



HUMBER

Centre for Innovation
in Health & Wellness

Centres of Innovation Network

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

Discover the transformative power of mindfulness and self-care.



Mindfulness@Humber

“The guided meditation truly was incredibly helpful to alleviate stress. Thank you.” - Participant



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

Click [here](#) to register.

Email CIHW@humber.ca for more information.