

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 September.

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

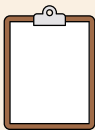
Date	Location	Time
Thurs, Sept. 10	103rd St. Garage	11AM-2PM
Fri, Sept. 11	Skokie Shops	12PM-3PM
Tues, Sept. 15	Forest Glen Garage	11AM-2PM
Tues, Sept. 22	Harlem Terminal	11AM-2PM
Wed, Sept. 23	74th St. Garage	11AM-2PM
Thurs, Sept. 24	West Shops	7AM-10AM
Tues, Sept. 29	Headquarters - Bid Room	11AM-2PM
Wed, Sept. 30	Kimball Terminal	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.



wellness@transitchicago.com

