



# Church Spotlight

White Oak Baptist Church #1

Reverend Spann, Jr., Pastor

## **White Oak Baptist Church #1 is creating opportunities to live a healthier life and getting everyone involved!**

White Oak Baptist Church #1 chose to be a part of the FAN program as a way to build on their previous participation in a behavioral health program that advocated healthy eating and other positive lifestyle changes. Ms. Roseborough, the FAN coordinator, said that the FAN activities have been warmly received by the congregation. Having a tasty snack or meal prepared at church is a normal practice at White Oak. Now, as part of FAN, the third Sunday is reserved as "Healthy Sunday." The congregation can expect Rev. Spann, Jr. to incorporate healthy eating into his messages from the pulpit and members receive a healthy snack and samples at the end of service.

To kick off the FAN program, the church held a small celebration that included healthy snacks and an introduction to the upcoming changes and activities. Since then, Pastor Spann, Jr. has encouraged adding physical activity into existing activities, such as stretching to the end of worship service and moving more during Sunday School. Members received purchased and donated pedometers to use for a step challenge. Awards for the most steps and the most persistence were given out to the participating members.

White Oak Baptist Church #1 has members of all ages, many volunteers, and missionary groups. The diversity of the church allows all ages and groups to participate with FAN. White Oak is working to share FAN ideals with the community by incorporating healthy eating and physical activity in their Family and Friends Day activities and Back to School Bash. They are in the process of planning a workshop for members of the church and community that will host professionals demonstrating age-appropriate exercises that can be done at home.



Ms. Roseborough feels that persistence and acceptance has helped White Oak Baptist Church #1 experience success with the FAN program. In addition to encouraging the members to stay committed, she advises others to be creative, have a plan, and stick to the FAN guidelines that were provided.

**Congratulations to White Oak Baptist Church #1 for your success and commitment to the health and well-being of your members!**