



Church Spotlight

St. John's/Batesburg, Greenwood District

Reverend Scott Nurse, Pastor

"Encourage Each Other and Build Each Other Up"

At St. John's/Batesburg, Ms. Tricia Wilburn leads an exciting FAN Program. Members are actively involved and encourage each other as they increase physical activity and improve their diet. St. John's has seen first-hand the importance of healthy living. Last year when the pastor, Rev. Scott Nurse, went to his doctor for a regular check-up, he learned that his health habits had finally caught up with him and he needed to have surgery the next day. When Rev. Nurse shared his health update with the congregation, members were eager to support his health and also hold each other accountable for healthy living.



To kick off FAN, a certified personal trainer and nutritionist from the community came to speak with members about physical activity and healthy eating. They now have weekly meetings focused on healthy living. Meetings begin with Bible study to focus on spiritual health, and members spend time exchanging healthy recipes. The meetings end with physical activities such as walking outside, video-led exercises, or chair exercises. These meetings motivated members to set a goal of participating in the Walk-a-thon benefitting Relay for Life last year. This year, they hope to participate again and host a picnic to reach out to the community.

After the FAN training, Ms. Wilburn and the committee came together to complete their FAN Program Plan. Filling out their FAN Program Plan reminded them to introduce simple changes first. Focusing on simple changes has led to positive results! One member shared, *"I am inspired and encouraged to be mindful of my total health...body, mind and spirit."* Another appreciates the *"comfortable environment"* in the meetings, and an older member shared the excitement that *"I can do exercises while sitting in my chair."* Rev. Nurse has found both the support from his church and the monthly pastor activities provided by FAN to be very helpful, stating *"the reminders are important. I have seen a positive effect in the church members who participate...and it has helped keep me from straying too far from what I am supposed to do."* Ms. Wilburn's advice for churches is to find a core group of people who wish to share their passion for healthy living – they will help motivate others to get involved.

Congratulations to St. John's/Batesburg for your success and commitment to the health and well-being of your members and community!