

PLEASE FAX COMPLETED FORM TO 250-763-4827
OR SUBMIT TO 504 SUTHERLAND AVE
KELOWNA BC V1Y 5X1

OFFICE USE ONLY RECEIVED: _____

Please see attached letter for what to expect after you have submitted your application.

What are Wellness Grants?
<p>Exercise and socialization are great ways to benefit mental health and wellbeing. The Wellness Grants program provides an opportunity for people with a mental illness and financial need to access annual fitness memberships at 3 facilities for no or low cost. The facilities are: (1) the YMCA in downtown Kelowna, (2) the Rutland Family YMCA and (3) the H2O Center. Through the Wellness Grants program, CMHA Kelowna works with the YMCA to make annual fitness memberships as affordable as possible. The YMCA offers a subsidized membership rate to all Wellness Grants recipients and the Wellness Grant covers the participant's share of the membership in the following ways:</p> <p>1st time memberships – 100% of membership fee is paid through the grant (no cost to you) 2nd time memberships – 50% of membership fee is paid through the grant (low cost to you - around \$6-8/mo for a single) 3rd time membership – 25% of membership fee is paid through the grant (low cost to you - around \$8-10/mo for a single)</p> <p>Individuals can apply for either a single grant or for a family grant. Eligible applicants can apply for a maximum total of three (3) annual memberships.</p>

Wellness Grant 1 year Fitness Membership
Check off box with your one choice.
<input type="checkbox"/> H2O Fitness Center (4075 Gordon Rd. Kelowna)
<input type="checkbox"/> Kelowna Family Y Rutland (375 Hartman Rd. Kelowna)
<input type="checkbox"/> Kelowna Family Y Downtown (1011-505 Doyle Rd. Kelowna)

DATE*	EMAIL
NAME*	GENDER
ADDRESS*	
PHONE*	CELL PHONE
DATE OF BIRTH*	
EMERGENCY CONTACT NAME	EMERGENCY CONTACT PHONE

*REQUIRED INFORMATION

DO YOU NEED A SUPPORT PERSON?	<input type="checkbox"/> YES <input type="checkbox"/> NO
SUPPORT PERSONS NAME AND ORGANIZATION	
SUPPORT PERSONS CONTACT NUMBER	EMAIL
HAVE YOU RECEIVED A WELLNESS GRANT BEFORE?	<input type="checkbox"/> YES <input type="checkbox"/> NO

When would you be available to meet with the YMCA for an orientation? The 3 YMCA locations are open 7 days a week from 5:30am to 9:00pm. Please specify what days and times **DO NOT** work for you to have an orientation.

I AM **NOT** AVAILABLE TO ATTEND AN ORIENTATION MEETING AT THE YMCA ON:

How will this wellness grant benefit you?

In your own words, please tell us why you believe this fitness membership will benefit you. You may wish to include mental, physical, and social reasons, as well as your personal experience. (If you require more space, please attach another piece of paper.)

Important Information about Wellness Grants

- Wellness Grants funds only gym memberships to YMCA and H2O centers.
- All money will be provided to the YMCA or H2O center of choice.
- More information on the program can be found at <http://cmhkelowna.com/wellness-programs/>.
- Questions can be directed to the Wellness grants coach by email at wellnessgrants@cmha.bc.ca or by phone at 250-861-3644.
- **If you do not provide the required information, your application WILL NOT be considered**