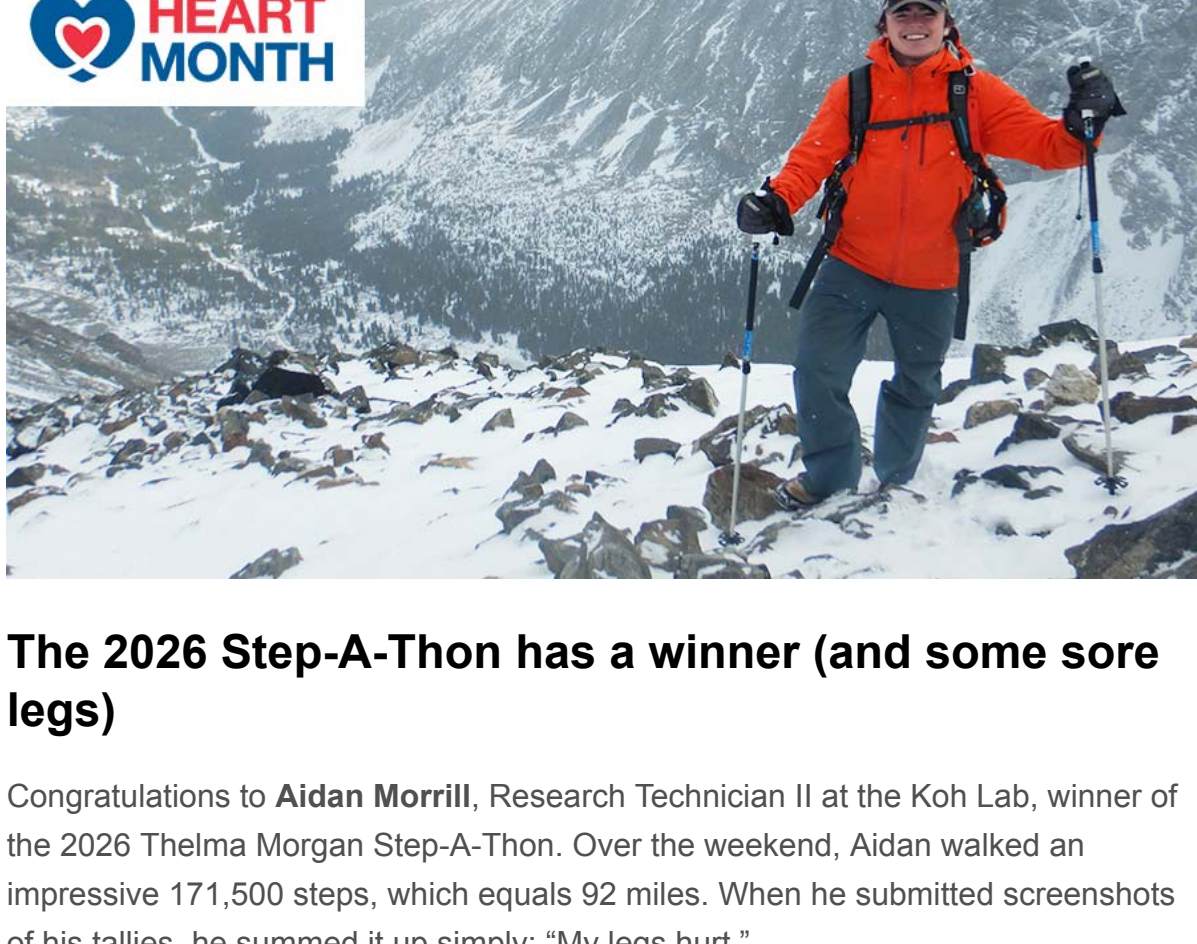




The 2026 Step-A-Thon has a winner (and some sore legs)

Congratulations to **Aidan Morrill**, Research Technician II at the Koh Lab, winner of the 2026 Thelma Morgan Step-A-Thon. Over the weekend, Aidan walked an impressive 171,500 steps, which equals 92 miles. When he submitted screenshots of his tallies, he summed it up simply: "My legs hurt."

Thank you, Aidan (pictured above during a hiking excursion at White River National Forest in Colorado) – and all who competed in this year's challenge. Every step you took helped champion heart-healthy habits across our community.

Don't forget to join us for the **Heart Fair** today from 11:30 a.m. to 1:30 p.m. in the CUH Main Dining area. Stop by to explore a variety of informational and screening stations, including:

- Nutrition Services
- Preventive Cardiology
- A1C and lipid screenings
- Blood pressure checks
- Library and Research resources
- Giveaways and more!

Take this opportunity to learn, engage, and show your heart some love.

[More Heart Month happenings](#)

HEALTH FAIR

Save the date: Sickle Cell Wellness Health Fair

Did you know that sickle cell disease (SCD) affects about 100,000 people in the United States, with more than 90% being non-Hispanic Black or African American, and an estimated 3%-9% being Hispanic or Latino? And many people with SCD do not receive the recommended health care screenings and treatments.

