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Date: December 8, 2021

**For Immediate Release**

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## **College of the Rockies committing to campus health and wellbeing**

### *Adoption of the Okanagan Charter is next step in College's Campus Health and Wellbeing Framework*

This week, in an official signing ceremony attended by employees and students, College of the Rockies President Paul Vogt officially signed the *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*, signifying the institution's continued commitment to health and wellbeing at its campuses.

Arising out of an international conference in 2015, the *Okanagan Charter* provides institutions with common language, principles, and a framework to become health and wellbeing promoting campuses.

"One of the essential pillars of our 2021-2023 Action Plan was a commitment to health and wellbeing," Vogt said. "Ensuring the health of our campuses is essential to achieving our full potential in teaching and learning, research, and community engagement. Evidence shows that people who are healthy and supported are more productive, more able to engage in deeper learning, and have a stronger sense of community."

The College has established a Task Force to support the development of an institution-wide Health and Wellbeing Strategic Plan which will support the two calls to action for higher education institutions included in the Charter:

1. To embed health into all aspects of campus culture, and
2. To lead health promotion action and collaboration locally and globally.

"College of the Rockies is proud to be joining other colleges and universities in this pledge to strengthen not only our College campuses but also the communities in which we reside," Vogt said. "Our commitment to health and wellbeing demonstrates the type of institution the College aims to be, one which prioritizes our students, employees, and communities."

Learn more about College of the Rockies' commitment to Health and Wellbeing at: [cotr.ca/about-us/health-and-wellbeing](https://cotr.ca/about-us/health-and-wellbeing)

**About College of the Rockies**

For more than 45 years, College of the Rockies has provided post-secondary education that meets the needs and aspirations of the people, industry and businesses of our region. Each year, we welcome more than 10,000 full-time and part-time students into a full range of programs, including: skilled trades, university studies, adult upgrading, early childhood education, health and human services, business, office administration, tourism, hospitality, recreation, fire services, continuing education and contract training. Through smaller class sizes, highly personalized instruction and dedicated support services, our students are primed to succeed in the job market, or in the next stage of their academic journey.

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