

Celebrate with EAC



Swag Wagon returns for Employee Appreciation

Get ready! From **June 8 through 19**, the Employee Advisory Council (EAC) is bringing the fun to celebrate *you*, the heart and soul of UT Southwestern!

From events on the main Dallas campus to pop-ups at regional locations, there's something happening near you. Swing by to grab some UTSW swag, snap a photo with co-workers with a themed backdrop, and make some great memories (you might even see your pics featured on the EAC SharePoint or our social media channels).

See when EAC is coming your way!

[EAC Swag Wagon schedule](#)

Pride Celebration

Celebrate Pride at UTSW on June 6

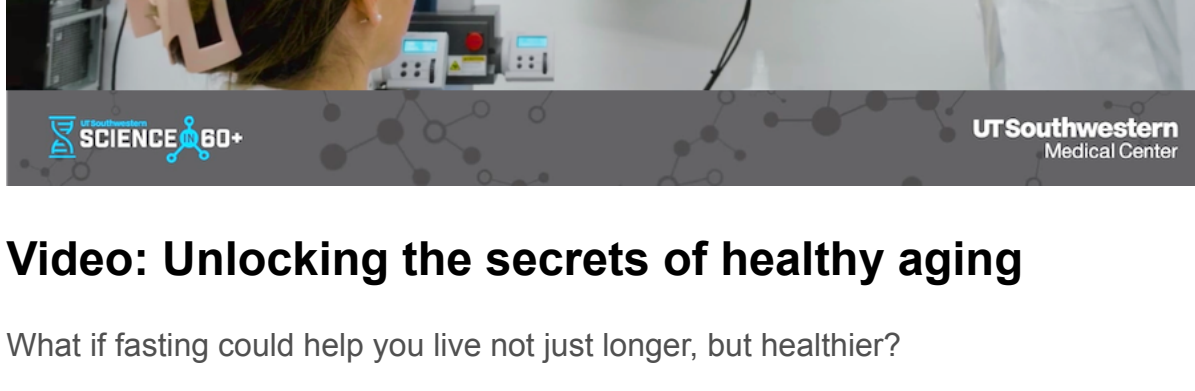
Enjoy a Saturday afternoon with a live DJ, games, giveaways, and complimentary meal at UT Southwestern's Pride Month celebration **June 6 from 3 to 5 p.m.** on North Campus in the NG Commons area.

All members of the UTSW community and their guests are welcome to take part in a campuswide observance of Pride. Food and swag are available on a first-come, first-served basis. Space is limited, so register early to secure your spot before registration closes at **noon on May 28**.

The event is hosted by the Office for Institutional Opportunity and the Office of Student Empowerment and Engagement.

Registration is required.

[Join us for Pride!](#)



Video: Unlocking the secrets of healthy aging

What if fasting could help you live not just longer, but healthier?

In the latest *Science in 60+*, **Peter Douglas, Ph.D.**, Associate Professor of Molecular Biology and member of the Hamon Center for Regenerative Science and Medicine, explores how fasting may influence aging. His lab studies how the body breaks down fat during fasting, and, just as importantly, how it rebuilds those stores afterward.

Using tiny, transparent worms called *Caenorhabditis elegans*, which share key metabolic functions with humans, researchers can watch these processes unfold in real time through fluorescent imaging. What they're discovering is that the refeeding phase (when the body restores its fat) may be critical to unlocking the longevity benefits of fasting.

The goal isn't just to extend lifespan, but our health span – the number of healthy years we live. One day, this research could lead to therapies that deliver those benefits without the need to fast.

Watch the video linked below, and for an even deeper dive, explore the recent [news release](#) on Dr. Douglas' work.

[Watch now](#)

Meet the future of clinical research at UTSW

From breakthrough cancer therapies to innovative approaches to heart failure, neonatal care, and beyond, the next generation of clinical research leaders took center stage last month at UT Southwestern's Future Leaders in Clinical Research Symposium.

