

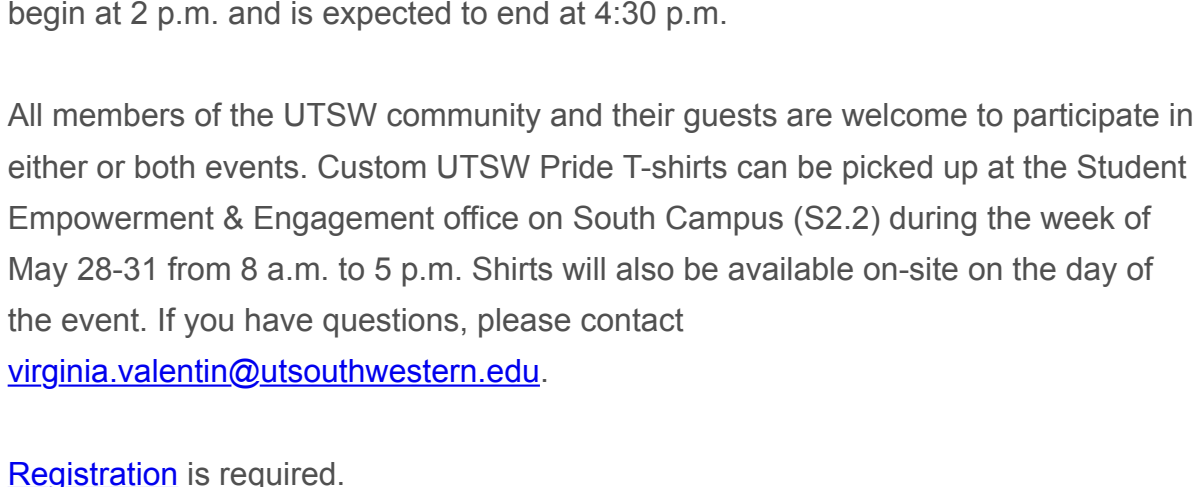
A milestone moment for Grad School students

Tomorrow at 7 p.m. in the Tom and Lula Gooch Auditorium, the Graduate School of Biomedical Sciences is set to honor more than 80 graduates during its annual commencement ceremony. The event will feature keynote remarks by Molecular Genetics Professor **Russell DeBose-Boyd, Ph.D.**, who was elected to the National Academy of Sciences in 2023.

Following years of unwavering dedication to their studies, these scholars will receive their well-deserved doctorate or master's degree. Surrounded by peers, mentors, and loved ones, they will celebrate this significant achievement as they embark on promising careers as scientists and clinical psychologists.

The list of graduates and the commencement program are available on the [Graduate School's website](#). Read more about the latest class and upcoming ceremony on [Center Times Plus](#).

Watch



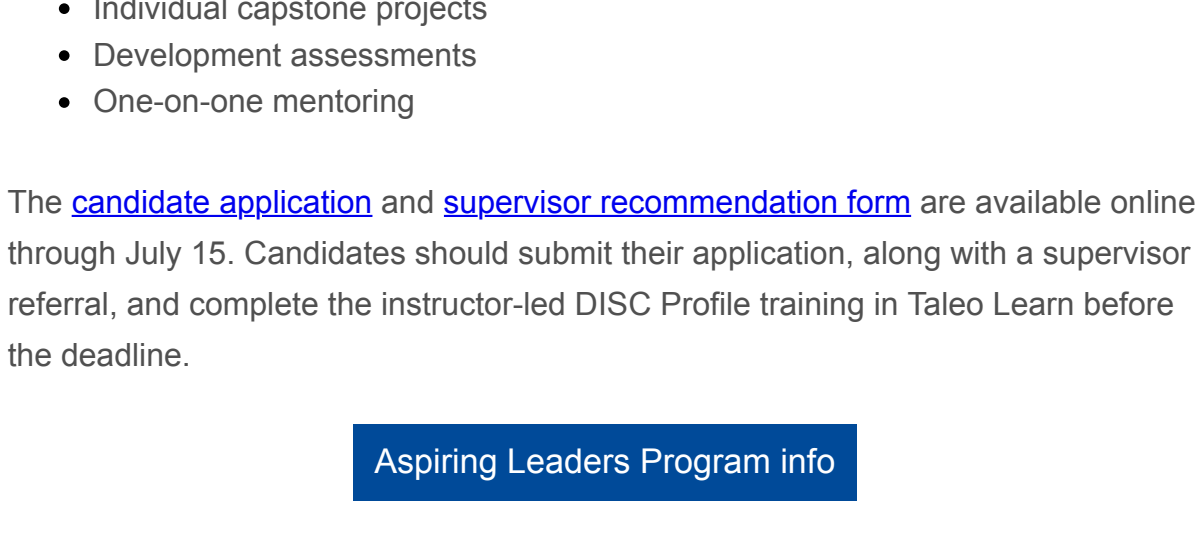
Celebrate Pride Month with UT Southwestern

