Summer wellness: What to do when the heat is on!

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.

The Silver Lining
By The Rev. Laura Queen

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Upcoming Webinars
- CPG EducaEon & Wellness
- Cigna EAP Wellness Seminars
- Clergy Pension Plan Revisions – What you need to know
- Small Business Webinars

Book List
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- Nutrition 
- Weight Loss 
- Mental Health 

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. Check out the recipe.

Health Advocate
At Your Side
The newest way to learn about the Clergy Pension Plan revisions. Learn more about the Clergy Pension Plans changing with a new 30-minute online course with video and easy-to-understand explanations.

Clergy Pension Plan Revisions – What you need to know
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.

Did You Know?
Do you know what percentage of Medical Trust members fail their eyes exams 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 for more.

Have you or your congregation made a healthy change?

Email member stories and recipes to wellness@cpg.org. They could be published in an upcoming issue.

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