

# Mindfulness @Humber

## December 2022

The Centre for Innovation in Health and Wellness (CIHW), in collaboration with SWEL and HROE, is excited to continue the Mindfulness@Humber series. Studies show mindfulness helps to reduce stress and anxiety, and we are proud to offer this initiative to help support a healthy and inclusive community at Humber.

Mindfulness@Humber offers virtual and in-person guided mindfulness meditation sessions to all members of the Humber community (staff, faculty and students) throughout the semester. Participants can register into any session(s) and choose the format that works best for them.

For more information, please email [CHL@humber.ca](mailto:CHL@humber.ca).



### Virtual Sessions

Offered through Microsoft Teams - 20 minutes

#### **Mondays:**

December 5 & 12 at 10:30 a.m.

#### **Thursdays:**

December 1 & 8 at 10 a.m. and 12 p.m.

December 15 at 12 p.m.

#### **Fridays:**

December 2, 9 & 16 at 10 a.m. & 2 p.m.



### In-Person Sessions

LRC 2112, North Campus - 30 minutes

#### **Wednesday:**

December 7 at 9 a.m. & 12 p.m.

December 14 at 12:30 p.m.



**HUMBER**

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in Health & Wellness

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[Register for a session](#)