



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network

Healthy Breaks@Humber



Book a 10-minute stretch or mindfulness break for your classes or meetings.

Healthy Breaks are led by Humber students and offered in-person or virtually.

**Book a Healthy Break at
North Campus or Virtually**



cihw.online/HealthyBreaks

**Book a Healthy Break at
Lakeshore Campus**



cihw@humber.ca