



Save the date for the 2026 Dallas Heart Walk

Mark your calendars and rally your colleagues! The Dallas Heart Walk is Saturday, Oct. 17. Join UT Southwestern at Levy Event Plaza in Irving as we come together to support heart health and make every step count.

Whether you walk with a [UTSW team](#) or join our [Individual Walkers team](#), there's a place for you. Registration is free.

Event information

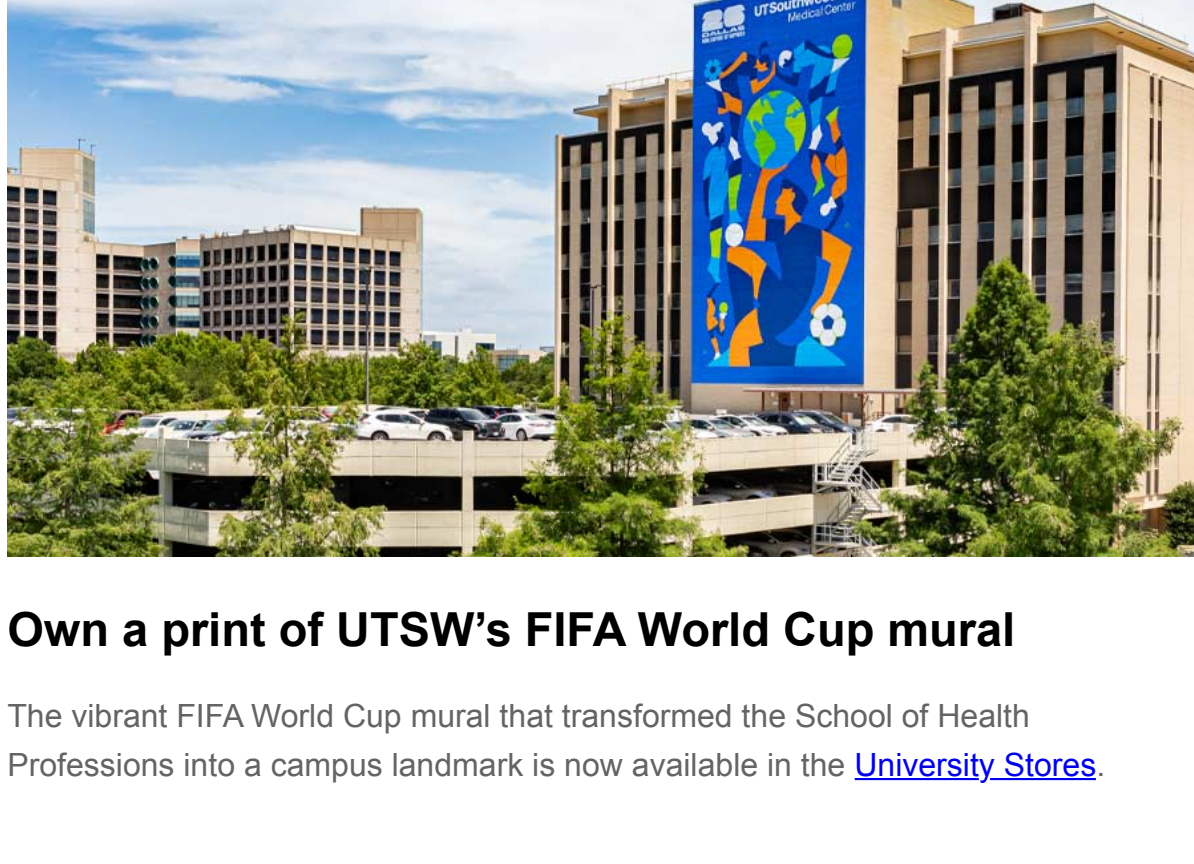
- Saturday, Oct. 17
- Levy Event Plaza, 501 E. Las Colinas Blvd., Irving
- Event opens at 7:30 a.m.; walk begins at 8:45 a.m.
- Choose a 1- or 3-mile route

T-shirt details

Want to represent UTSW on walk day? Within 24 hours of registering, you'll receive an email from the American Heart Association with a link to order **your free UTSW Heart Walk T-shirt**. Register today! T-shirts are available while supplies last and will be shipped weekly through Oct. 14.

