

THE BEFIT BRIEF



A MESSAGE FROM MAY

We are so **THANKFUL** for you! ♥

Dear Valued Members,

As we approach the season of gratitude, I want to take a moment to express how truly thankful we are for each and every one of you. At Befit Financial Credit Union, our members are at the heart of everything we do, and we are grateful that you've chosen us to be a part of your financial journey.

We are proud to serve healthcare professionals like you, and it is your trust and continued support that allows us to grow and provide the best possible financial services tailored to your unique needs.

From all of us at Befit, we wish you a joyful and relaxing Thanksgiving, surrounded by loved ones. May this holiday season be filled with warmth, peace, and plenty of reasons to be thankful.

Thank you for being part of the Befit family, and we look forward to continue to serve you in the years to come.



With heartfelt gratitude,
Maybelline Bito, President/CEO

HOW HAS YOUR EXPERIENCE WITH US BEEN? WE WANT TO HEAR FROM YOU! LEAVE US A REVIEW.



[Click Here!](#)



A HEALTHCARE PROFESSIONALS WELLNESS CHECKLIST

FINANCIAL WELLNESS

- Create a holiday budget
- Start buying gifts ahead of time
- Use our Skip-A-Payment service
- compare prices to get the best deals
- Take advantage of cash back rewards
- Utilize low interest rate loan options
- Shop with cash or debit & avoid credit
- Track your spending to not go over
- Set up automatic savings transfers
- Avoid impulse purchases

PHYSICAL WELLNESS

- Stay active with moderate exercise
- Eat mindfully and balance your meals
- Stay hydrated & drink plenty of water
- Aim for 7-9 hours of sleep every night
- Limit sugar and processed foods
- Practice portion control for meals
- Stretch regularly throughout the day
- Take breaks to rest and reset your body
- Add meditation to your daily routine
- Prioritize self care and well being

MENTAL WELLNESS

- Practice mindfulness to reduce stress
- Set realistic expectations
- Create a relaxation routine
- Say no when necessary
- Make time for hobbies you enjoy
- Connect with loved friends and family
- Unplug from tech to recharge your mind
- Seek support when you are needing it
- Practice daily affirmations
- Incorporate down time to your schedule

Read Our Blog For Additional Details!
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