

Resources for Wellness

Kathy Floyd, Senior Vice President, Education & Wellness, talks about the new resources that CPG has introduced to address overall wellness during the coronavirus pandemic.

As a result of the COVID-19 pandemic, we've had to really change the way that we've been doing things. We really have been focusing on Compassionate Programming now that we have a hard time doing our conferences and many of them have been postponed.

In our Compassionate Programming, we work with social media. We do Financial Tips of the Day on Tuesdays. We do Wellness Wednesdays, where we're doing a program called *Coping During Uncertain Time*

We've done webinars on anxiety and on market volatility. We're also working very closely with the Chaplains to the Retired. We're particularly concerned about some of the scams that our retirees are facing, so we've been working with the Consumer Financial Protection Bureau and AARP to get messages and information out to them. So we're very proud of the fact that we've been able to meet this challenge with COVID-19 and to help our clients through this difficult time.

Working together, we've been able to move forward in a compassionate way.