Stay tuned for more Heart Walk activities and opportunities to get involved across campus.

[Sign up to walk](#)

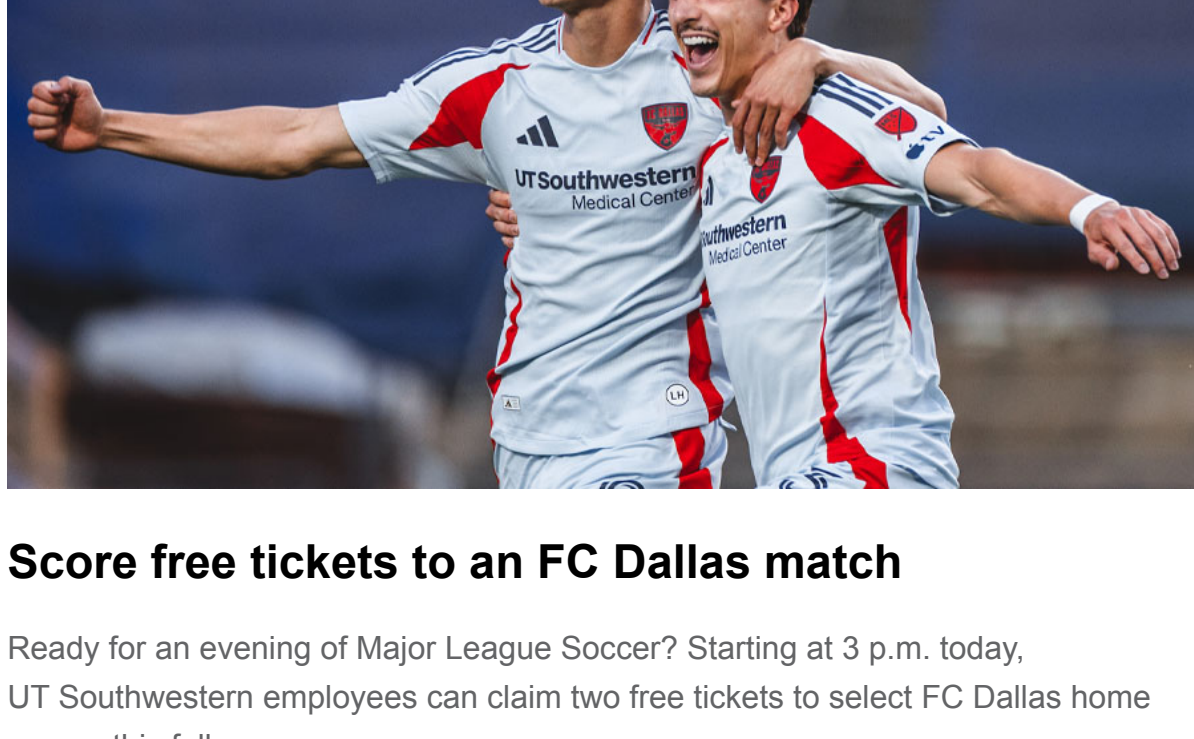


Own a print of UTSW's FIFA World Cup mural

The vibrant FIFA World Cup mural that transformed the School of Health Professions into a campus landmark is now available in the [University Stores](#).

Created by Arlington native Calvin Sprague, the *One Collective* mural uses soccer as a metaphor for connection, teamwork, and shared purpose. Each figure plays a distinct role within a larger system, reflecting the many contributions that come together across UTSW. The mural's dynamic movement and global focal point capture both the rhythm of the game and the collaborative spirit at the heart of our institution.

The posters are in stock at all campus store locations and will be included with a purchase of \$25, while supplies last.



Score free tickets to an FC Dallas match

Ready for an evening of Major League Soccer? Starting at 3 p.m. today, UT Southwestern employees can claim two free tickets to select FC Dallas home games this fall.

Free tickets are limited, but employees and learners can also find discounted tickets for most FC Dallas and North Texas Soccer Club home games this season on the [Employee Discounts page](#).

