

# 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 a Healthy Break Today!**



[cihw.online/HealthyBreaks](https://cihw.online/HealthyBreaks)

Looking for a different timing or format? Contact [CIHW@humber.ca](mailto:CIHW@humber.ca)