



For Immediate Release

Community Health Options Invites Nonprofits to Apply for 2023 Grants

LEWISTON, MAINE, March 10, 2023 — Community Health Options urges nonprofits that promote physical and mental health in Maine's communities to apply for its 2023 Wellbeing Grants. The company announced that the application process opens today.

Applications for the grants, which range from \$2,500 to \$5,000, **are due by 5 p.m., Friday, April 7**, and awards will be announced in May. The program, offered through the company's Community Benefits Expenditure (CBE) program, is awarding \$50,000 for this grant cycle.

Community Health Options laid the financial groundwork for its CBE program in 2019 and began awarding grants in 2020, working with the Maine Community Foundation to administer the funds.

"The link between physical activity and mental health is well documented," said Community Health Options President and CEO Kevin Lewis. "These grants are meant to provide some support to grassroots organizations that share our vision to help the people of Maine live their healthiest lives possible by caring for mind and body."

Maine nonprofit organizations with an annual operating budget under \$1 million are eligible to apply for grant funding. Applicants should be focused on community-based wellness services and promote physical activity.

The Community Health Options' CBE Advisory Council oversees the grant program. The council includes public health experts, community organizers, Community Health Options' Board members and leadership team members, and people with decades of experience working in the nonprofit sector.

In addition to the \$50,000 distributed through the Wellbeing Grants, Community Health Options is continuing its partnership with National Fitness Campaign, [recently announcing \\$500,000 available](#) in 2023 to build Fitness Courts® across Maine. To learn more about National Fitness Campaign, please visit the [Maine Statewide Campaign](#) website.

To learn more about the 2023 Community Health Options Wellbeing Grants, please visit the [Community Giving](#) section of the Health Options website.

About Community Health Options

[Community Health Options](#) is the only Maine-based, nonprofit, Member-led health insurer and plan administrator providing comprehensive health plans for individuals, families and businesses. Health Options offers a robust network of 48,000 healthcare providers in New England, along with plans with U.S. national coverage for individuals and businesses.

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