



Church Spotlight

St. John's/Anderson UMC, Anderson District

Reverend Dr. Kitty Holtzclaw, Pastor

"Planning Ahead for Year 2"

St. John's UMC has always had a goal to be a healthy church. When they heard about the FAN Program, they believed it would help them reach that goal. Last year, the FAN Program was introduced to members with a fun and exciting start at the family-friendly FAN kick-off event. They had a ventriloquist come and share the principles of healthy eating and physical activity! Everybody enjoyed learning about FAN and trying a newer menu that included salads and more healthy food choices.



Ms. Bitsy Pickens, FAN Coordinator at St. John's, leads the FAN Program and shares her love for exercising and serving in her church. Rev. Dr. Kitty Holtzclaw praises Ms. Pickens for her commitment to FAN. Rev. Dr. Holtzclaw stays involved assisting with event planning, answering questions from the FAN committee, and sharing additional healthy living resources with Ms. Pickens to share with others.



Having completed their first year in the FAN Program, St. John's is looking forward to the upcoming 2nd year. As the church congregation continues to grow and welcome younger families with children, Ms. Pickens hopes to see more children involved in programs and activities. One activity with more children participating is a new yoga class. Ms. Pickens even hopes to have a representative from the youth on the FAN committee! While the FAN Committee may be smaller at St. John's compared to other churches, their hopes and desires to continue to help church members live healthy remain large. They plan to organize a back-to-school health fair at the end of the summer. In addition, they would

like to begin their own sustainable garden to teach children how to plant, grow, and prepare their own healthy meals.

Ms. Pickens shares three recommendations for churches interested in starting FAN at their church. The first is to find the right person to lead an activity that will make it fun for all members. The second is to form a strong FAN committee. She shared that *"having the right people in the right place will make sure you have the support you need to keep your activities going."* Her third recommendation is to plan a budget for the FAN resources and materials you will need. This will help you stay prepared and carry out your planned activities.



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