

# health & wellness news

## In this edition:

- Being SMART about the New Year
- What Do New Beginnings Mean to You?
- The Right Time for Change
- Book Look: *Chemo Pilgrim*
- Healthy Recipe: Vegetable Medley Soup



### Being SMART About the New Year

By Krishna Dholakia, MS, RD, CDN

Ready to try a new way to achieve your New Year's goals? Great! But first, you may want to take a deeper look at a few important factors. [Read more](#)



### What Do New Beginnings Mean to You?

By Larry Dresner, ChFC

January 1 is a much-touted day for justifying the start of something new. But new beginnings can start any day of the year. [Read more](#)



### The Right Time for Change

By The Rev. Cn. Patricia Collier

I have learned that for my children, home is wherever I am, and wherever we can all gather together.

[Read more](#)



### Book Look *Chemo Pilgrim*

None of us lives untouched by serious illness or events of great significance. How can such a time be part of a "new beginning?"

[Read more](#)



### Healthy Recipe Vegetable Medley Soup

Give this healthy, hearty winter classic a try.

[Read more](#)

## Did You Know?

Last year, 465 people joined the SilverSneakers fitness program, available to enrollees in all Medicare Supplement Health Plans. In total, 1,750 participants made more than 62,500 visits to fitness locations across the country.

Learn more about [SilverSneakers](#)



Comments or questions about *Health & Wellness News*? Please email us at [wellness@cp.org](mailto:wellness@cp.org).  
Editor in Chief: Rori Grable; Clergy Editor: The Rev. Laura Queen

In the event of a conflict between the information contained in this summary and the official plan documents or policies, the plan documents or policies will govern. This material is for informational purposes only and is not a substitute for professional medical advice or treatment, nor a guarantee of coverage. Always seek the advice of a health care professional with any questions about your personal health care status, and prior to making changes in your approach to diet and exercise. Check your Plan Handbook carefully to determine which health care services are covered. For information on your health plan please visit [www.cpg.org/productservices/healthplans.cfm](http://www.cpg.org/productservices/healthplans.cfm).

Unless otherwise noted, websites outside the [www.cpg.org](http://www.cpg.org) domain are not affiliated with The Episcopal Church Medical Trust and The Episcopal Church Medical Trust is not responsible for the content of any such website.

The information in this document is provided to you for informational purposes only and should not be viewed as investment, tax, legal, or other advice. Please consult with your own professional advisers before making any investments or for further guidance. Past performance is no guarantee of future results.