

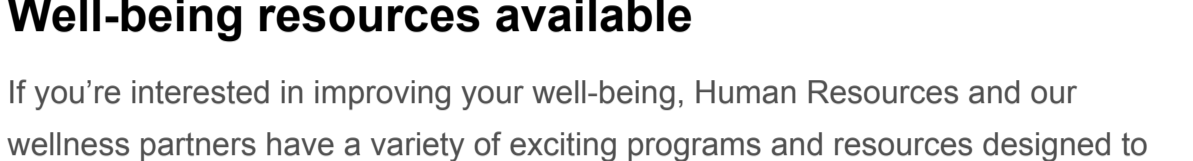
Post-storm gratitude

As we resume normal operations today in the wake of last week's winter storm, we want to send our thanks to the many people who worked hard to keep UT Southwestern moving forward. They include:

- All those who helped as we had to pivot, adjust, and maintain clinical operations
- The faculty and staff who continued to provide and support patient care
- Our Ice Brigade, who kept sidewalks and roadways navigable, among other vital work
- Team members in Facilities, Hospital and Ambulatory Operations, the Office of Safety and Business Continuity, Auxiliary Services, Support Services, Centralized Telephone Communication Services, Health System Information Resources, UTSW Police, Academic Affairs, Human Resources, and so many more for their critical support and partnership

Thank you all for the work you do every day, and for rising to the challenge through excellence, innovation, teamwork, and compassion.

As a reminder, we invite you to bookmark [this Campus Update post](#), which features general winter weather awareness and safety tips.



Well-being resources available

If you're interested in improving your well-being, Human Resources and our wellness partners have a variety of exciting programs and resources designed to support you:

Healthier U Club (Jan. 1-28)

[The Healthier U Club](#), hosted by Living Well/Limeade, provides education, resources, and encouragement related to sleep, physical activity, and healthy eating.

Participate in fun activities and find helpful information for your health journey through the [Living Well/Limeade wellness platform](#). [Join the Limeade wellness community on Teams](#) for additional information and updates. This program is designed to help you feel better and get a jump start on your long-term health journey.

[Learn more](#)

Wondr Health (Application due: Jan. 19)

Wondr is a digital weight loss program that teaches clinically proven skills through weekly master classes and is available to UT SELECT and UT CARE medical plan members 18 and older, including employees, retirees, spouses, and dependents who have not started a Wondr class within the last 12 months.

Space is limited for each program cycle. If you're interested in joining the cohort that begins on Feb. 3, please complete [the application](#) by Jan. 19. If you experience any technical challenges with the application, visit [the support page](#).

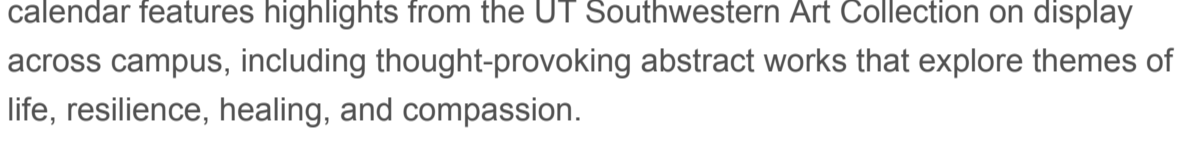
[Learn more](#)

Goal Planner from Headspace

Whether you're looking for help to get better sleep, to decrease screen time, or even to advance professionally, setting objectives along the way can help you get there.

[Goal Planner](#) from Headspace is designed to aid you in setting clear goals, consistent with your values, to support and guide you along your path.

