

# health & wellness news

**Summer wellness: What to do when the heat is on!**  
Strategies for staying the course with your health and finances.



### Nutritious Foods That Offer Sun Protection

By Krishna Dholakia, MS, RD, CDE, CDN  
Beyond the usual methods of sun protection, there is another way to help boost our skin protection naturally. [Read more](#)



### Maintaining Your Financial Course

By Larry Dresner, ChFC  
A lot is happening in the world right now, but should you change your investment strategy? [Read more](#)



### The Silver Lining

By The Rev. Richard H. Schmidt  
Growing old has its downside, but there's an upside to it, too. And the upside is substantial. [Read more](#)

## HealthAdvocate™ Always at your side

### Health Advocate

Sometimes, you need a little help navigating the healthcare system or guidance with a medical issue. For participants in a Medical Trust health plan, this is where your Health Advocate benefit comes in. [Read more](#)



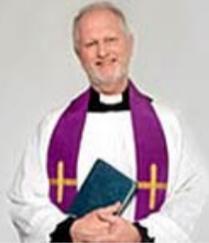
### Book Look

*Wisdom Walking:  
Pilgrimage as a Way of Life*  
*Harvesting Abundance*  
[Read more](#)



### Healthy Recipe

**Chilled Avocado Soup**  
Creamy, healthy, and refreshing — a chilled avocado soup is perfect for those “it’s too hot to cook” summer days. [Read more](#)



### The newest way to learn about the Clergy Pension Plan revisions.

Learn more about how the Clergy Pension Plan is changing with a new 30-minute online course with video and easy-to-understand explanations.\*  
[Click to get started](#)

### Upcoming Webinars

- **Cigna EAP Wellness Seminars**  
View the [webinar schedule](#)
- **Clergy Pension Plan Revisions – What you need to know**  
View the [webinar schedule](#)
- **Be Better Prepared for Retirement – Turn your savings into retirement income**  
This workshop, hosted by the Church Pension Group and presented by Fidelity Investments, is designed for employees who are less than two years from retirement, are 55 years old or older, and who have an income plan in place.  
October 11 at 12PM ET [webinar registration](#)  
October 12 at 2PM ET [webinar registration](#)

### Did You Know?



**Do you know what percentage of Medical Trust members had their eyes checked in 2016?**

# 24%

Have you scheduled your eye exam? Remember, there is no copay for your annual eye exam when you use EyeMed's network providers, so be sure to schedule one if you have not already. Go to [www.eyemedvisioncare.com/ecmt](http://www.eyemedvisioncare.com/ecmt)

### Have you or your congregation made a healthy change?

Email member stories and recipes to [wellness@cpg.org](mailto:wellness@cpg.org). They could be published in an upcoming issue.