



**HUMBER**

Centre for Innovation  
in Health & Wellness

Centres of Innovation Network

# Mindfulness@Humber

**“The session was very relaxing, I would like to have this whenever I feel stressed or tired.”**

**- Participant**



**Manage stress and anxiety in your everyday life with Mindfulness@Humber**

## Benefits

Reduced Anxiety

Improved Well-being

Feel Refreshed

Increased Focus



**The Centre for Innovation in Health and Wellness offers virtual & in-person guided meditation sessions for all Humber students, faculty and staff.**

**Click [here](#) to register.**

**For more information email us at [cihw@humber.ca](mailto:cihw@humber.ca)**