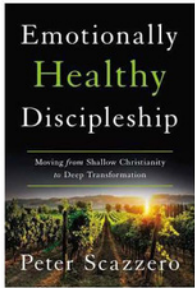


Interested in joining an EPC pastoral cohort? Mark your calendars!



EPC Pastoral Growth Cohort 2024

- Reading Peter Scazzero's latest book, *Emotionally Healthy Discipleship*
- Sharing the realities of life and ministry and supporting one another in prayer



- Led by Jerry Van Auken, retired EPC pastor and trained life coach: www.coachingbyjerry.com.

Jerry knows the joys and challenges of ministry and has experience with facilitating online discussion groups for the annual WBECS Summit.

- April through August 2024
- 2 Tuesday mornings per month, 10:00-11:30 AM Eastern
- \$300 fee to join: [Register here!](#)



Scan to register

Schedule: All Zoom meetings 10:00-11:30 AM Eastern	
April 16	Welcome to Cohort & EHD Intro
April 30	EHD Chapter 1
May 14	EHD Chapter 2
May 28	EHD Chapter 3
June 11	EHD Chapter 4
June 25	EHD Chapter 5
July 9	EHD Chapter 6
July 23	EHD Chapter 7
August 6	EHD Chapter 8
August 20	EHD Chapter 9/Takeaways

Don't miss a beat when it comes to your health



Did you know heart disease is the leading cause of death in the U.S.?

If you are 20 years or older you should have your traditional risk factors checked every four to six years. If certain factors put you at risk, or you already have heart disease, you may need to check more often.

Luckily, you can lower your risk by taking preventative measures like controlling your blood pressure, cholesterol levels, stress, and weight.

That's where Healthcare Bluebook comes in. We make it easy to find high-quality, low-cost facilities in your area, so you can save on labs, echocardiograms, and other cardiac services. See how easy it is to find a Fair Price™ on cardiac care today!

Check it out and use code "MERITAIN" to login



Thinking about retirement?

Whether you have 50, 15, or 5 years until retirement, it's not too early—or too late—to hone your retirement plan. Here are five questions to ask yourself as you plan for the next phase of life:

1. What are your expectations during retirement?
2. Will you have enough money?
3. Are you invested properly for someone your age?
4. What will be the sources of your retirement income?
5. How does housing or the value of your home factor into your retirement?



[Learn more here](#) and create a plan you can feel confident in!

Do you struggle with high cholesterol?

If so, you are not alone. According to the [CDC](#), nearly 25 million adults in the United States have high cholesterol, which can be a major contributor to coronary artery blockage. By making key lifestyle changes, you can make improvements in your health! To assist you with this EPC Benefit Resources offers free Nurse Health Coaching through Meritain Health. In addition to help in managing high cholesterol, your Health Coach can help address 8 other chronic health conditions such as chronic pain, high blood pressure, diabetes, asthma, and heart, lung, and kidney disease.

[Learn more here](#) and take control of your health today!

Administration Corner

- Do your staff members all have beneficiaries designated for their retirement account? Don't wait! [Fill out this form](#) or login to your [NetBenefits](#) account to designate your beneficiary today.
- Why wait until the end of the year for health screenings? Encourage your staff to make their appointments today!

**IN THE MULTITUDE
OF MY ANXIETIES
WITHIN ME,
YOUR COMFORTS
DELIGHT MY SOUL.**

PSALM 94:19