

UNM Health Sciences Center Wellness Program

Meditation Group

Meditation is a great way to calm down and de-stress in the midst of our busy lives. The UNM HSC Wellness Program's Meditation Group meets Mondays and Fridays from noon to 1:00pm in Room 2403 of the Domenici Center (north building, near the Anatomy Lab). Staff, faculty and students are welcome (no prior experience with meditation is necessary). Questions? Please call Michael Haederle at (505) 272-2558.

Monthly Wellness Challenges

The UNM HSC Wellness Program has put together some 30-Day Wellness Challenges for the entire HSC community! These monthly challenges are a fun way to get moving, stay motivated, keep track of your progress and connect with other participants. Please Google all exercises you're not familiar with to ensure you are performing the moves correctly and safely.