Spring 2017

In this edition:
• Planting the Seeds for Your Tomorrow
• Mindfulness for the Springtime
• Change Happens
• Introducing Telemedicine
• Book Look: Following the Way of Jesus
• Healthy Recipe: Roasted Asparagus

Planting the Seeds for Your Tomorrow
By Pattie Christensen, ChFC, RICP
Spring is a time for growth. Starting to plant your financial seeds can mean a beneficial harvest down the road. Read more

Mindfulness for the Springtime
By Krishna Dholakia, MS, RD, CDN
Seasonal changes often bring a change in perspective. Here are simple suggestions for reducing stress and forming deeper connections to our faith and the people in our lives. Read more

Change Happens
By The Rev. Laura V. Queen
Grow with change and embrace it as part of your spiritual journey. Read more

Introducing Telemedicine
The Episcopal Church Medical Trust is pleased to announce telemedicine — a faster, more convenient way to address common health concerns. Read more

Book Look
Following the Way of Jesus
Re-energize yourself with this dynamic set of essays from Presiding Bishop Michael Curry and some of the church’s brightest stars. Read more

Healthy Recipe
Roasted Asparagus
Fresh and vibrant vegetables are in abundance. What better way to showcase a seasonal food than letting it speak for itself? Read more

For information about revisions to pension plans and related benefits click here.

Comments or questions about Health & Wellness News? Please email us at wellness@cpg.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/productsservices/healthplans.cfm.

Unless otherwise noted, websites referenced herein that are outside the www.cpg.org domain are not associated with The Church Pension Fund and its affiliates (collectively, the “Church Pension Group”) and the Church Pension Group 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.

Privacy Policy
Unsubscribe