The event showcased 12 rising physician-scientists, fellows, and students whose work could directly influence how patients are treated in the years ahead. Backed by institutional support, philanthropy, and National Institutes of Health funding, these researchers are tackling some of today's most pressing health challenges and reimagining what's possible in medicine.

Leaders across UTSW emphasized a shared vision: accelerating bold, independent research and building a collaborative, forward-thinking clinical research community.

Want a closer look at the ideas driving tomorrow's care?

[Explore the full story](#)

Celebrate JUNETEENTH

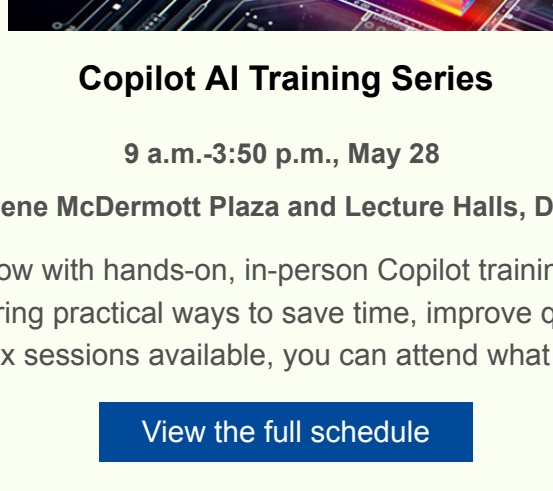
UT Southwestern is proud to celebrate Juneteenth with our local community, and you're invited to be part of the festivities.

The Martin Luther King, Jr. Community Center will host its annual Juneteenth 4K Freedom Walk and Festival on **June 13 from 8:30 a.m. to 1 p.m.** Start the day with a 4K walk, then stick around for a free festival with a resource fair, informational workshops, live entertainment, and fun-filled activities.

UTSW will host the event's "Healthy Living Zone," featuring free health screenings and interactive booths staffed by departments from across campus. If your department would like to participate, please contact the [Office for Institutional Opportunity](#).

[Come celebrate!](#)

Insider Guide



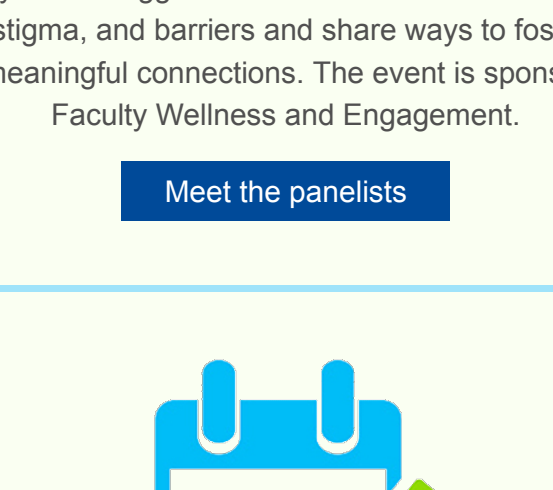
Copilot AI Training Series

9 a.m.-3:50 p.m., May 28

Eugene McDermott Plaza and Lecture Halls, D1.106

Level up your workflow with hands-on, in-person Copilot training. These sessions go beyond demos, offering practical ways to save time, improve quality, and work more efficiently. With six sessions available, you can attend what fits your schedule.

[View the full schedule](#)



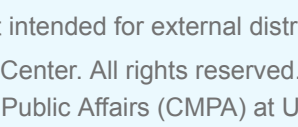
Breaking the Silence: Why Men Struggle to Talk About Mental Health

Noon-1:15 p.m., June 4

Virtual

This panel brings together experts in psychology, psychiatry, nursing, and faith leadership to explore why many men struggle to discuss mental health. Panelists will examine cultural expectations, stigma, and barriers and share ways to foster vulnerability, support healing, and build meaningful connections. The event is sponsored by the Office of Faculty Wellness and Engagement.

[Meet the panelists](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)