

# What can a wellbeing specialist do for me?



"I liked that my wellbeing specialist helped me set goals and that they will be checking in with me to see that I am staying on track. Their personal touch represents to me the wider care of the denomination for my wellbeing as a pastor."

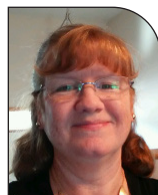
- Pastor

## Live a healthier, fuller life!

Partner with a wellbeing specialist – to set goals, overcome obstacles and try out new ideas along the way. A confidential conversation with a wellbeing specialist is available to you free, thanks to the Wellness Incentive Program of the Corinthian Plan.

### Get started or simply learn more at:

[wellness@everence.com](mailto:wellness@everence.com)  
800-348-7468



**Ruth Johnston**  
Wellbeing Specialist  
[rjohnston453@gmail.com](mailto:rjohnston453@gmail.com)



**Anne Blackwood**  
Wellbeing Specialist  
[abchirchir343@gmail.com](mailto:abchirchir343@gmail.com)

**The**  
**Corinthian Plan**  
Together, providing health care for pastors and church workers