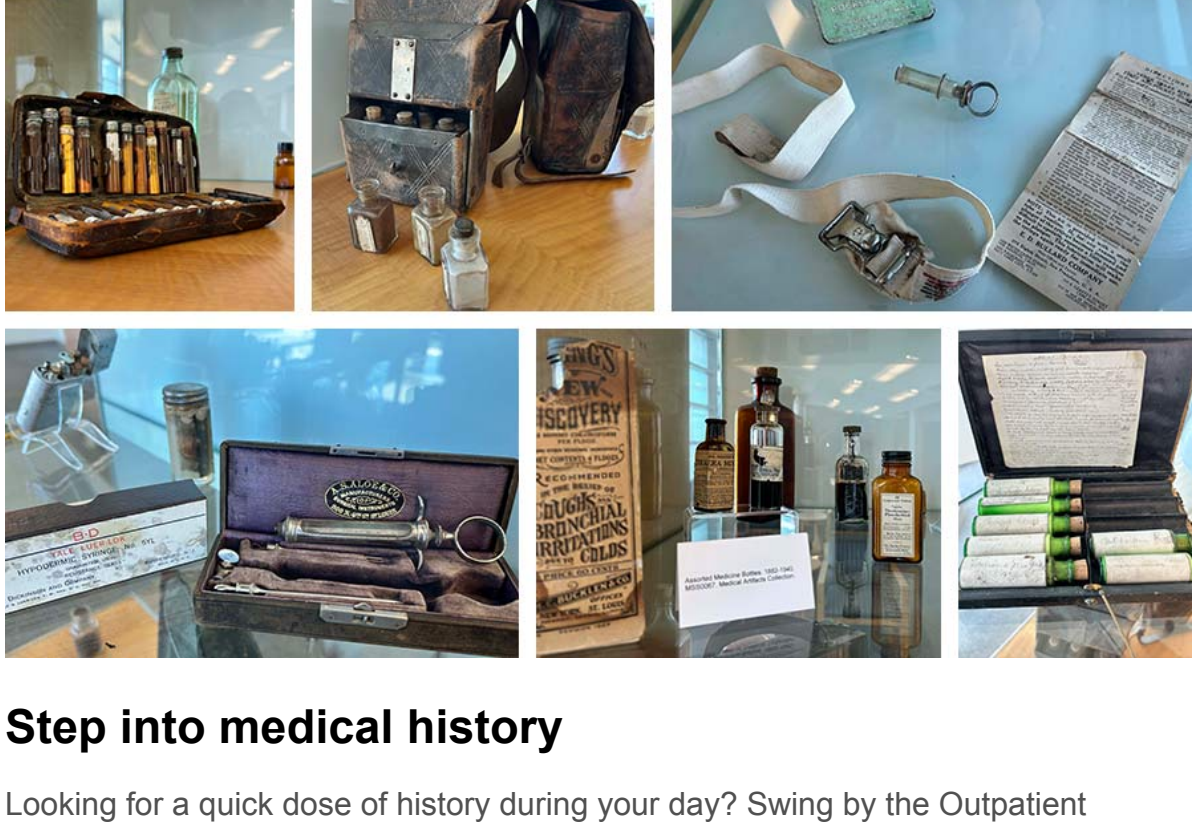




Step into medical history

Looking for a quick dose of history during your day? Swing by the Outpatient Building (WA) on West Campus to check out the newest exhibit from the Special Collections Library & University Archives featuring selections of antique medicine cases and medicines.

You'll find everything from compact hypodermic kits and emergency snake bite remedies to classic "cure-all" tonics and everyday meds from the early 1900s. These pieces, some of which were previously on display in the main library, were once found in the kits of traveling doctors, offering a fascinating glimpse into the history of house calls and how far medicine has come.

Catch the exhibit in person, and be sure to follow the Special Collections Library & University Archives [on Instagram](#) for more collection highlights and peeks behind the scenes.

[Antique medicine pics](#)



Score free tickets to UTSW Family Day with Dallas Trinity FC

UT Southwestern is thrilled to announce its first-ever Family Day game for Dallas Trinity FC against Lexington FC, at 7 p.m. Saturday, April 26, at the Cotton Bowl.

Dallas Trinity FC is DFW's newest pro women's team in the United Soccer League, and as its Official Health Care Partner, UTSW has 1,250 free tickets, grouped together. Faculty, staff, and learners can claim up to eight general admission tickets using the link below.

Please contact the [Brand Team](#) with questions.

We hope to see you there!

[Get your free tickets](#)



Unite in the fight against Crohn's and colitis

UT Southwestern is sponsoring a team at this year's Take Steps Walk, benefiting the Crohn's & Colitis Foundation.

The event is Saturday, May 3, at Trinity Groves in Dallas. Whether you walk 1 mile or go the full 5K, the entire route is paved and accessible, perfect for strollers, wheelchairs, and bikes.

UTSW employees, family members, and friends can register for free to join the UTSW team. [Sign up now](#) or email [Sue Hughes](#) to get started.

The Take Steps Walk helps fund research, improve treatments, and provide education and support for people living with inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis, with the ultimate goal of finding cures.

