

WELCOME

Thank you for choosing the CREATION Health Campus Engagement Package. We believe that CREATION Health—based on the Bible’s story of creation, inspires people to live a more balanced and satisfying life.

- C** - Choice: Choose Your Direction
- R** - Rest: Renew and Recharge
- E** - Environment: Create Your Space
- A** - Activity: Motivate Your Momentum
- T** - Trust: Express Your Faith in God
- I** - Interpersonal Relationships: Connect with Others
- O** - Outlook: Practice the Positive
- N** - Nutrition: Nourish Your Life

CREATION Health is a whole person health philosophy and program focusing —physical, mental, emotional and spiritual wholeness. This health philosophy was designed and copyrighted by Florida Hospital and has its roots in the foundational legacy of the Seventh-day Adventist church’s health ministry.

The North American Division has supported this effort as part of its response to the recent Physical Genesis research study. It is our hope and prayer that this guide, along with other CREATION Health tools, benefits you as you build CREATION Health principles into every aspect of your school. May God bless you as you guide your students and faculty to a healthier, happier life.

“I have come that they may have life . . . and have it more abundantly.” - John 10:10

Sincerely,

The Florida Hospital Mission Development Team

The North American Division Health and Physical Education Committee