



Church Spotlight

Little River Presbyterian

Reverend Gene Liles, Pastor

Little River Presbyterian Church has a small congregation with around 40 members, and nearly half of them are children. However, FAN is having a BIG impact on the health of church members and the community. Ms. Shirley Greene, FAN Coordinator at Little River, leads the FAN Program using a “big picture” approach. After recognizing health issues of high blood pressure and diabetes in the church and desiring to teach children healthy habits about what they eat and staying active, Ms. Greene was eager to be involved in the program.



Ms. Greene’s “big picture” approach ensures all members can be involved. At the kick-off, members received pedometers and signed pledge sheets committing themselves to making healthier changes. Then, the youth measured off the church parking lot to determine the number of laps to walk one mile.



This summer, the church offered a new program for children in the church and the community called “Terrific Tuesdays.” Terrific Tuesdays consist of 30 minutes of education activities to keep the children’s minds sharp for the upcoming school year, 60 minutes of exercise and outdoor play games, and healthy snacks. Also this summer, during Vacation Bible School, they served snacks including fruits and replaced regular chips with sun

chips. At first, church leaders were hesitant to offer these snacks. Afterwards, they were surprised to see there were no leftovers and to hear the children not only did not complain but enjoyed the snacks.

Ms. Greene expresses her appreciation for Rev. Gene Liles and his support of the FAN program. During bi-weekly worship services, he makes a FAN announcement from the pulpit, gives Ms. Greene time to share announcements and any new activities, and recognizes church members who excel and reach their healthy living goals. Considering her “big picture” approach, Ms. Greene recommends shifting the focus from obesity and weight loss to making healthy lifestyle changes to encourage members to be involved.

Congratulations to Little River Presbyterian for your success and commitment to the health and well-being of your members!