



UNM-VALENCIA WELLNESS CENTER OPERATING HOURS SEPTEMBER 2025

MONDAY – THURSDAY
8 A.M. – 5 P.M.

FRIDAY
8 A.M. – 1 P.M.

**The center will be closed on Labor Day, Monday,
September 1.**

**Please call 925.8830 with questions about course and
program offerings at the center.**

***Scientists at the Mayo Clinic have estimated that
increasing simple movements such as standing and
walking can help you burn an additional 350 calories a
day.***