Looking for more resources? [Enroll in Headspace today!](#)



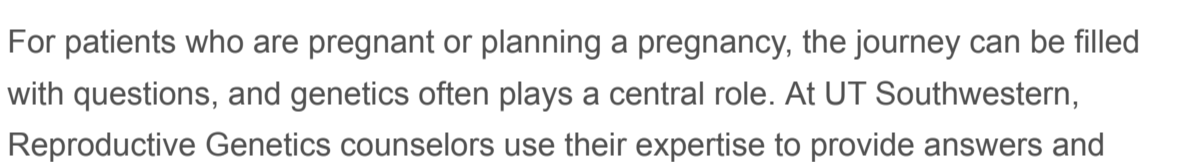
UTSW's Art Collection Calendar is here

Calling all art enthusiasts! The first edition of UTSW's campus calendar is now on sale in stores and online for \$14.99.

Created in partnership with UTSW Art Curator **Courtney Crothers**, this 2025 calendar features highlights from the UT Southwestern Art Collection on display across campus, including thought-provoking abstract works that explore themes of life, resilience, healing, and compassion.

It's a timeless tribute to the profound relationship between healing and creativity. Grab one before they're gone!

[View the calendar](#)



Science in 60+: Reproductive genetic counseling

For patients who are pregnant or planning a pregnancy, the journey can be filled with questions, and genetics often plays a central role. At UT Southwestern, Reproductive Genetics counselors use their expertise to provide answers and valuable peace of mind along that journey, said **Heather Fisher, M.S.**, a Certified Genetic Counselor in UTSW's Department of Obstetrics and Gynecology's Division of Maternal-Fetal Medicine.

In a new [Science in 60+ video and Medblog](#), Ms. Fisher describes the vital role genetic counselors play in UTSW's multidisciplinary approach to helping patients monitor potential risks as they start or expand their families. She also dispels some myths about the role of genetic counseling in pregnancy and how it is designed to empower patients who are interested in using carrier screenings and prenatal diagnostic tests to be aware of specific chromosomal or genetic conditions.

"We are there to support families," Ms. Fisher said. "Often people leave a counseling session feeling relieved and more prepared to welcome their new baby."

[Learn more](#)



Join the M.S.C.I. Program

Are you looking to deepen your knowledge of research design and methodology?

Advance your career with a Master of Science in Clinical Investigation (M.S.C.I.) or a Certificate in Clinical Investigation from the O'Donnell School of Public Health. Designed with flexibility in mind, this program is ideal for those balancing full-time work while preparing for a career in academia or industry.

Former student **Shanti Pinto, M.D.**, Associate Professor of Physical Medicine & Rehabilitation, shares how the program helped her:

"Though I had some prior clinical research experience, I lacked formal education until joining the program. The first-year classes gave me a much better understanding of how to develop a clear, competitive research proposal for external funding and effectively manage my research team. These vital skills are not typically taught during clinical training but are essential for success as a physician-scientist."

Apply by April 30 to join the fall 2025 cohort.

[Learn more](#)



Avoid surprises in your workspace: Sign up for Building Interruption Alerts

Building Interruption Alerts are used to inform UT Southwestern employees of important updates in buildings or workspaces and are sent to any employee who wants to receive them. The alerts provide critical information regarding utility interruptions and mechanical issues that can affect air conditioning/heat, elevator operation, or other building services.

Note: Building Interruption Alerts are an opt-in notification system that is separate from UTSW Alerts for campus emergencies, which are automatically sent to all UT Southwestern employees.

[Sign up for alerts](#)

On-campus network connection or VPN required.

Insider Guide



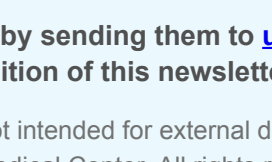
Health Disparities Lecture Series: Linda Suleiman, M.D.

Noon-1 p.m., Jan. 15 | Virtual and South Campus, D1.502

Join the Office for Institutional Opportunity and the O'Donnell School of Public Health for the inaugural Health Disparities Research Lecture. **Linda Suleiman, M.D.**, Associate Professor of Orthopaedic Surgery and Medical Education at Northwestern University Feinberg School of Medicine, will present her talk, "Social Determinants of Health in Total Joint Arthroplasty: Implications for the Future." Lunch will be served on a first-come, first-served basis.

For more details on this series, visit the events page linked below.

[Details](#)



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](#).

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