Join the UT Southwestern community on Sunday, June 2, for an exciting day of showing pride. The day kicks off on South Campus with a 10:30 a.m. brunch at McDermott Plaza that includes a live DJ and fun giveaways. Afterward, attendees will have an opportunity to walk in the 2024 Dallas Pride Parade on behalf of UTSW. To join the parade, participants will meet at Fair Park at 1:30 p.m. The parade will begin at 2 p.m. and is expected to end at 4:30 p.m.

All members of the UTSW community and their guests are welcome to participate in either or both events. Custom UTSW Pride T-shirts can be picked up at the Student Empowerment & Engagement office on South Campus (S2.2) during the week of May 28-31 from 8 a.m. to 5 p.m. Shirts will also be available on-site on the day of the event. If you have questions, please contact virginia.valentin@utsouthwestern.edu.

[Registration](#) is required.

Pride brunch details



Interested in a leadership path?

UT Southwestern is committed to empowering you on your leadership journey. For those eager to advance in their careers and gain or refine leadership skills, the [Aspiring Leaders Program](#) is now accepting applications.

This 12-month development series is designed for employees who are not currently in a supervisory role but aspire to one. Candidates must have completed at least two years of employment at UTSW by Aug. 31, 2024.

The curriculum includes:

- Monthly in-person leadership group sessions
- Individual capstone projects
- Development assessments
- One-on-one mentoring

The [candidate application](#) and [supervisor recommendation form](#) are available online through July 15. Candidates should submit their application, along with a supervisor referral, and complete the instructor-led DISC Profile training in Taleo Learn before the deadline.

Aspiring Leaders Program info



Conquering the 'Meditation Maybes'

Does this sound familiar?

"Three days after downloading the latest buzzworthy meditation app, you've barely carved out five minutes to try it, and when you do you can't concentrate. Ultimately, you resolve meditation just isn't for you – because this is hardly the first time you've wrestled with the Meditation Maybes."

