



The Student Affairs Health and Wellness Department is excited to welcome students into our Nutrition Program—a supportive, educational, and empowering initiative designed to help you thrive in every area of your life. At Rhema Word Theology College and University, we believe that true success is rooted in whole-person wellness. Your spiritual growth, academic performance, emotional balance, and physical health are all connected, and our Nutrition Program is here to strengthen that foundation. This program offers students practical guidance, personalized support, and evidence-based tools to help you understand how nutrition impacts your energy, focus, mood, and overall well-being. Whether you are looking to build healthier habits, learn how to fuel your body properly, manage stress through better eating, or simply become more intentional about your daily choices, this program is designed with you in mind.

Joining the Nutrition Program is more than learning about food—it is an opportunity to invest in yourself and honor the body God has entrusted to you. Many students discover that small changes

in their eating habits lead to major improvements in their academic performance, confidence, and daily motivation. Through workshops, one-on-one support, wellness challenges, and practical resources, you will gain the knowledge and encouragement needed to make sustainable lifestyle changes that support your long-term health. Every student, regardless of background or current habits, is welcome to participate. You do not need to be an expert or have a perfect routine—just a willingness to grow and take steps toward a healthier future.

By becoming part of the Nutrition Program, you are choosing to prioritize your well-being, strengthen your discipline, and create a lifestyle that supports your purpose. You are choosing clarity over fatigue, strength over stress, and wellness over worry. Most importantly, you are choosing *you*. The Student Affairs Health and Wellness Department is here to walk with you, cheer for you, and provide the tools you need to flourish. Your health matters, your journey matters, and your future matters. Take the step and join us—you deserve to feel your best. Your ability to make a lasting impact. This opportunity allows you to focus on your studies, deepen your understanding of God’s Word, and prepare for the work He has called you to do without the weight of financial stress. It opens doors for students from all backgrounds, reminding you that your goals are attainable and your future is worth fighting for.

Every student is encouraged to apply because every student deserves the chance to rise, excel, and walk boldly into their destiny. The Ivy Endowment Foundation Inc. Scholarship Program is here to help you build, grow, and succeed—not just academically, but spiritually and personally. Your journey matters, your education matters, and your calling matters. Take the step. Apply with confidence. Your future is waiting.