



Church Spotlight

Canaan UMC, Walterboro District

Reverend Jeffrey Salley, Pastor

Consistency is Key!

Throughout the past year, consistency has been one of the keys to success of the FAN Program at Canaan UMC. Mrs. May Frazier - Robinson, FAN Coordinator at Canaan, believes in equipping her church with knowledge about healthy eating and physical activity. She consistently shared the monthly pastor's activity with Reverend Jeffrey Salley, pastor at Canaan UMC. She appreciated that Rev. Salley encouraged members to stand and walk around as part of worship services to give and receive a few words of encouragement from each other.



One of the most popular and successful activities at Canaan is **The Selfless Kitchen** program. This program, initiated by Ms. Lessie Penn, delivers healthy and nutritious meals to the older members of the congregation. Occasionally, a free sit-down meal is provided, where the program focuses on preparing and serving foods with less sodium and sugar. In addition to having a healthy meal, members receive educational materials and information about healthy living. Mrs. Frazier - Robinson shared that *"knowledge moves people to action"* and hopes members will begin their own healthy living habits at home. Canaan also provides a walking program called, **"Walking in Worship."** This program is held 4 days a week and welcomes all interested church and community members.

Members at Canaan consistently hear and see healthy living information. New announcements and handouts are provided on the bulletin board for members to take home. Mrs. Frazier - Robinson also creates magnets with healthy living tips for members to place on their refrigerators as reminders. Last year at the Walterboro UMC District meeting, a FAN committee member from Canaan hosted a FAN table sharing information and resources about healthy eating and physical activity.

Moving forward, Mrs. Frazier - Robinson and the FAN committee (Shirell Daly, Wilhelmina Thompson, Victoria Singleton, LeaAndra Roberts, and Queen Trappier) would like to create new programs for the youth and older adults. For the youth, they are considering having a jump rope club. For the adults, they would like to provide classes teaching tailored physical activities as well as tips for preparing quick and healthy meals. Mrs. Frazier - Robinson encourages other church leaders to *"move past the fear of the unknown"* when trying to begin making healthy changes. She recommends leaders begin with themselves by learning more about healthy living and applying this knowledge. She believes that this approach will prepare leaders to help members do the same.



Congratulations to Canaan UMC for your success, consistency, and commitment to the health and well-being of your members and community!