



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network

Healthy Breaks @Humber



The Centre for Innovation in Health and Wellness (CIHW) is offering 10-minute breaks (stretch or mindfulness) for your classes and meetings!

Book in-person breaks at north campus and virtual breaks at all campuses.

Benefits of taking a healthy break during the day include increased focus and creativity and improved mental health and well being.

“I think these health breaks should be incorporated every week” -
Student Participant



To book a Healthy Break, **[click here](#)**

or go to:

cihw.online/HealthyBreaks