



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network



Mindfulness@Humber

20-minute virtual or 30-minute in-person guided mindfulness meditation sessions, offered all semester long.

“The session really helped calm me down for the start of the week”

- Participant

Secure your spot by scanning the QR code or going to

cihw.online/CIHWMindfulness

