



Church Spotlight

Gordon Memorial United Methodist Church

Reverend Athon Arant Sr., Pastor

The FAN Program at Gordon Memorial has helped create a number of healthy living activities for church members and members in the community. Ms. Dee Mattox, FAN Coordinator at Gordon Memorial, wants to help her church and others live healthy. As a nurse in the community, she recognized that many people are overweight and living with hypertension or diabetes, and she felt led to encourage her church to sign-up for FAN. She placed a survey in the church bulletin to learn what types of activities church members would like to see, and included these activities as part of their FAN Program Plan.

The church now provides more healthy food choices at events. For example, baked meats are now an option at quarterly meals. During Vacation Bible School, they served fruit choices as snacks. The church also provides time for physical activity in the church and community. They have a walking program that meets two times a week for one hour of walking in their family life center. The program is open to the entire community. Ms. Mattox believes one of the keys to success of the walking program is the fellowship and community between participants. Members are encouraged to come and walk at their own pace. They often play music, and sometimes members begin line dancing!



The FAN Committee created a FAN bulletin board and provides written materials for members. They moved them around several times to ensure they were convenient for church members to access and read.

With the warmer weather of the summer, the church also offered a new activity – a water aerobics class at a pool owned by a church member. This new activity allowed those who could not participate in the walking program be physically active. Ms.

Mattox praises their new pastor, Rev. Arant, for his support of the FAN program. He and his wife have come to the walking program, and he also preaches about the importance of physical health and taking care of your body.

Ms. Mattox encourages other churches to not be discouraged when church members do not want to participate. She hopes FAN Committees will keep thinking of new ways to engage members in making changes for healthy living!

Congratulations to Gordon Memorial UMC for your success and commitment to the health and well-being of your members!