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Can you handle the Taylor Swift treadmill strut? School of Education music work for your health.

Research from Christopher Ballmann, Ph.D., an associate professor in the UAB School of Education, has shown why music can have a positive — or sometimes negative — effect on your workout. Here’s how music can improve your exercise routine:

Do you easily recognize your own handwriting? The National Institute of Standards and Technology is seeking volunteers to participate in a handwriting recognition study. Letters of intent are due Jan. 19.

Do you study cancer health disparities? You could get funding. The Cancer Health Disparities Partnership to Advance Cancer Health Equity program is now accepting applications. The program is funded by the National Cancer Institute’s Center to Reduce Health Disparities and the Health Services Foundation, P.C.

Do you have a story idea? Submit it online. If you have news you want to share, use the eReporter. Get campus news at uab.edu/reporter.

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