



**UNM-VALENCIA WELLNESS CENTER
OPERATING HOURS**

MARCH 2026

WEEKS OF 3/2, 3/9, 3/23, 3/30

**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.**

WEEK OF 3/16, SPRING BREAK

TUESDAY – THURSDAY 8 A.M. – 5 P.M.

MONDAY AND FRIDAY / CLOSED

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

The *UNM-Valencia Career and Wellness Expo* is Tuesday, March 10. More than 50 vendors, organizations, and UNM affiliated areas will be on campus! For event information, 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!**

Walking for 20 minutes a day can cut the risks of heart disease, diabetes, and cancer by 40 percent.