

CTA WELLNESS PRESENTS:



STRESS REDUCTION WORKSHOP

This workshop focuses on stress reduction techniques, tailored specifically for our employees. As a part of our commitment to supporting your well-being and fostering a healthy work environment, we believe that providing tools to manage stress effectively is crucial.

This workshop will feature the following stations:

- **Muscle Recovery Station**
- **Wellness Resource Station**
- **Guided Breathing Technique Station**
- **Mental Health Information Station**

We invite all employees to take advantage of this opportunity to invest in your well-being. Together, we can create a healthier and happier workplace environment.

Schedule:

March 4:	Forest Glen Garage	9 am - 1 pm
March 6:	Harlem Terminal	9 am - 1 pm
March 8:	74th St Garage	9 am - 1 pm
March 12:	Skokie Shops	7 am - 11 am

March 13:	West Shops	7 am - 11 am
March 14:	103rd St Garage	9 am - 1 pm
March 18:	Kimball Terminal	9 am - 1 pm
March 20:	CTA Headquarters	11 am - 2 pm