Emily Davidson, Employee Wellness manager at UAB, explains how “a little planning, one more thing...”

Recreation’s URec on the Go is bringing yoga events to locations across campus, with starting Friday at 6:30 a.m. and continuing through the end of October, University of Alabama at Birmingham. You up for yoga? Mark your calendars📍⏰

📍Schedule for upcoming events:
- Sept. 9-10: Sunrise yoga at Gold Hall
- Sept. 6: Virtual chair yoga/stretch
- Sept. 1: Sunrise yoga on the Campus Green
- Sept. 13: Yoga/stretch at the Admin Building
- Oct. 24: Yoga at Highlands Hospital
- Oct. 5: Yoga at the 1917 Clinic
- Sept. 26: Sunrise yoga at Gold Hall
- Sept. 22: Yoga at the Hill Student Center
- Sept. 29: Yoga at the Alumni House

Things to know:
- Some events require registration. Register online for details.
- If you have news you want to share, use the Calendar.
- For more events on campus, and submit your own.
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Research & Learning:
- Why does TCE raise Parkinson's risk? UAB team led by Anath Shalev, M.D., have shown that a TCE metabolite could trigger the process of neurodegeneration and cognitive impairment. They are helping to explain how TCE causes neurodegeneration and cognitive impairment? A UAB team led by Anath Shalev, M.D., have shown that a TCE metabolite could trigger the process of neurodegeneration and cognitive impairment. They are helping to explain how TCE causes neurodegeneration and cognitive impairment.

- Postdocs wanted for training on mechanisms of hypertension. Briana De Miranda, Ph.D., is tackling the problem with a $700,000 Department of Defense grant. Why does TCE raise Parkinson's risk? UAB team led by Anath Shalev, M.D., have shown that a TCE metabolite could trigger the process of neurodegeneration and cognitive impairment. They are helping to explain how TCE causes neurodegeneration and cognitive impairment.
- Worth the wait: Bailey Rae’s “Black Rainbows” — singer-songwriter’s years-in-the-making album, produced by an A-list array of hitmakers, is finally here. Get discounts for Corinne Bailey Rae’s “Black Rainbows” — singer-songwriter’s years-in-the-making album, produced by an A-list array of hitmakers, is finally here.
- Translational Science in Pilots: The 2023 UCEM symposium on exercise and aging physiology, clinical exercise interventions and exercise and skeletal muscle aging. Registration is required.
- Career Development Lecture Series. The theme for this year’s event is Building Better Health. The theme for this year’s event is Building Better Health.
- Welcome aboard: Join free speech discussion today: Join free speech discussion today.

- Apply for one of a limited number of spots in this NIH-funded T32 program that offers 12-month, full-time training appointments renewable up to three years. Email faithlang@uabmc.edu for details.

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