



PHARMACOLOGY FRIDAY JUNE 12, 2026

Summer Wellness Tips

Summer is a great time to enjoy the longer days and warmer weather. A few simple habits can help you stay healthy, safe, and energized all season long:

Stay Hydrated – Drink water regularly, especially when spending time outdoors or being physically active.

Protect Your Skin – Apply sunscreen with SPF 30 or higher, wear a hat, and seek shade during peak sun hours.

Enjoy Seasonal Foods – Fresh fruits and vegetables can help keep you hydrated and provide important nutrients.

Get Moving – Take advantage of the sunshine with a walk, hike, bike ride, or other outdoor activity. Consider exercising during cooler morning or evening hours on especially warm days.

Prioritize Rest – A consistent sleep schedule can help support your energy, focus, and overall well-being.

Whether you're traveling, exploring the Pacific Northwest, or simply enjoying a sunny afternoon, we hope you have a safe, healthy, and enjoyable summer.

UW Medicine Well-Being Survey – Due June 23, 2026

UW Medicine is committed to supporting the well-being of people across our biomedical research departments, clinical departments, health system, and learning environments. Our goal is to reduce burnout and promote professional fulfillment – we want to make UW Medicine a place where you can learn, grow, and thrive. Understanding the current Well-Being environment is key to addressing your needs.

You were sent a unique link to the survey. Search your inbox for this subject line: UW Medicine Well-Being Survey Link

Your responses will be completely confidential – UW Medicine leaders will not get any identifying information about you (all identifying information will be handled by our third-party vendor). If you have questions, please visit our [website](#) or contact us at uwm-wellbeing@uw.edu.

Upcoming Events

June 12, 2026: Last Day of Spring Quarter

June 15, 2026: FIFA World Cup Game - Consider working from home if possible.

June 16, 2026: Grades Due

June 18, 2026: End of Year Happy Hour @ 4:00, Big Time Brewery.

(This is a no-host event. The department will provide appetizers.)

June 19, 2026: Closed in observance of Juneteenth

September 24, 2026: Pharmacology Retreat

Staff Notes

Please note the following out-of-office dates:

Grace: June 18 - 23

Do you have news to share? Please email phcolnew@uw.edu and use the subject line: Pharmacology Friday.

