



— November is National —

DIABETES

AWARENESS MONTH

Spread Too Thin: Life in the Sandwich Generation

**Caregiving for aging loved ones AND your family can stretch you to your limits.
Get tips for managing the challenges and staying well in the “sandwich.”**

Wednesday, November 5 at 1 pm

Register to view live or watch at a later time

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



wellness@transitchicago.com



Conversations About End of Life

It's natural that death is a topic we'd rather avoid. But opening up can be the key to making end-of-life choices that enhance its quality. Join the conversation.

Wednesday, November 19 at 1 pm

Register to view live or watch at a later time

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



wellness@transitchicago.com



Well-Informed



Pay it Forward - Guide to Giving Back

featuring

Casey Hall

Wednesday, November 12 at 11 am



Register to view live or watch at a later time

<https://bit.ly/Novwellinformed>



wellness@transitchicago.com



Financial Fridays

A Closer Look at Social Security

Friday, November 21 | 12 pm



[Register to Participate LIVE - https://bit.ly/NovFinancialFriday](https://bit.ly/NovFinancialFriday)

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



wellness@transitchicago.com



MoveMondays



LIVE WORKOUT SESSION

Featuring Coach Travis

Thanksgiving Workout - Cardio HIIT

Monday, November 24 at 12 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/NovLWS>



wellnesscoach@transitchicago.com



**Join HR - Wellness
at the Jingle Bell Run
Saturday, December 13 | 9 am
Chicago History Museum**

Scan the QR code or click the link to
<https://bit.ly/JingleBellReq> to receive
complimentary employee registration for the
Jingle Bell Run 5k.



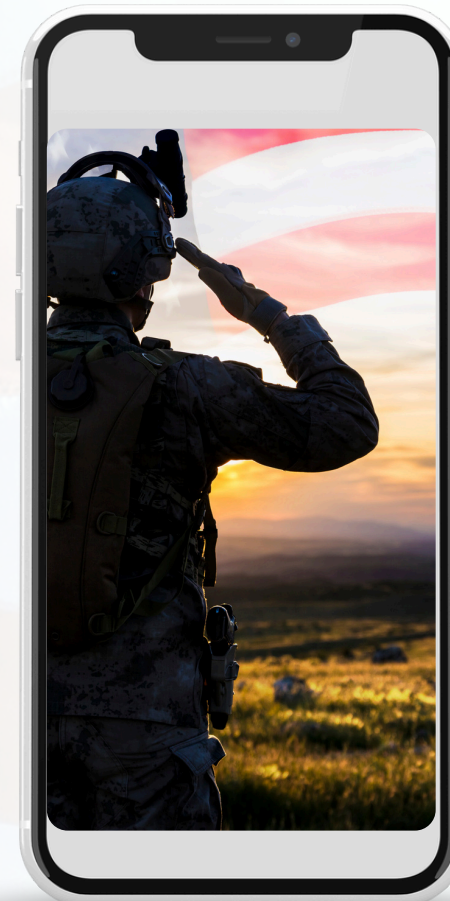
Deadline to Register: Friday, November 28 or until Sold Out



wellness@transitchicago.com

Valid for Current CTA Employees Only

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.





The Great American Smokeout[®]

Thursday, November 20

Quitting smoking isn't easy. Start with day one.



