

# Episcopal JOURNAL

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## Pension group launches 'Choose Well' podcast

### Church Pension Group

The Church Pension Group (CPG), a financial services organization that serves the Episcopal Church, has launched "Choose Well," a new podcast series featuring interviews with health and finance experts who provide insights and suggestions on financial wellness, cultivating healthy behaviors, and leading a balanced life.

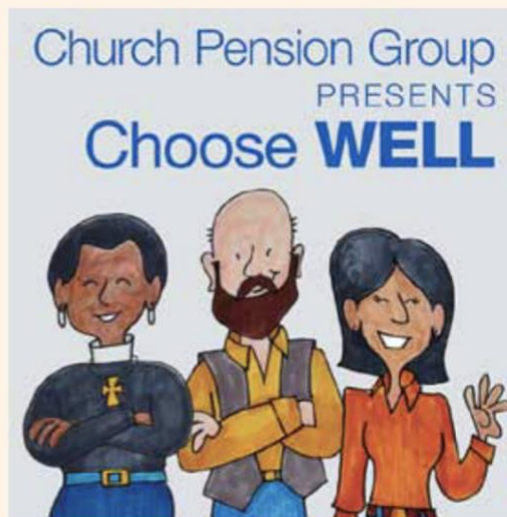
Individuals can access "Choose Well" through a podcast app or CPG's website ([cpg.org/podcast](http://cpg.org/podcast)).

"We are always looking for new ways to inform and educate our clients on topics of importance to their well-being, and we are pleased to be able to introduce this podcast series at a time when many are experiencing increased emotional and financial stress," said Mary Kate Wold, CPG chief executive officer and president.

"Our hope is that the topics covered in Choose Well will help our clients and others navigate these uncertain times."

The nine-part series, hosted by CPG Senior Health Education Spe-

cialist Krishna Dholakia, identifies actions listeners can take to improve specific areas of their lives, which in turn can lead to a more holistic sense of well-being. It features practical steps listeners can take to protect themselves



from investment fraud, cope with caution fatigue, weather financial strains, and help cultivate other healthy behaviors and lead a balanced life.

CPG provides retirement, health, life insurance, and related benefits for clergy and lay employees of the Episcopal Church, as well as property and casualty insurance and book and music publishing, including the official worship materials of the church. ■