

HEALTHY BREAKS @HUMBER



The Centre for Innovation in Health & Wellness provides 10-minute stretch and mindfulness breaks for classes and meetings, led by Humber students.

Benefits of including a healthy break in your classes or meetings include:

- ✓ Helping to Reduce Stress
- ✓ Increasing Engagement
- ✓ Providing an Opportunity to Recharge and Refocus

Book your Healthy Break today



cihw.online/HealthyBreaks

Looking for a different timing or format? Contact CIHW@humber.ca