For more information scan the code or visit cancer.org/smokeout



wellness@transitchicago.com



2025 Maintain Don't Gain Weigh-In Schedule: 10/27-11/14

Monday, Oct 27		Tuesday, Oct 28		Wednesday, Oct 29		Thursday, Oct 30		Friday, Oct 31	
South Shops 7 am - 10 am 7801 S. Vincennes Ave. Chicago, IL 60620		Control Center 7 am - 10 am 120 N. Racine Ave. Chicago, IL 60607		Skokie Shops 10 am - 3 pm 3701 Oakton St. Skokie, IL 60076		Forest Park Terminal 7 am - 11 am 711 S. Des Plaines Ave. Forest Park, IL 60130		103rd St. Garage & Shops 7 am - 11 am 1702 E. 103rd St. Chicago, IL 60617	
77th St. Garage 11 am - 3 pm 210 W. 79th St. Chicago, IL 60620		CTA Headquarters 11 am - 3 pm 567 W. Lake St. 3rd Fl. Chicago, IL 60661				Harlem Terminal & Shops 1 pm - 4 pm 1 S. Harlem Ave. Oak Park, IL 60130		95th St. Terminal 1 pm - 4 pm 14 W. 95th St. Chicago, IL 60628	
Monday, Nov 3		Tuesday, Nov 4		Wednesday, Nov 5		Thursday, Nov 6		Friday, Nov 7	
Rosemont/O'hare 7 am - 11 am 11601 W. Touhy Chicago, IL 60631		54th St. Terminal 7 am - 11 am 2150 S. 54th Ave. Cicero, IL 60804		Forest Glen Garage 7 am - 11 am 5419 W. Armstrong Ave. Chicago, IL 60646		West Shops 7 am - 10 am 3900 W. Maypole Ave. Chicago, IL 60624		Meet with the HR - Wellness team during Open Enrollment to weigh-in live, in-person OR send in your starting weight to wellness@transitchicago.com	
Howard Terminal 1 pm - 4 pm 7519 N. Paulina Ave. Chicago, IL 60626		Midway Terminal & Shops 1 pm - 4 pm 4912 W. 59th St. Chicago, IL 60629		North Park Garage & Shops 1 pm - 4 pm 3112 W. Foster Ave. Chicago, IL 60625		Chicago Garage 11 am - 3 pm 642 N. Pulaski Rd. Chicago, IL 60624			
Monday, Nov 10		Tuesday, Nov 11		Wednesday, Nov 12		Thursday, Nov 13		Weigh-ins run from 10/27-11/14.	
74th St. Garage 7 am - 11 am 1815 W. 74th St. Chicago, IL 60636		Happy Veteran's Day		Warehouse 6 am - 9 am 901 W. Division St. Chicago, IL 60642		Kimball Terminal 7 am - 11 am 3349 W. Lawrence Ave. Chicago, IL 60625			
89th St. Training 1 pm - 4 pm 1815 W. 74th St. Chicago, IL 60636						CTA Headquarters 10 am - 3 pm 567 W. Lake St. 3rd Fl. Chicago, IL 60661		Kedzie Garage 1 pm - 4 pm 358 S. Kedzie Ave. Chicago, IL 60612	



2025

Maintain Don't Gain

Campaign Dates: Nov 17 - Dec 12

How to Participate:

- Weigh-in in-person or via email during Open Enrollment between Oct 27 - Nov 14.
- Read & respond to weekly emails sent from the Wellness@transitchicago.com email from Nov 17 - Dec 12.
 - Participate in those weekly challenges to earn additional prizes!
- Weigh out in-person or via email between Dec 15 - 19 to complete the campaign and earn your final prize!^

^Weigh Out Schedule will be emailed directly to participants.

- **Week 1 (Nov 17)**
 - Healthy Recipes
- **Week 2 (Nov 24)**
 - LWS: Cardio HIIT w/ Coach Travis
 - Fun Fall Workouts
- **Week 3 (Dec 1)**
 - Meditation & Relaxation Techniques w/ Coach Yohannes
- **Week 4 (Dec 8)**
 - Tips to Beating the Winter Blues
 - Weigh Out Reminders



Blood Sugar Basics

Blood Glucose (blood sugar) is your body's main source of energy.

How to keep your blood sugar in check:

- Don't skip meals
- Drink lots of water
- Reduce your sugar intake
- Get daily movement such as walking or yoga
- Monitor your blood sugar with a glucose monitor



wellness@transitchicago.com

Did you know walking for 10 minutes after meals can help lower blood sugar?



- Just a short walk helps your body use sugar more effectively, keeping blood sugar levels steadier.
- High blood sugar can lead to serious health problems, such as damage to the heart, eyes, and kidneys.



wellness@transitchicago.com

Diabetic Friendly Snacks

Choose foods that are high in protein, fiber, and healthy fats to maintain healthy blood sugar levels.

- Greek yogurt and fruit
- Apples and peanut butter
- Veggies and hummus
- Hard-boiled eggs
- Avocado toast
- Tuna salad



The ABCs of Diabetes Care

A1C

- A1C is your extended view of your blood sugar levels over three to four months.
- An A1C number of 7 or lower is the goal for diabetics.

Blood pressure

- Healthy blood pressure is usually below 120/80 mmHg and keeps your heart, kidneys, and blood vessels healthy.

Cholesterol

- Bad cholesterol (LDL) should be kept under 100 mg/dL to prevent arteries from clogging.
- Good cholesterol should be 60 mg/dL or higher to help protect your heart.



wellness@transitchicago.com

Understanding Blood Sugar Trends

- **Blood sugar trends** show how glucose rises and falls over time
- **Tracking your blood sugar patterns can help:**
 - Prevent emergencies from high/low blood sugar
 - Guide daily choices like meals and activity
 - Support long-term health
- **How to track**
 - Continuous Glucose Monitors
 - Blood Glucose Meters
 - Logbooks or Smart Devices

