



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS

FEBRUARY 2025

MONDAY - THURSDAY 8:00 A.M. – 5:00 P.M.

FRIDAY 8:00 A.M. – 1:00 P.M.

Wellness Center operating hours may be subject to change, and without notice.

**Please call 925.8830, or 925.8832 with questions about
center programming, spring class offerings, and the
*Community Access Plan.***

**The 2025 Wellness Expo and Career Fair is
Wednesday, March 12.
Vendor information is now available.
Ask inside the center for a flyer.**

***Walking five miles a day, 10,000 steps, will realize excellent
cardiovascular benefits.***