



# Church Spotlight

## Franklin United Methodist Church

Glorine Brabham, FAN Coordinator

The FAN Coordinator at Franklin United Methodist Church (Denmark, SC), Glorine Brabham, along with Pastor Sheera Yates, has had great success promoting healthy lifestyles among church members with the FAN Program. Ms. Brabham is a retired nurse and labels herself as a “nutrition fanatic.” She was immediately interested in FAN and thought it would be a great way to help members manage and reduce the risk of chronic diseases. When the COVID-19 pandemic hit, she knew that it was even more important that her church members had access to resources to help them maintain healthy eating and physical activity.

To launch FAN, they started a nutrition and health challenge. Ms. Brabham encouraged members to try a plant-based diet that includes many fresh fruits and vegetables. She challenged members to walk each day to avoid being sedentary during the lockdown. Members committed to walking between a half mile to 5 miles per day, and they thought it was quite fun and they felt better both physically and mentally. Ms. Brabham used conference calls to check in with members regularly, provide encouragement for exercising, and share healthy recipes.



*Dr. Clifton Yates, Mrs. Glorine Brabham, and Dr. Gossie Mathis attend Friends and Family Day at Franklin United Methodist Church.*



The FAN Committee wanted to ensure members had access to fresh fruits and vegetables in their rural community. They found the “Save the Children” food distribution program, which provided food boxes for church members. Ms. Brabham organized food box pick up events at the church and handed out boxes full of fruits, vegetables, whole grains, milk, and yogurt. She included bulletins with low-sodium, low-sugar healthy recipes and scriptures related to health.

Franklin UMC wants to see more churches come together for community betterment. Specifically, they have been working to bring together interracial groups and hold events centered on healthy eating. This spring, they had a “soup day” with a racially diverse church to share their favorite recipes. Ms. Brabham thinks this is a positive next step for their FAN Program, and for Franklin UMC, to “come together as a people, not as a race.... We put [our] ideas together to improve our community.”

**Congratulations to Franklin UMC for your success with FAN!**