

**Ross Health & Wellness Fund
of the FJMC Foundation for Jewish Life**

Grant Application Guidelines

Purpose

The Ross Health & Wellness Fund supports programs that promote men's health and wellness, including preventive care, early disease detection, mental health support, and health education. Eligible programs may include club-level initiatives, regional speakers or events, and international programming at FJMC gatherings.

Eligibility

Applicants must be members in good standing of FJMC International. This applies to individuals, clubs, or regions receiving grant funding.

Application Requirements

Applicants must submit a concise written request to the Fund Committee. The proposal should clearly describe the program and its purpose, the target audience, how the program advances men's health and wellness and how the requested funds will be used. Preference will be given to programs that are planned, creative, new to the club or region, and capable of being replicated by others. Programs should be implemented within 90 days of application approval. Grants are intended to support future programs (not programs that have already been completed).

Required Information

Applications should include the following: Program title, applicant name, club or region, contact information, submission date, amount requested, program description, target audience, event date or timeline, and expected impact.

Recognition and Follow-Up

Grant recipients are required to provide appropriate recognition of this grant to their program's target audience, acknowledging support from the **Ross Health & Wellness Fund of the FJMC Foundation for Jewish Life**. A brief summary of the program and its impact must be submitted within 60 days following completion.

Submission Process

Applications should be submitted via email to the Health and Wellness Committee at health@fjmc.org.

The Health and Wellness Committee will review all applications and submit recommendations to the Fund Committee for final approval. The Fund Committee consists of the Chair of the Foundation, the President of FJMC International, and the Executive Vice President of FJMC International. If a committee member is an applicant, an alternate reviewer will be assigned.

Funding Details

Grants are competitive. Approximately 3–4 programs will be funded each fiscal year, with awards typically ranging from \$500 to \$1000.

Applications submitted by June 1, 2026 will be considered for the initial funding cycle, with awards announced by June 30, 2026. Following that, applications will be reviewed quarterly.