

Stories from the Rails

Guided by a licensed mental health professional,* HR-Wellness is providing CTA employees with the opportunity to address concerns with their peers experiencing similar issues in an open forum.

Wed, May 20
Kimball Terminal
11AM-12:30PM

Thurs, May 21
Howard Terminal
11AM-12:30PM

Fatigue, Sleep, and Staying Alert

- Sleep Disruption
- Rotating Shifts
- Long Commute & Shifts
- Exhaustion From Multiple Responsibilities

**Sessions are non-therapeutic*



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