

# health & wellness news

Fall colors: The changing seasons of life  
Preparing for the times ahead



## Why Life Insurance Could Be Right for You Now

By Janet Todd, Ph.D.

Securing the future needs of your family is crucial, and creating a plan can seem daunting, but there are reliable ways to care for your loved ones. [Read more](#)



## How to Manage Stress in a Chaotic World

By Krishna Dholakia, MS, RD, CDE, CDN

Stress can be positive — it can help us get things done and propel us forward. However, too much stress and worry can have a negative effect. Here's what to do. [Read more](#)



## Autumn Colors: Preparing for Change

By The Rev. Dr. Georgine Buckwalter

Autumn is a “letting go” and “leaving behind” kind of season — its nip can bring a surge of energy to do what we need to do in our lives. [Read more](#)



## Member Story A New Triathlete: Three New Churches — Three New Sports

By The Rev. E. Wendy Huber  
Moving to the Rocky Mountain region, where everyone seems to run and hike and ski, was a culture as well as a fitness shock. Here's what I did. [Read more](#)



## Open Enrollment

This is the time of year when you can re-evaluate your benefits and review current plan elections to ensure they continue to meet your needs and those of your family. [Read more](#)



## Visited the eLearning Library Yet?

You'll find great educational courses to help you enjoy better health, wellness, and financial security. [Click here](#) to check it out if you're a cleric and [click here](#) if you're a lay employee.



## Book Look

*Restreaming: Thriving in the Currents of Retirement*

[Read more](#)



## Healthy Recipe

Chicken and White Bean Stew

A healthy and warming stew for those chilly autumn days, packed with protein, vitamins, and minerals.

[Read more](#)

## Upcoming Webinars

- **Cigna EAP Wellness Seminars**  
View the [webinar schedule](#)
- **Clergy Pension Plan Revisions – What you need to know**  
View the [webinar schedule](#)

## Did You Know?



In 2016, 3,455 members took advantage of their Cigna Employee Assistance Program (EAP) benefits. If you have a medical or emotional related issue that you would like to discuss confidentially, and have health coverage provided by the Episcopal Church Medical Trust Plan, call the EAP today at (866) 395-7794, or sign in to [Cigna Behavioral Health](#) using the Employer ID: episcopal.

## 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.