



UNM-VALENCIA WELLNESS CENTER OCTOBER 2026

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

Friday
8:00 A.M. – 1:00 P.M.

Fall Break 2026

The center will close at 3:00 p.m., Thursday, October 8.

The center will be closed, Friday, October 9.

Center operating hours may be subject to change.

The following questions can help you better assess the health advice that appears on social media.

- 1. What is the source of information?**
- 2. Is the report based on research or on an anecdote?**
- 3. How big was the study?**
- 4. Who were the participants involved in the study?**