



The Fit Community program joins the recently announced Fit Together Grant Program, sponsored by the Blue Cross and Blue Shield of North Carolina Foundation (BCBSNC Foundation), which promotes physical activity in rural communities. The Fit Together Grant Program, targets rural communities that are interested in improving access and reducing barriers to physical activity. Five nonprofit or governmental organizations will be chosen for a three-year grant of up to \$40,000 per year. More information on this grant program can be found at www.bcbsnc.com/foundation.

Fit Together and its programs are funded by a partnership between Blue Cross and Blue Shield of North Carolina and the NC Health and Wellness Trust Fund.

For more information about the Fit Community program, or to download a Fit Community application, visit www.FitTogetherNC.org.

About Blue Cross and Blue Shield of North Carolina

Blue Cross and Blue Shield of North Carolina is a leader in delivering innovative health care products, services and information to more than 3.2 million members, including approximately 620,000 served on behalf of other Blue plans. For 72 years, the company has served its customers by offering health insurance at a competitive price and has served the people of North Carolina through support of community organizations, programs and events that promote good health. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. Access BCBSNC online at www.bcbsnc.com.

About NC Health and Wellness Trust Fund

The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested \$127 million to support preventive health initiatives and \$78 million to fund a prescription drug assistance program for seniors. For more information, please visit www.HealthWellNC.com.

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