



From the farmers market to the Dallas Heart Walk

Whether you're already registered for the [Dallas Heart Walk](#) or still considering it, these upcoming events offer easy ways to learn more about heart health and join the excitement leading up to walk day.

Today, Sept. 23: Stop by the [farmers market](#) in the main dining room at William P. Clements Jr. University Hospital to shop fresh, heart-healthy produce and pick up ingredients for nutritious meals.

Oct. 7: Visit the [Heart Health Fair](#) in the main dining room at CUH to learn more about cardiovascular health and get ready for the walk.

Oct. 17: Join the Dallas Heart Walk at Levy Event Plaza, 501 E. Las Colinas Blvd., Irving. The event opens at 7:30 a.m., and the walk begins at 8:45 a.m.

Registration is free. Join a [UTSW team](#) or the [Original Individual Walkers team](#) and walk with us.

[Register for the Dallas Heart Walk](#)

HEADSPACE INTERACTIVE WEBINAR

Leading to Less Burnout

headspace | UTSouthwestern Medical Center

Learn practical ways to recognize and prevent burnout

Even in meaningful and rewarding work, prolonged stress can take a toll. When left unaddressed, it can lead to emotional exhaustion, disengagement, and burnout, affecting both leaders and the employees they support. Leaders play a critical role in recognizing burnout on their teams, but it is equally important that they recognize those signs in themselves.

"Leading to Less Burnout," an interactive webinar taking place **Oct. 7 at noon**, goes beyond basic self-care, offering a deeper look at the science of burnout and mindfulness-based approaches for maintaining well-being and sustaining performance. Participants will gain strategies to navigate workplace challenges, support healthy habits, and foster well-being for themselves and the people they lead.

Although this webinar is designed with leaders in mind, all employees are welcome to attend. Invest one hour in your well-being and your team's success.

Can't attend live? A recording will be available to registered participants after the event.

[Register today](#)

UTSouthwestern Medical Center

Stop it from going viral every year.

Get your flu shot.

Vaccinations: Get ready to roll up your sleeve

In preparation for the 2026 influenza season, here are some details about when and where flu shots will be available. UT Southwestern employees will have access to their annual vaccine from **Sept. 28 through Nov. 13**, by appointment, as scheduled through Occupational Health's [ReadySet platform](#).

You can now begin scheduling your appointments. Vaccinations will be administered at locations across campus and regional medical centers. [View the full list](#). Please use ReadySet to schedule your appointments.

For UTSW retail pharmacies, please use MyChart scheduling. (Information on COVID-19 vaccinations will be included in forthcoming communications.)

You'll find more details, including tip sheets and step-by-step scheduling instructions, on [UTSW's flu webpage](#). "High-dose" formulations for individuals 65 and older will be offered as well. Students will receive a separate communication about flu vaccination from Student Health.

As a reminder, UT Southwestern policy ([HSO-203: Influenza Vaccination](#)) requires that all faculty, staff, house staff, and students working or training within our University Hospital and clinics, or at any UTSW or affiliated clinical research sites or locations, receive an influenza vaccination or provide written notice to Occupational Health that they decline to be vaccinated for medical, religious, or personal reasons.

Employees may receive vaccinations outside of UTSW's Occupational Health – including at our retail pharmacies – but they will need to upload proof. For details and instructions, please visit [UTSW's flu webpage](#) and scroll down to the "Be Compliant" section.

For questions, please contact [Occupational Health](#).

[Find the facts on flu](#)

Get practical guidance at Accessibility in Action

Watch demonstrations, visit content "fix-it" support stations, and explore assistive technology during the October Accessibility in Action series.

Designed to help make digital content and technology more accessible and inclusive, the campuswide events will offer practical resources and hands-on learning opportunities.

Presented by [UTSW's Digital Accessibility team](#) in observance of National Disability Employment Awareness Month (NDEAM), the events are tailored to audiences across education, research, healthcare, and workplace technology. Attendees can connect with accessibility experts, find answers to their questions, and discover new ways to incorporate accessibility into their everyday work.

Event schedule

- [Oct. 5 – Pegasus Park](#)
- [Oct. 7 – South Campus](#)
- [Oct. 14 – North Campus](#)
- [Oct. 19 – CUH](#)

We hope you'll join us as we turn awareness into action and continue building a more accessible digital environment for everyone at UT Southwestern.

Not all sleep solutions are created equal

Trouble sleeping? You're not alone. Millions of Americans rely on sleep aids and supplements, but not every product is as harmless as it seems.

Before you reach for melatonin, magnesium, antihistamines, or a prescription sleep medication, **Safia Khan, M.D.**, Associate Professor of Family and Community Medicine and Neurology, says there are a few important things to know. From hidden side effects and medication interactions to signs that your sleep troubles may need medical attention, the choices you make could affect more than just your bedtime routine.

Discover what really works, what to watch out for, and why better sleep may start with habits rather than a supplement.

[Sleep smarter](#)

HONORS & AWARDS

HIGHLIGHTS

Spotlight on excellence

Our UT Southwestern colleagues continue to earn recognition, accolades, and awards for leadership, innovation, and creativity. Here are a few recent highlights with links to more detailed stories on *Center Times Plus*:

[Global neurological surgery association honors Valadka with Distinguished Advocate Award](#)

Preventing traumatic brain injury (TBI) is a team effort that **Alex Valadka, M.D., FAANS, FACS**, Professor of Neurological Surgery, continues to lead – from ballparks to national organizations. For his efforts, Dr. Valadka received the 2026 American Association of Neurological Surgeons Distinguished Advocate Award, which recognizes strong advocacy for neurosurgeons, patients, and the profession.

[Weprin elected President of American Society of Pediatric Neurosurgeons](#)

In addition to the patients they treat, physicians can make a significant impact through the systems they build and the people they develop, said **Bradley Weprin, M.D., M.H.C.M.**, Professor of Neurological Surgery, Pediatrics, and Radiation Oncology. In his newest leadership role, Dr. Weprin is serving as President of the American Society of Pediatric Neurosurgeons for the 2026-27 term.

[Director of Materials Management honored for supply chain leadership](#)

For **Javier Rodriguez, M.S.S.C.M., CMRP**, supply chain management is more than an operation. It is a mission. Inspired by a family member's healthcare journey, he saw firsthand how critical behind-the-scenes systems are to patient care. In recognition of his contributions to UTSW and the industry, Mr. Rodriguez, Director of Materials Management, was selected for the Bellwether League Foundation's Healthcare Supply Chain Leadership Hall of Fame "Future Famers Class of 2026."

[More Honors & Awards stories on CT Plus](#)

Insider Guide

Southern Farmers Market

11 a.m. to 2 p.m. today

T. Boone Pickens Biomedical Building, Skyline Café (ND.14)

Enjoy a Southern-style buffet featuring crispy fried chicken, roasted pork loin, mac and cheese, collard greens, garlic mashed potatoes, biscuits with honey butter, a fresh salad bar, and homemade desserts. Cost is \$12.79 per plate, not including tax, for UTSW faculty, staff, and learners.

[See what's cooking](#)

Understanding Health Savings Accounts (HSA)

10-11 a.m. Sept. 24

Virtual

An HSA can help you save for future healthcare expenses. This webinar covers HSA eligibility, contribution limits, qualified medical expenses, and the tax advantages of these accounts. Sponsored by the Benefits & Wellness Department.

[Register to attend](#)