

EAC Employee Appreciation Weeks June 9-20



Employee Appreciation 2025: Celebrate with the EAC

Starting June 9 and continuing through June 20, the Employee Advisory Council (EAC) will celebrate our employees, the heart and soul of UT Southwestern, with fun happenings and pop-up events on the main Dallas campus as well as at our regional facilities. As part of this year's Employee Recognition Program, you can score some cool UTSW swag and pose in front of a photo backdrop to capture memories with your co-workers. A collection of these photos will be posted on the EAC SharePoint site and shared on UTSW social media.

Click the button below to find out when and where the EAC will be stopping near you.

[EAC swag wagon schedule!](#)


Discover UTSW Fitness Center on the Katy Trail

Did you know UT Southwestern has an outdoor fitness center located at the south end of the Katy Trail, near Victory Overlook? This open-air fitness spot is packed with state-of-the-art equipment and an [app](#) to guide you through resistance training, box jumps, core work, and more – perfect for leveling up your training routine.

As the Official Fitness Partner of the Katy Trail, we are excited to support your health and wellness journey with this great resource. Get moving in the heart of Dallas!



Unpacking the link between alcohol and cancer

Most people know that heavy drinking, especially long term, is bad for our health, but moderate drinking is often left to interpretation. How much is too much?

In the latest MedBlog, **Mack Mitchell, M.D.**, Vice President for Medical Affairs and Professor of Internal Medicine, and **Nisha Unni, M.D.**, an Associate Professor of Internal Medicine, take a deep dive into the Surgeon General's 2025 Advisory on Alcohol and Cancer Risk and talk about what you should know for your current and future health.

[Learn the risks](#)


UTSW volunteers shine at recognition luncheon

At the annual UT Southwestern Volunteer Appreciation Luncheon, organizers had more to cheer about regarding participation than they dreamed of just five years ago.

Sherri Wood Cooper, Manager of Volunteer Services, told those who gathered to celebrate at William P. Clements Jr. University Hospital that in 2020, at the height of the COVID-19 pandemic, she had hoped to someday have 1,000 people signed up as volunteers. Now that goal, which once seemed ambitious, has nearly doubled.

More than 1,800 people have generously donated their time to help patients.

These special members of our UTSW community shared inspirational stories about what drives them to give back. Learn about their “why” on [Center Times Plus!](#)

Insider Guide



Dallas Symphony Orchestra

Noon-1 p.m., June 2
Zale Lipshy Pavilion

Music will soon fill the air again at UTSW, courtesy of the Dallas Symphony Orchestra. A chamber group of musicians will return next week for a lunchtime concert. They'll perform

in the main lobby for patients, family members, and employees.

[Concert details](#)


Mobile mammography: 15 minutes could save your life

8 a.m.-3 p.m., June 10
Professional Office Building (POB) parking garage

UT Southwestern's Harold C. Simmons Comprehensive Cancer Center's mobile mammography unit will be on campus offering 3D screening mammograms to all faculty, staff, and learners. Don't miss the chance to prioritize your health – early detection is key when it comes to breast cancer. Annual screenings are recommended for women beginning at age 40. To preregister, call 214-645-2560.

[Reserve your spot](#)


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](#)

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