



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS

JUNE 2026

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

**FRIDAY
8:00 A.M. – 1:00 P.M.**

Center operating hours may be subject to change.

Closed Friday, June 19, Juneteenth Observed Holiday.

Summer 2026 classes begin Monday, June 1.

Science has proven that while your genes control your biology, a rather simple, nondrug formula of nutrient-rich food, targeted supplements, and lifestyle changes can keep your genes in perpetual “repair” mode. – Sara Gottfried, MD