In recognition of Black History Month, we invite you to help change that by joining the UT Southwestern community for a health fair offering important resources and education for raising awareness of SCD on Friday, Feb. 27, from 10 a.m. to 2 p.m. at UTSW at RedBird, 3450 W. Camp Wisdom Road in Dallas.

The event will include a lunch-and-learn as well as booths featuring experts from UTSW departments specializing in sickle cell, culinary medicine, clinical research, and more.

[Get the details and register](#)



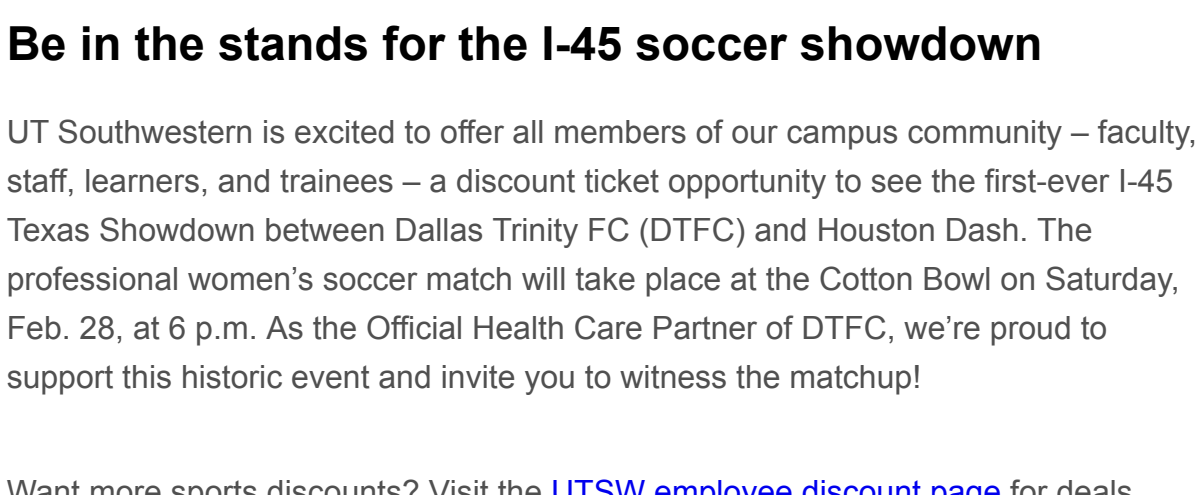
Flu season isn't over yet: Ways to stay well

If you think the flu has been particularly bad this winter, you're right. According to the [latest data](#) from the Centers for Disease Control and Prevention, the 2025-26 flu season is shaping up to be the most severe season since 2010-11, mainly due to subclade K, a mutated form of H3N2, which is a common strain of influenza that has circulated for many years.

"Viruses change constantly, and this year's flu vaccine isn't a perfect match for subclade K. But that doesn't mean the vaccine doesn't work, and getting vaccinated can be lifesaving in a tough flu season like this year's," said **Jeffrey Kahn, M.D., Ph.D.**, Chief of the Division of Pediatric Infectious Disease.

Learn more about when to call the doctor, as well as simple ways to lower your risk of getting the flu, by reading the MedBlog linked below.

[Stay informed and protected](#)



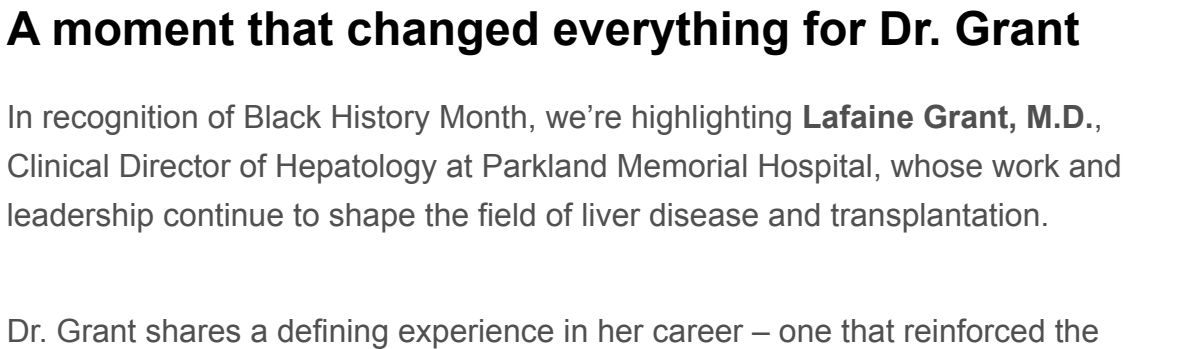
Be in the stands for the I-45 soccer showdown

UT Southwestern is excited to offer all members of our campus community – faculty, staff, learners, and trainees – a discount ticket opportunity to see the first-ever I-45 Texas Showdown between Dallas Trinity FC (DTFC) and Houston Dash. The professional women's soccer match will take place at the Cotton Bowl on Saturday, Feb. 28, at 6 p.m. As the Official Health Care Partner of DTFC, we're proud to support this historic event and invite you to witness the matchup!

