

# UEN-TV Monthly Health Highlights - August 2018

## Sunday Health Programs



### Wider World

Sundays at 10 a.m.



It is estimated that 80% of American families will acquire some type of disability at some point in their lifetime. This weekly program looks at people, organizations, athletics, technology, products and services within the disabled community. It also provides a resource for persons with disabilities, by providing current information regarding rehabilitation trends, technological advances, travel, recreation, and community based opportunities for persons or families with disabilities.

### Second Opinion

Sundays at 10:30 a.m.



As the experts grapple with the diagnosis and treatment options, viewers gain an understanding of doctors' decision-making process. This season, topics include: psoriasis, chronic pain management, medical radiation, pituitary gland tumor, living with Alzheimer's, pneumonia, autism and more.

## Sunday Health Programs



### Close to Home

Sundays at 11 a.m.



The series is to offer help and hope to those struggling with major health issues. Program topics include: Cancer survivorship, depression, PTSD and healthcare for the homeless.

### In Good Shape: The Health Show

Sundays at 11:30 a.m.



The weekly health show covers all aspects of health care: what's new in medical treatment, alternative medicine, wellness and fitness - as well as nutrition and beauty. In our studio interview we discuss topics in-depth with specialists, and offer you opportunities to pose your own questions.

## Weekday Health Programs



### Classical Stretch : By Essentrics

Mondays, Wednesdays and Fridays at 8 a.m.



Participants will notice an immediate increase in flexibility and a release of tension in their muscles after each episode, improving their posture and range of motion. Stress is released and aches and pains are soothed through the gradual unlocking of the entire body.

### Sit and Be Fit

Mondays, Wednesdays and Fridays at 8:30 a.m.



Programs focus on therapeutic exercises that make everyday activities easier to perform; including core strengthening, balance work, stretching and relaxation.

### Functional Fitness with Suzanne Andrews

Tuesdays and Thursdays at 8 a.m.



Andrews guides you with an effective, doctor approved workout to increase your ability to function with real life fitness solutions for your real life challenges.

### Happy Yoga with Sarah Starr

Tuesdays and Thursdays at 8:30 a.m.



Programs inspire others to greater health and well being through a rejuvenating chair yoga practice, all while featuring the beauty of Mother Nature.