

HR-WELLNESS PRESENTS

STRESS REDUCTION WORKSHOP

Take a break and recharge with the HR-Wellness team during our **Stress Reduction Workshops** happening across CTA locations this April.

Stop by to learn practical ways to manage stress and discover wellness resources available to employees.

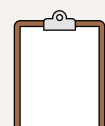
Date	Location	Time
Thurs, April 9	North Park Garage	11am-2pm
Tues, April 14	Control Center	11am-2pm
Wed, April 15	95th St. Terminal	11am-2pm
Thurs, April 23	Kedzie Garage	11am-2pm
Tues, April 28	South Shops	7am-10am
Tues, April 28	77th St. Garage	11am-2pm
Wed, April 29	Chicago Ave. Garage	11am-2pm

WHAT TO EXPECT



Mental Health Information

Learn about ways to support your overall well-being.



Wellness Resources

Explore CTA HR-Wellness programs, EAP resources, and other helpful tools.



Guided Deep Breathing

Practice simple breathing techniques that help calm the mind.



Mobility and Stretch

Try easy stretches designed to reduce tension and support recovery.