



**HUMBER**

Centre for Innovation  
in Health & Wellness

Centres of Innovation Network

“My mind feels much better  
after sessions.” - Participant

# Mindfulness@Humber

Make time in your busy schedule for wellness with guided mindfulness meditation sessions.

20-minute virtual and 30-minute in-person sessions offered throughout the week.

**Register**

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

