



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS NOVEMBER 2025

MONDAY – THURSDAY
8 A.M. – 5 P.M.

FRIDAY
8 A.M. – 1 P.M.

The center will be closed on Wednesday, November 26, except for morning and afternoon Yoga classes.

The center will be closed for Thanksgiving break on Thursday, November 27, and Friday November 28.

A moderate level of stress challenges individuals in a way that promotes optimal performance and well-being. Too little stress and people may not be challenged enough to improve; too much stress, and the challenges become ‘stressors’ that can impair physical and emotional health.