



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network

**20-minute virtual &
30-minute in-person
meditation sessions for
all Humber students,
faculty and staff**

Find Your Inner Peace with Mindfulness@Humber

Experience the art of mindfulness – to be present in the moment and to process your thoughts, emotions, sensations, and environment in a non-judgmental way.

Learn a new skill to help manage stress and anxiety in your everyday life with Mindfulness@Humber

Click [here](#) to register.

