



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS JUNE 2025

MONDAY – THURSDAY
8 A.M. – 5 P.M.

FRIDAY
8 A.M. – 1 P.M.

**Hours on specific dates may be subject to change.
Please call 925.8830, or 925.8832 with questions.**

**The center will be closed on Thursday, June 19 and
Friday, June 20.**

Factors That Influence Wellness

- 1. Healthy Habits**
- 2. Heredity / Family History**
- 3. Environment**
- 4. Access to Health Care**