

COMMUNITY FIRST

HEALTH PLANS

Your physical, mental, and spiritual health are all important. But what about your financial health? When you gain control of your finances, you are benefiting your overall health including diminished stress, more security, and an increase in self-confidence and self-worth.

It's time to tell your money where to go, instead of wondering where it went.

We've partnered with **Credit Human** to offer a series of FREE, in-person or virtual financial wellness classes for Community First Members. Take the first step to financial control by signing up for one or all of the classes below.



Understanding & Planning for Financial Health:

Learn why financial health matters, the impact of financial stress, and helpful financial planning tools. **This is an in-person class.**

» April 25, 2024: 11 a.m. - 12 p.m.



Understanding Debt & Thoughtful Spending:

Learn about types of debt, debt-to-income ratio, interest, and the implications of borrowing. **This is a virtual class.**

» July 25, 2024: 11 a.m. - 12 p.m.



Spending Plan Workshop:

Understand where your money is going, identify "slack," and set a savings goal. **This is a virtual class.**

» May 30, 2024: 11 a.m. - 12 p.m.



Understanding & Building Credit:

Learn about the credit system, what makes up a credit score, and tips for improving yours. **This is an in-person class.**

» August 29, 2024: 11 a.m. - 12 p.m.



Planning to Save & Spend:

Learn how to build "slack," work around savings barriers, and the impact of spending now vs. spending later. **This is an in-person class.**

» June 27, 2024: 11 a.m. - 12 p.m.



Intro to Home Buying:

Learn about the home buying process, including lenders and realtors, title companies, and loan types. **This is a virtual class.**

» September 26, 2024: 11 a.m. - 12 p.m.

To register for a class:

- Visit CommunityFirstHealthPlans.com/Financial-Wellness and complete the registration form.
- Register at least three days before the class is scheduled to begin.

For **virtual classes**, you will receive a Zoom link via email. **In-person classes** will be held at our Avenida Guadalupe Community Office at 1410 Guadalupe St Ste 222, San Antonio, TX 78207. Lunch will be provided.