

# UEN-TV Monthly Health Highlights - December 2018



## Aging Matters: Aging and the Workplace



Tuesday, December 4 at 8:30 p.m.

Explore what the workforce of tomorrow will look like and what employers need to do now to adapt and prepare for the future.

## Prosperity



Thursday, December 6 at 8 p.m.

A man looks at the planet and sees a world that needs changing, if not outright saving. But what impact can one person have?

## Beyond the Ice Bucket Challenge



Friday, December 7 at 8 p.m.

Discover how \$94 million of research money has made a difference for people battling ALS.

## Calling My Children



Friday, December 7 at 8:30 p.m.

This film is a testament of a family's life and a mother's love.

## Going the Distance: Journeys of Recovery



Friday, December 14 at 8 p.m.

Four survivors take us inside the experience of traumatic brain injury (TBI).



## Before the Fall: Prevention and Recovery



Tuesday, December 18 at 8:30 p.m.

Various ways to prevent falling, such as making simple home modifications and improving strength and balance, can reap benefits for every older adult.

## You are Stronger than You Think



Tuesday, December 18 at 9 p.m.

Nutrition and fitness expert JJ Virgin helped her son rebuild his life after a tragic accident.

## Crossing Water - Flint, Michigan 2017



Thursday, December 20 at 8:30 p.m.

A short documentary about a small, independent service organization assisting Flint, Michigan residents to combat the city's water crisis which began in 2014 when the municipal water supply was poisoned with lead.

## Power Over Parkinson's



Friday, December 21 at 8 p.m.

The film showcases powerful and positive portraits of patients and doctors who are focused on exercise research to improve the lives of people living with Parkinson's disease.



## Boomers' Guide to Growing Older



Tuesday, December 25 at 8:30 p.m.

We'll talk to experts to discover how boomers can manage varied responsibilities while still maintaining their own physical and mental health, including resources and organizations designed to help.

## Wisdom of the Grandmothers



Tuesday, December 25 at 9 p.m.

Love, community, creativity, family, faith and spirituality, respect and caring for our Mother Earth are just a few of the important topics shared.

## Prison Dogs



Thursday, December 27 at 9 p.m.

Inmates convicted of violent crimes find a second chance at life by training puppies to become service dogs for veterans suffering from PTSD.

## Can You Fix A Brain Like Mine?



Friday, December 28 at 8 p.m.

Follow scientists operating at the far-flung frontiers of neuroscience and take an in-depth look at the moral and ethical implications of trying to "fix a broken brain."