



President and CEO

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Lethbridge College – Adoption of the Okanagan Charter

Lethbridge College recognizes itself as a place where people come together, a community committed to one another. As such, we aim to foster an environment where the health and wellbeing of our whole community is prioritized and acknowledges the importance of reaching beyond our local community and joining a national community of like-minded educators.

Lethbridge College has made the health and wellness of its students and employees a priority for many years, identifying health and wellness as one of the college's overarching goals. In recent years, this has shaped a broad range of programs and initiatives, serving both students and employees. Although the college has had separate student and employee health and wellness strategies in the past, we have made strides in developing a formal Institutional Health and Wellness Strategy that holistically looks at both students and employees and we are happy to incorporate commitments to the Okanagan Charter within our new strategy.

On behalf of Lethbridge College, I am pleased to provide our completed Statement of Adoption for the *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*. The College is proud to outline the following Lethbridge College specific commitments to the Charter:

1. Lethbridge College commits to a holistic, whole-campus approach that addresses the needs of employees and students in a cohesive way, embedded into our institutional culture.
2. Lethbridge College commits to the need for ongoing evaluation and iteration to ensure efforts are contributing to meaningful health and well-being improvements for both employees and students. Throughout the five years of our new strategy, Lethbridge College commits to build, measure and learn.
3. Lethbridge College commits to the need for continuing community engagement and partnership with external agencies. Just as we cannot separate our own health and wellness from the world around us, we cannot separate Lethbridge College's health and wellness from the larger community around us.

Lethbridge College is excited for the opportunity to be part of the Charter and embraces the calls to action. We believe that our campus and community health and wellness commitments align with the ethos reflected in the Charter and look forward to the possibility of joining the network of health promoting universities and colleges so that we may continue to learn and grow towards a healthier future.

A handwritten signature in black ink that reads "Paula Burns".

Paula Burns, PhD, MBA
President and CEO