

Stories from the Rails

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

Thursday, October 22

Midway Terminal

11AM-12:30PM

Whole Person Wellness: Physical & Mental Connection

- Chronic Pain
- Back/Neck Strain
- Physical Stress
- How to Unwind/Recover

**Sessions are non-therapeutic*

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