

UA COM-T Gold Humanism Honor Society Presents :

# SOLIDARITY WEEK 2026

Mon, Feb.

**9th**  
12pm-1pm

## Food as Medicine: Culinary Experience

Location: Andrew Weil Center (Cantor Building/Kitchen)

Explore how food supports health and compassionate care with a hands-on culinary experience making overnight chia oats and protein balls.

**RSVP Required (link in QR code) Attendance capped at 20 students.**

Tue, Feb.

**10th**  
12pm-1pm

## Humanism in Medicine with Dr. Alok Patel

Location: Duvall Auditorium

Join UA-COM-T alumnus, GHHS member, and Stanford Medicine faculty Dr. Alok Patel for an inspiring talk on humanism in medicine, followed by lunch! **Please RSVP using the link in the QR code below!**

Wed, Feb.

**11th**  
All Day!

## Have a Heart, Give a Heart

Location: Medical Student Lounge

Make Valentine's Day cards for hospitalized kids!

Drop by anytime and spread some love!

Thu, Feb.

**12th**  
12pm-1pm

## Harm Reduction Event

Location: COM 3114

Learn about harm reduction and help assemble kits for Sonoran Prevention Works to support community health.

Fri, Feb.

**13th**  
11am-2pm

## Celebration of Health Farmer's Market

Location: COM Plaza

Join us for our biweekly Farmer's Market, with the addition of booths from various community and university partners about compassionate medicine and patient care. Plus a performance by Docapella at 12:30pm!

Want to earn CUP hours?

Want to follow us on Instagram?

Want more information?



More info and  
RSVP Here!

Keep an eye on our Instagram page to participate in the "Be Kind, Be Bold, Be Awesome" campaign AND to hear more about the "Tell Me More" project!



College of Medicine  
Tucson

THE ARNOLD P. GOLD FOUNDATION  
**GOLD HUMANISM  
HONOR SOCIETY**

Flyer valid from 1/28/26 to 2/14/26