Anxiety
- Pain Management
- Thoughts of Suicide



Visit myCigna.com for more information.





Suicide & Veteran Support Resources



**Help is
Available
Call or Text
24/7/365**

Suicide & Crisis Lifeline

800-273-8225 or 988

Cigna's Veteran Support Line

855-244-6211

Employee Assistance Program (EAP)

888-371-1125

MD Live Behavioral Health

888-726-3171



Employee Assistance Program (EAP): 888-371-1125



HOW CAN WE HELP YOU TODAY?

Our Employee Assistance Program (EAP) has you covered.

As an employee of the Chicago Transit Authority, you have access to our valuable Employee Assistance Program (EAP) at no cost to you.

For more information call **888-371-1125** or visit **myCigna.com**

EAP personal advocates will work with you and your household family members to help you resolve issues you may be facing, connect you with the right mental health professionals, direct you to a variety of helpful resources in your community and more.

EAP offers a wide range of services:

Legal Assistance



Financial Assistance



Parenting Resources



Eldercare



Pet Care



Identity Theft

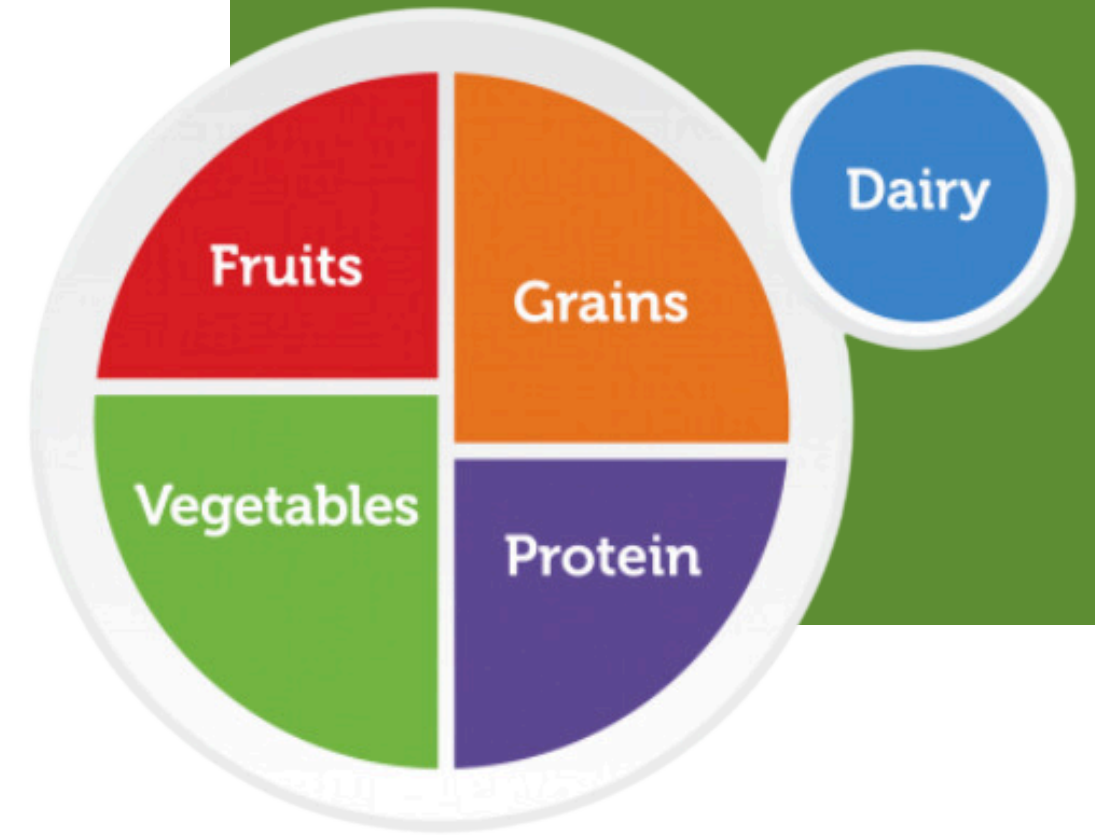


wellness@transitchicago.com



March is National Nutrition Month

What's on your plate?



Lean Proteins

Include lean sources of protein in your diet. Protein is essential for muscle repair and growth, immune function, and hormone synthesis.

Whole Grains

Whole grains provide fiber, vitamins, minerals, and complex carbohydrates that offer sustained energy and promote digestive health.

Vegetables

Vegetables are rich in vitamins, minerals, antioxidants, and fiber, which are essential for good health.

Fruits

Incorporating a variety of fruits into your diet ensures that you get a wide range of nutrients and antioxidants that support overall health.



wellness@transitchicago.com





EAT GREEN FOR ST. PATRICK'S DAY!

Incorporating a variety of green vegetables into your diet can provide a wide range of health benefits and contribute to overall wellness.

- **Add more dark greens to your salad**
- **Get your antioxidants with green tea**
- **Have a spinach smoothie**
- **Sprinkle pistachios on your entrees**



wellness@transitchicago.com



MARCH IS NATIONAL

COLONCANCER

AWARENESS MONTH



Tips For a Good Night's Rest

Go to bed and get up at the same time each day

Avoid eating large meals close to bedtime

Stay away from caffeine late in the day

Create a relaxing bedtime routine



The Importance of Sleep for Cognitive Function

Poor sleep can have short and long term effects on your overall health.
It is important to get 7-8 hours of sleep each night.

Short-term

- Impaired judgment
- Poor attention span
- Impaired memory

Long-term

- Higher risk of dementia
- Increased risk of depression and anxiety

Signs You Aren't Getting Enough Sleep

Inability to
manage stress

Finding it hard to
think clearly



Irritability and
frustration

Memory issues



wellness@transitchicago.com



Choose Good Carbs, Not Zero Carbs

Good carbs are high in fiber, boost metabolism, and make you feel full longer.



Some carbs are lower in fiber and nutrients, turning empty calories to fat, which can make you feel tired.



FEED YOUR GUT

The gut and its organs break down all the food we consume and help absorb the nutrients our body needs to function.

A balanced diet provides the fiber needed to build good bacteria and guard gut health. Eat foods like whole grains, bananas, avocados, and yogurt to support your gut health.



Warning Signs in Your Diet

Eating a well-balanced diet is important for your overall health. Use caution when consuming the following:

Trans fat

Even small amounts can increase risk of heart attacks and stroke

Processed sugars

Higher consumption can increase risk of cardiovascular disease

Sugar

Increases inflammation and blood pressure



Nutrition and Physical Activity

Food gives your body energy for physical activity. To have energy, you need:

- **Protein:** helps maintain and rebuild tissues like muscles
- **Carbohydrates:** body's preferred source of energy
- **Fat:** also provides energy
- **Water:** to replace water lost through activity



Understanding Colon Cancer

Colorectal cancer is a cancer of the large intestine that includes the colon and the rectum.

Getting your recommended screenings, eating a healthy diet, and increasing your physical activity can help lower your risk.



Symptoms

- Blood in or on your stool
- Unexplained weight loss
- Fatigue
- Pain, aches, or cramps in your stomach that don't go away
- Changes in bowel habits such as diarrhea or constipation

Risk Factors

- Family history of colon cancer
- Low-fiber, high-fat diet
- Limit alcohol consumption
- Avoid tobacco
- Lack of regular physical activity