



HUMBER

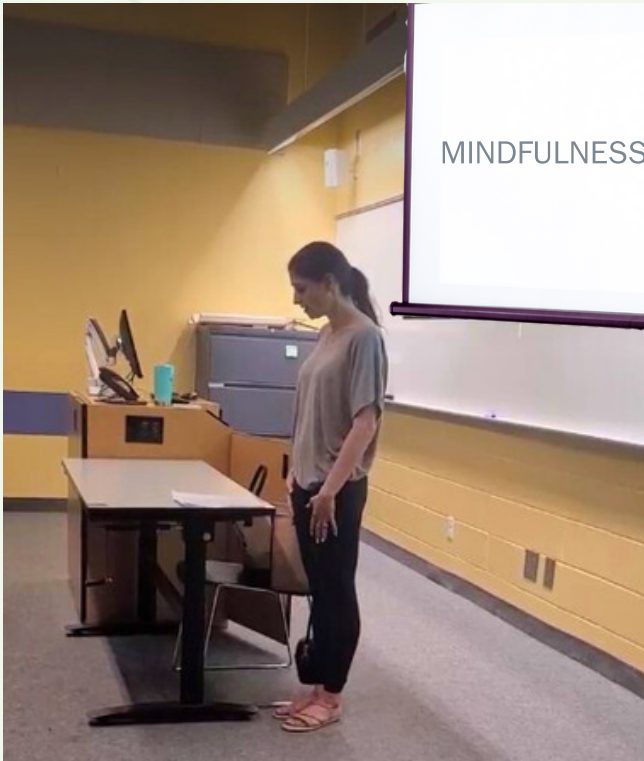
Centre for Innovation
in Health & Wellness

Centres of Innovation Network

**In-person sessions available
at North Campus.**

**Virtual sessions available
anywhere.**

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!

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

**[Click here to book your
Healthy Break today!](#)**

