



**HUMBER**

Centre for Innovation  
in Health & Wellness

Centres of Innovation Network

Stressed by Your Packed Schedule?

Breathe Deeply, Live Mindfully.

# MINDFULNESS@HUMBER



**The Centre for Innovation in Health and Wellness  
offers virtual & in-person meditation sessions.**



**Students, staff and faculty are  
all welcome to attend.**



Register at: [cihw.online/mindfulness](https://cihw.online/mindfulness)