Want more sports discounts? Visit the [UTSW employee discount page](#) for deals from our other brand partners.

Reach out to the [Brand team](#) with any questions.

[Claim your discounted seats](#)



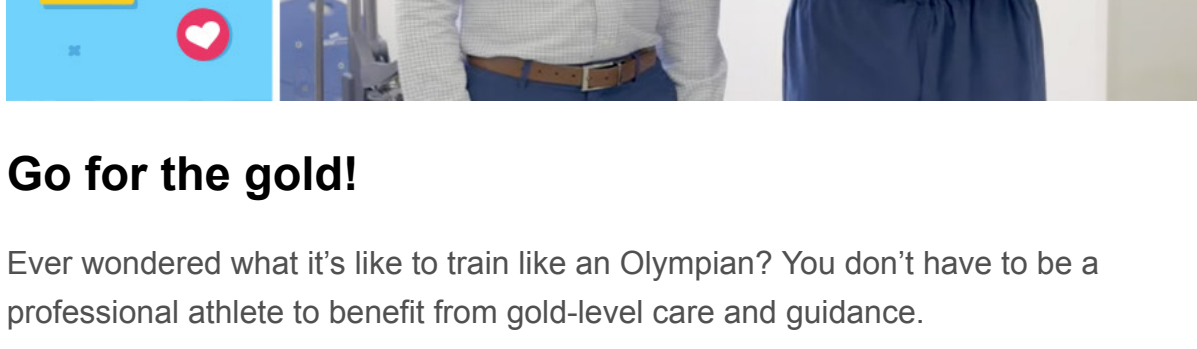
A moment that changed everything for Dr. Grant

In recognition of Black History Month, we're highlighting **Lafaine Grant, M.D.**, Clinical Director of Hepatology at Parkland Memorial Hospital, whose work and leadership continue to shape the field of liver disease and transplantation.

Dr. Grant shares a defining experience in her career – one that reinforced the profound impact of representation in medicine. Her reflection underscores how visibility, mentorship, and excellence in care can influence both patient outcomes and the future of the profession.

Learn her perspective on the responsibility and inspiration that comes with being a role model in health care.

[Hear the moment that stayed with her](#)



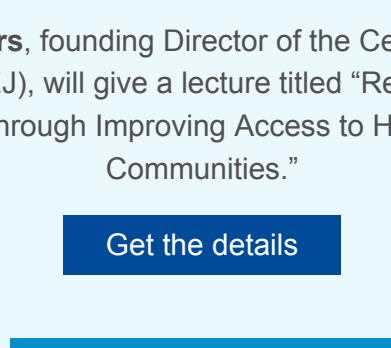
Go for the gold!

Ever wondered what it's like to train like an Olympian? You don't have to be a professional athlete to benefit from gold-level care and guidance.

From the comfort of your own home, you can learn three practical exercises from our experts to help you stay active and healthy throughout the winter months. Follow along with **Kelechi Okorooha, M.D.**, Chief of Sports Medicine for UTSW's Department of Orthopaedic Surgery, and **Rayce Yanney, PT, D.P.T., OCS**, Physical Therapist, as they perform their demo.

Check out their expert advice on [Facebook](#) and [Instagram](#).

Insider Guide



Health Disparities Research Lecture Series: Catherine Coleman Flowers

Noon-1 p.m., Feb. 18
Hybrid, South Campus, D1.602

Catherine Coleman Flowers, founding Director of the Center for Rural Enterprise and Environmental Justice (CREEJ), will give a lecture titled "Reducing Health, Economic, and Environmental Disparities Through Improving Access to Healthy Environments in Rural Communities."

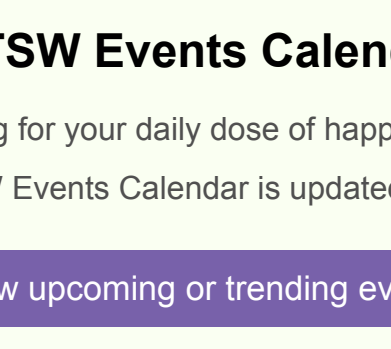
[Get the details](#)



UTSW Walk with a Doc
11 a.m.-noon, Feb. 21
Bachman Lake
3500 W. Northwest Highway, Dallas

You're invited to join UTSW's monthly Walk with a Doc, a national fitness and learning program sponsored by the Department of Family and Community Medicine and Now-Forward. Follow on [Instagram](#) to stay updated on these monthly events!

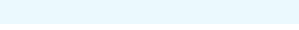
[Sign up today](#)



NORC Mini-Symposium
9 a.m.-1:15 p.m., Feb. 26
Eugene McDermott Plaza Lecture Hall, D1.502

The 2026 [Nutrition & Obesity Research Center Symposium](#) will feature invited speakers **Paul MacLean, Ph.D.**, and **Evan Rosen, M.D.**, along with presentations from a Visiting INSPIRE Scholar and the Pilot & Feasibility awardees.

[Learn more](#)



UTSW Events Calendar

Looking for your daily dose of happenings?
The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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