



May 9, 2018

Capilano University promotes a campus community that holds health and well-being at the heart of its campus culture, administration, policies and practices. With guidance from the *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*, Capilano University pledges to:

- apply a well-being lens to academic and administrative decisions being made campus-wide.
- support the inclusion of well-being in the University's planning processes.
- promote well-being in areas such as:
 - mental health and resilience,
 - learning and working environments,
 - physical and natural environments,
 - food and nutrition and
 - inclusion and connectivity.
- invest resources into well-being through allocations to:
 - strategic supports for faculties and departments to facilitate campus-wide action,
 - enhance and align existing well-being promotion resources and
 - engage with our community to inform and encourage new actions and learning.
- evaluate and report on health promotion and well-being outcomes.
- engage in well-being conversations and share knowledge with national and international partners.

Through these commitments, Capilano University is confident in its ability to promote and support a resilient campus community.

A handwritten signature in blue ink, appearing to read "Paul Dangerfield", is written over a light blue circular stamp.

Paul Dangerfield
President