[Event information](#)



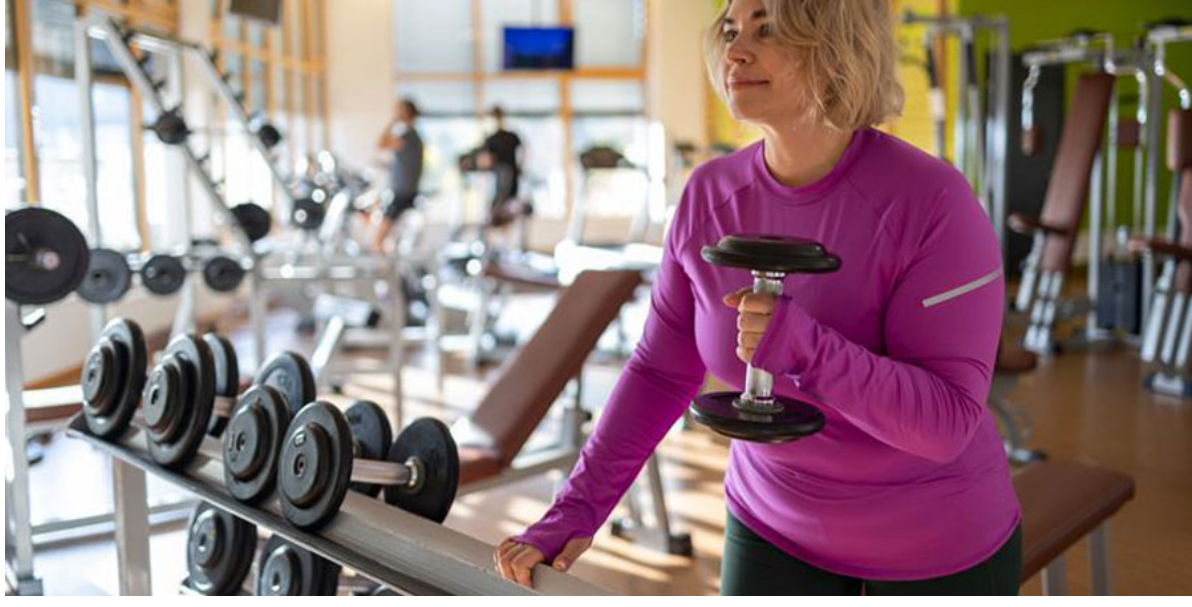
Advancing your Nutritional Health expertise

Applications are open through April 30 for the Master of Science in Nutritional Health program within UT Southwestern's School of Health Professions.

This is a fully online program offering a flexible, self-paced curriculum and is designed for undergraduate students, medical students, registered dietitians, and health care professionals seeking an advanced degree to deepen their nutrition expertise.

Whether you're looking to enhance your clinical practice or prepare for advanced roles in nutrition research or policy, this program provides the flexibility and academic rigor to support your goals.

[Apply today](#)



Gym and fitness studio discounts

Did you know UT SELECT and UT CARE health insurance plan members can take advantage of Blue Cross Blue Shield's [Well onTarget](#) fitness program? Membership includes lower-cost access to more than 13,000 gyms and fitness studios across the country. You and your covered dependents (age 16 and older) can enjoy studio classes, sports courts, saunas, and more.

Well onTarget also features Burnalong, an online fitness and wellness program with both live and on-demand classes for cardio, bootcamps, barre, and yoga. You can learn more about healthy breathing and relaxation strategies, plus information about managing chronic medical conditions.

You can also bundle your membership with discounts on wellness products and services, including chiropractic care, acupuncture, massage therapy, nutritional programs, and even personal trainers.

If you have questions or prefer to sign up by phone, please call the Well onTarget team at 888-762-2583, Monday through Friday from 7 a.m. to 7 p.m.

[Well onTarget details](#)

Insider Guide



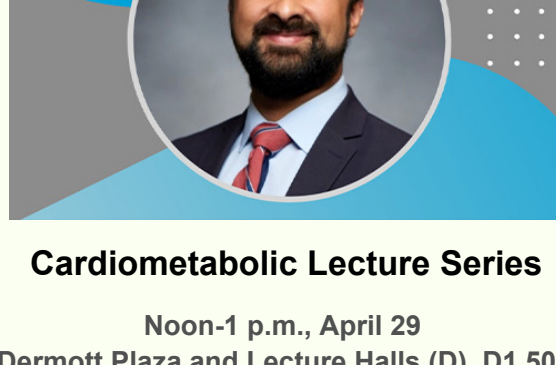
Multicultural Celebration

Multicultural Celebration

11 a.m.-1:30 p.m., April 23
Professional Office Building (POB) Green Space

Join us for an outdoor, fun-filled display of cultures with food trucks and activities. You can also learn about our Business Resource Groups (BRGs) and have the chance to connect with members of the Harold C. Simmons Comprehensive Cancer Center. The event is sponsored by the Office for Institutional Opportunity. If able, employees are encouraged to walk to the event or take the UTSW shuttle.

[Details](#)

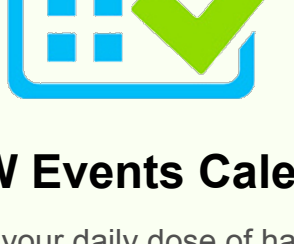


Cardiometabolic Lecture Series

Noon-1 p.m., April 29
Eugene McDermott Plaza and Lecture Halls (D), D1.502 and Virtual

As part of an ongoing lecture series, the Internal Medicine Cardiometabolic Research Unit is hosting "Applying Implementation and Behavioral Economic Science to Improve Cardiometabolic Care," featuring guest speaker **Ankeet S. Bhatt, M.D., M.B.A., Sc.M.**, on April 29. A light lunch and refreshments will be available for the first 40 attendees.

[Details and to attend virtually](#)



UTSW Events Calendar

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

[Click to 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](#).

This is an internal email and not intended for external distribution. Please do not forward.
Copyright 2025 UT Southwestern Medical Center. All rights reserved. *UTSW Insider* is a publication of Communications, Marketing, and Public Affairs (CMPA) at UT Southwestern Medical Center.