UNM-VALENCIA WELLNESS CENTER
NOVEMBER 2026

Monday - Thursday
8:00 A.M. – 5:00 P.M.

Friday
8:00 A.M. – 1:00 P.M.

Thanksgiving Week 2026

Regular operating hours Monday, 11.23, and Tuesday, 11.24.

Closed, Wednesday, 11.25 – Friday, 11.27.

Center operating hours may be subject to change.

The Grocery Store Scavenger Hunt
is open until November 20.
See a wellness center staff member for a flyer,
and to learn more information.

Improve your holidays diet by choosing healthy beverages. Select drinks to increase the intake of nutrients and decrease empty calories from added sugars and fat.