



UNIVERSITY OF SAN FRANCISCO
CHANGE THE WORLD FROM HERE

Okanagan Charter



A Call to Action

Build health and wellness by caring for the whole person (Cura Personalis), a Jesuit tradition, that inspires our proactive and compassionate approach to health and wellbeing by promoting access and equity to all.

BUILD

Build health and wellness into all aspects of USF culture in ways that promote access, equity and justice

- Imbed a Jesuit health and wellness lens across all community members' achievement, development and engagement
- Work with campus partners, departments and divisions (i.e. Health Promotion Services, Koret, CAPS, Student Life, GoUSF, University Ministry) to rebuild and restore health and well-being initiatives and practices within our campus environments

REDEFINE

Redefine the concept of wellness and encourage community members to develop enjoyable practices by utilizing Koret, Student Life, UM, and community partners that support the physical, spiritual, emotional, environmental, psychological, financial and intellectual health of the community

- Re-envision opportunities for faculty, staff and students that meets them where they are to stimulate better health awareness, and foster a vibrant and safe campus community for all
- Promote self and communal care practices to support a growth and resilient mindset that is sustainable beyond USF
- Foster intentional connections, actions and efforts across campus to mobilize members of the USF community to support one another on their path to health and wellness

SUPPORT

Support students, faculty and staff to discover and navigate toward the health and wellness resources available to the USF community and beyond

- Empower and amplify the diverse voices within the USF community and develop a values-driven culture of care
- Highlight community resources that support personal development and growth, encouraging individuals to achieve their full potential
- Communicate health and wellness information via a variety of communication channels to engage a broader audience (ie. in-person, flyers, emails, instant messaging platforms, video, phone, social media)

INSPIRE

Inspire sustainable health and wellness action and collaboration within our USF community and beyond

- Encourage faculty, staff and students to engage in conversation and share their journey toward health and wellness; "Each one, teach one"
- Be a proactive partner for change in our communities - Hilltop, Sacramento, and Orange County campuses by giving of public service, volunteering of time, and effort for the common good
- Listen and respond to the changing needs of the USF community to continually offer an altruistic approach to care

RESOURCES

Students

- [Health Promotion Services](#)

Employees

- [Human Resources](#)