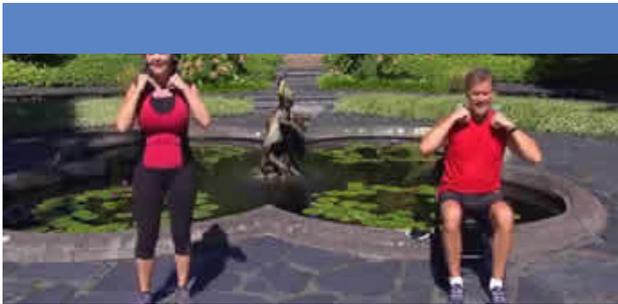


UEN-TV Monthly Health Highlights - May 2018



Functional Fitness with Suzanne Andrews

9.1
UEN

Tuesdays and Thursdays at 8 a.m.

Middle age to better adults kick health into high gear with life enhancing functional fitness workouts filmed at inspirational locations across North America. Focused on helping improve specific health conditions including arthritis, osteoporosis, back pain and more, Suzanne Andrews, a licensed Occupational Therapy Clinician, guides you through each doctor approved workout with both seated and standing fitness levels.

OCD and Me

9.1
UEN

Monday, May 14 at 9 p.m.

An estimated two to three percent of the population suffers from Obsessive Compulsive Disorder, and while most people have heard of OCD, this condition goes far beyond the common stereotypes of excessive hand washing or repetitive behaviors. Listed by the World Health Organization as one of the 10 most debilitating illnesses on the planet, OCD is an anxiety-related disorder characterized by frequent, intrusive and unwelcome obsessive thoughts, often followed by repetitive compulsions, impulses or urges.



Elder Abuse and Exploitation

9.1
UEN

Thursday, May 17 at 8:30 p.m.

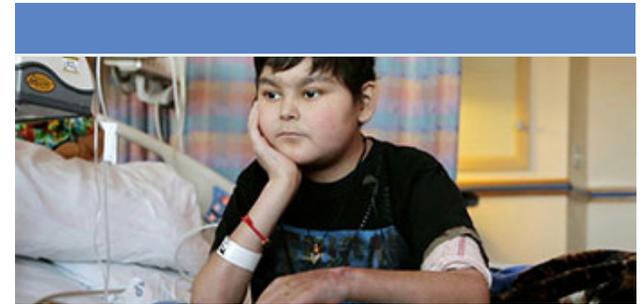
Elder abuse is defined by the National Center on Elder Abuse as a knowing, intended or careless act that causes harm to an older person - physically, mentally, emotionally or financially. The documentary examines the causes behind geriatric mistreatment, neglect and exploitation.

Into the Light

9.1
UEN

Thursday, May 17 at 9 p.m.

A Marine returning from Afghanistan with psychological injuries meets a therapist who is confronting her own family's struggles with mental illness. This documentary focuses on Brendan O'Toole and his struggle to adjust after returning from war. As he prepares to run across America to raise awareness for veterans' mental health, he meets Dr. Barbara Van Dahlen, a therapist who works with veterans to help them heal by sharing their stories. Barbara's own mother had a psychotic break when she was a young girl. She shares her story publicly for the first time and searches for her mother who is lost on the streets of America.



Surviving the Teenage Brain

9.1
UEN

Tuesday, May 22 at 9 p.m.

What if teenagers are doing exactly as nature intended by being selfish, reckless, irrational, irritable and impossible? The film combines cutting edge scientific research to challenge conventional thinking about the adolescent years to ensure the survival of the human species.

Defining Hope

9.1
UEN

Thursday, May 24 at 9 p.m.

This is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for and how that hope evolves when life is threatened. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.