



# Be a FAN for Your Church's Health

**Now is the time to focus on your congregation's health!**

COVID-19 has underscored the importance of health, and churches are looking for ways to address members' well-being and self-care.

Faith, Activity, and Nutrition (FAN) is an established, proven, and effective program developed at the University of South Carolina. Over 300 churches have been trained in FAN to help their congregations become stronger in health!

The FAN Online Training is **FREE\*** and includes 8 engaging lessons and resources to support members in making healthy choices.

**MAKE 2022 YOUR YEAR FOR HEALTH!**

**“Physical activity is so important for our mental and emotional health right now.” – FAN Program Graduate**

**Sign up for FAN Today!**

Visit [prevention.sph.sc.edu/projects/fantraining.htm](https://prevention.sph.sc.edu/projects/fantraining.htm) to learn more.



*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”  
III John 1:2 (NKJV)*

\*FAN is offered through a research study at the University of South Carolina Prevention Research Center. Participation is open to churches in the U.S.

FAN supports churches to:

- increase opportunities for physical activity and healthy eating,
- create guidelines for physical activity and healthy eating,
- engage church leaders in FAN goals and support their health, and
- share health messages with members.

CONTACT US



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