HUMBER
Centre for Innovation in Health & Wellness
Centres of Innovation Network

# End of semester is approaching!

## Book a FREE HealthyBreaks@Humber session to help manage the stress

## What is Healthy Breaks@Humber?

Healthy Breaks@Humber is an initiative that involves taking a short 10-minute break in the middle of a meeting or class to refresh the body and mind. **Students, faculty and staff** are all welcome to take a healthy break with us.

## Why seek Healthy Breaks@Humber?

Research has proven that taking a healthy break during the day can help improve mental health, increase focus and creativity, lessen body aches and pains, and enhance engagement.

## How to book Healthy Breaks@Humber?

A healthy break can be taken through 'Movement' or 'Mindfulness'. If you have a meeting/class that is 1.5 hours or more and you would like to schedule a healthy break, please email us at cihw@humber.ca or **scan the QR code below:**