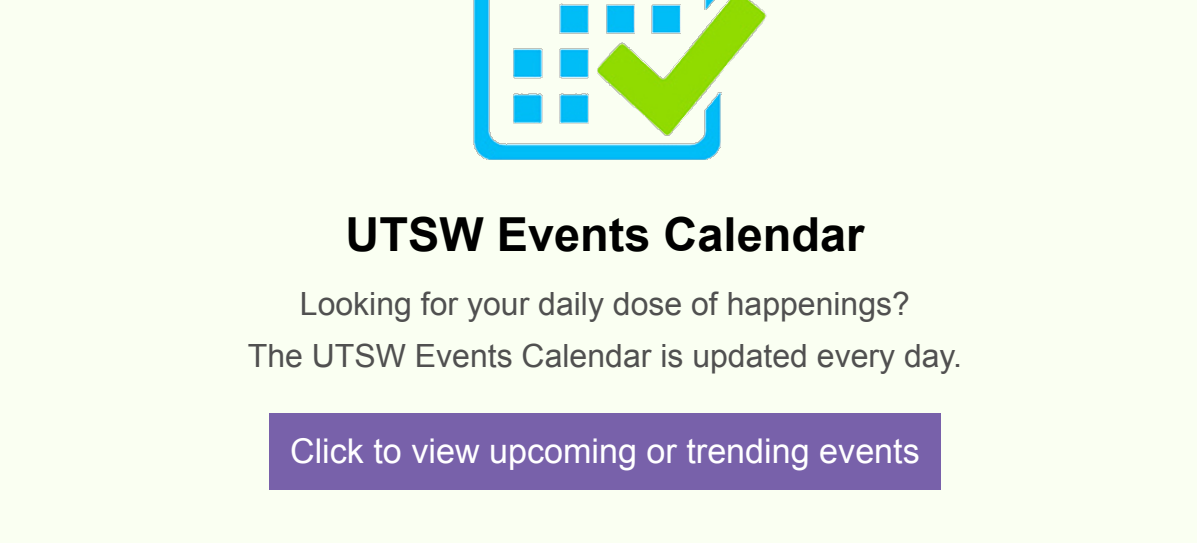
A MedBlog by **Renee Enriquez, M.D.**, Assistant Professor in the Department of Physical Medicine & Rehabilitation at UT Southwestern, breaks down the different types of meditation and how you can make the practice work in your life.

Did you know, for instance, that one form – expressive meditation – can involve dancing, chanting, shaking, and deep breathing? These activities are believed to be cathartic and cleansing.

May is Mental Health Awareness Month, and meditation is often cited as one of the most effective tools to reduce stress, anxiety, and depression. But recent research has shown meditation can also reduce heart disease and hypertension, as well as chronic pain, gastrointestinal conditions, and asthma.

So, take a deep breath, exhale, and learn more about this ancient practice.

Meditation MedBlog



Free: Foundations of Lifestyle Medicine CME/CE course

Just in time for Lifestyle Medicine Week (May 18-24), UT Southwestern has partnered with the American College of Lifestyle Medicine to offer health care professionals a free 5.5-hour CME/CE course. It provides a foundational, evidence-based introduction to the [field of lifestyle medicine](#), focusing on nutrition education for the prevention and treatment of chronic diseases.

The online course consists of three modules:

- Intro to Lifestyle Medicine, presented by ACLM President **Cate Collings, M.D., FACC, DipABLM**
- Food as Medicine: Nutrition for Prevention and Longevity, presented by **Kayli Anderson, M.S., RDN, ACSM-EP, DipACLM**
- Food as Medicine: Nutrition for Treatment and Risk Reduction, presented by New York Health and Hospitals Executive Director of Nutrition and Lifestyle Medicine **Michelle McMacken, M.D., DipABLM**

The free course helps educate health care providers on patient-centered, high-value, and outcome-oriented care.

Enroll on the [Lifestyle Medicine](#) website using the promo code **ESS-UTSW** at checkout. This offer expires in September 2025.

Learn more

Insider Guide



Lunch & Learn Webinar: Understanding clinical trials in cancer care

Noon–1 p.m., May 17
Virtual

Join Harold C. Simmons Comprehensive Cancer Center (SCCC) for a patient and caregiver webinar presented by **Erin Williams, M.B.A.**, Director of Clinical Research Operations at SCCC.

She will discuss the role of clinical trials have in cancer care and answer questions about what it means to participate in a clinical trial.

Register

CTSA and AIIS Research Colloquium

9:30 a.m.–3 p.m., May 23
Peter O'Donnell School of Public Health, Y2.206

"Enhancing Implementation Science for Health," sponsored by UT Southwestern's Clinical and Translational Science Award (CTSA) program and the O'Donnell School of Public Health, gathers scientists, practitioners, health systems, and community stakeholders to develop methods, tools, and research opportunities to improve health outcomes and address disparities. Questions? Email jasel.martin@utsouthwestern.edu.

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

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