

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 boost your overall health, reducing stress, feeling more financially secure, and improving self-confidence and self-worth.

READY.
SET.
GROW.

Control your money; don't let it control you!

Community First partners with **Credit Human** to offer FREE, virtual financial wellness classes for Members. Take the first step toward financial wellness by signing up. Gain a better understanding of how to manage your finances, PLUS earn a **\$10 e-gift card from Credit Human** after completing a post-class survey. **Attend all to receive a total of \$50!**



Understanding & Planning for Financial Health

Learn why financial health matters, the impact of financial stress, and helpful financial planning tools.

» **April 24, 2025, 12:30 p.m. to 1:00 p.m.**



Understanding Debt & Thoughtful Spending

Learn about types of debt, debt-to-income ratio, interest rates, and the good and bad sides of borrowing money.

» **October 30, 2025: 12:30 p.m. to 1:00 p.m.**



Spending Plan Workshop

Understand where your money is going, learn about “slack,” and how to set a savings goal.

» **June 26, 2025: 12:30 p.m. to 1:00 p.m.**



Understanding & Building Credit

Learn about the credit system and credit scores, and get tips for improving yours.

» **November 20, 2025, 12:30 p.m to 1:00 p.m.**



Planning to Save & Spend

Learn how to build “slack,” work around savings barriers, and the impact of spending now vs. spending later.

» **August 28, 2025: 12:30 p.m. to 1:00 p.m.**

TO REGISTER:

- Visit CommunityFirstHealthPlans.com/Financial-Wellness and complete the online form or
- Email healthyhelp@cfhp.com

You will receive email reminders and a Zoom link for each class you sign up for.