

health & wellness news

Exploring Strength in Community

Fortifying your financial, emotional, and communal foundation.



Building a Strong Financial Foundation

By Pattie Christensen, ChFC®, RICP®

What is financial well-being, and how can you begin to increase yours?

[Read more](#)

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Transition, Resilience, and Fireweed

By The Rev. J. William Harkins, Ph.D., LMFT

We live in a complex world that is always changing. How do we understand change and resilience in response to it? [Read more](#)



We Make Plans, and God Laughs

By The Rev. Reid Farrell

I tried making plans, and God laughed. I prayed, and God gave us **community**.

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Great Courses Just a Click Away

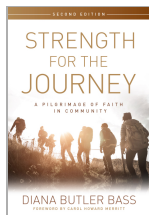
Have you explored our new eLearning Library? It contains a variety of engaging, interactive courses to support different core areas of your life.

[Click here](#) to check it out if you're a cleric, and [click here](#) if you're a lay employee.



Travel Assistance

If an emergency arises while you're traveling, assistance is just a phone call away. [Read more](#)



Book Look

Strength for the Journey

Diana Butler Bass explores the major issues that have confronted mainline denominations, congregations, and parishioners, while allowing us to follow her spiritual growth through the communities that supported, nurtured, and challenged her. [Read more](#)



Guest Column – How Firm is YOUR Foundation?

By The Rev. Cricket Cooper
Mindfulness brought me to a level of serenity that transformed a frightening time into a deepening of my own gratitude.

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Healthy Recipe

Yogurt-Curry Marinated Chicken Thighs

Wake up your palate with this zesty taste of Spring!

[Read more](#)

Did You Know?



Cigna EAP offers Wellness Webinars on a wide array of topics. Members can log into the seminar webcast portal to learn about upcoming "live" webcast seminars and register for seminars on a quarterly basis. Replays of past webcasts are available as well.

View the current webcast schedule here:

www.Cigna.com/EAPWebcasts

Submissions Wanted

Send us your stories and healthy recipes.

Have you or your congregation made a health change? We're looking for submissions for our Member Story and Healthy Recipe sections in the Summer issue of *Health & Wellness News*. The topic: Checking In on Your Goals. Email them to wellness@cpg.org. They could be published in an upcoming issue.

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