



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS

FEBRUARY 2026

**MONDAY AND WEDNESDAY
8 A.M. – 5 P.M.**

**TUESDAY AND THURSDAY
8 A.M. – 5:30 P.M.**

**FRIDAY
8 A.M. – 1 P.M.**

**The *UNM-Valencia Career and Wellness Expo* is
Tuesday, March 10. For vendor and program
information, please see a wellness center staff
member, or call 925.8832.**

**Spring 2nd weeks PHED courses include
Yoga and Zumba.**

Classes begin March 23. Registration is open!

***Optimal living isn't about saving time. It's about
seizing control over the ways you spend it.***