Looking to gear up for the game? Show your ID badge at the stadium to receive a 20% discount on UTSW jerseys and FC Dallas merchandise. UTSW jerseys are also available for purchase in [campus stores](#).

As the Official Team Doctors for FC Dallas, UTSW is proud to collaborate on promoting health and wellness across North Texas.

[Claim tickets at 3 p.m. today!](#)



On-campus mammograms: Quick and convenient

Early detection is key when it comes to breast cancer, and annual screenings are recommended for all women beginning at age 40.

To help remove common barriers to screening, the Harold C. Simmons Comprehensive Cancer Center's mobile mammography unit will be on campus Friday, Sept. 11, offering 3D screening mammograms to all UTSW faculty, staff, and learners.

The unit will be parked between the Professional Office Building (POB) parking garage and the Outpatient Building (WA) from 8 a.m. to 3 p.m. To secure your spot, preregister by calling 214-645-2560.

[Book a screening](#)



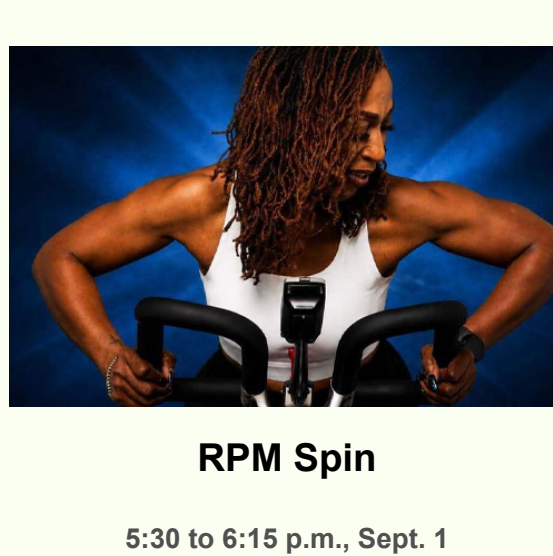
Sorting out the facts about GLP-1s

GLP-1 medications are generating headlines – and plenty of questions. Are they intended for long-term use? Are medications purchased online safe? Which symptoms may be related to the drugs, and what should patients know before starting treatment?

UTSW's **Tonia Vinton, M.D.**, board-certified in obesity medicine, cuts through common misconceptions and explains why GLP-1s are one tool – not a stand-alone solution – in comprehensive obesity care. Her MedBlog covers evolving FDA-approved uses, potential side effects, nutrition and behavioral support, and the importance of making treatment decisions with a qualified clinician.

[Get answers about GLP-1s](#)

Insider Guide



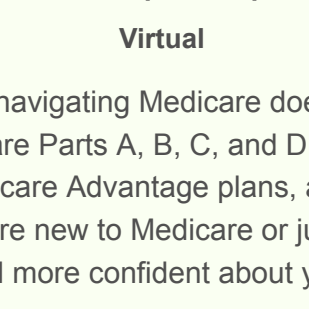
RPM Spin

5:30 to 6:15 p.m., Sept. 1

Bryan Williams, M.D. Student Center (MA), Group Fitness Room

Step into a high-energy, music-driven ride. This class blends rhythm, resistance, and performance coaching to leave you stronger every time you ride. Day passes are \$6, and sessions are held Tuesdays and Thursdays in September.

[Sign up](#)



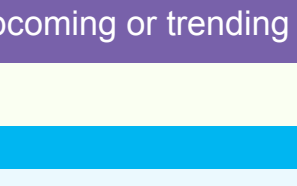
Medicare 101

Noon to 1 p.m., Sept. 3

Virtual

In this webinar, you'll learn how navigating Medicare doesn't have to be confusing. Topics include the basics of Medicare Parts A, B, C, and D, the key differences between Medicare Supplement and Medicare Advantage plans, and how to choose coverage that fits your needs. Whether you're new to Medicare or just reviewing your options, this session will help you feel more confident about your healthcare decisions.

[Register today](#)



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](#).

This is an internal email and not intended for external distribution. Please do not forward.

© 2026 UT Southwestern Medical Center. All rights reserved. *UTSW Insider* is a publication of Communications, Marketing, and Public Affairs (CMPA) at UT Southwestern Medical Center.