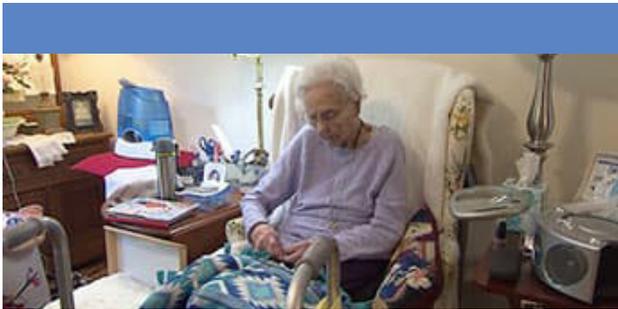


UEN-TV Monthly Health Highlights - April 2019



Ageing Matters: Loneliness and Isolation



Tuesday, April 2 at 9 p.m.

View the stories of older adults who have experienced feeling detached from the wider community due to factors like the loss of a spouse, the stresses of caregiving, illness or loss of mobility. The program also examines general characteristics linked to social isolation and the health risks associated with loneliness.

Ageing Matters: Aging and the Workplace



Tuesday, April 2 at 9:30 p.m.

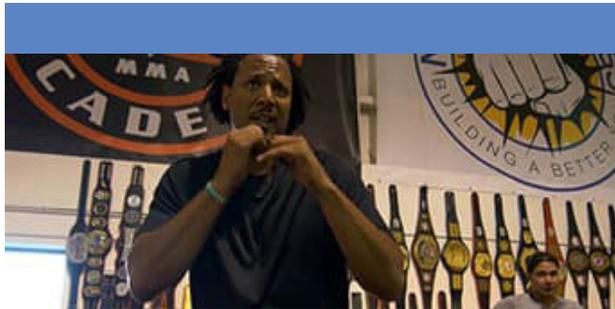
Experts project that by 2020, there will be more Americans over the age of 65 than children under the age of five, an unprecedented milestone in the history of our country. The aging of America's population will impact every aspect of our lives, including our professional careers.

Defeating Cancer: Precision Medicine and Personalized Care



Friday, April 5 at 8 p.m.

Cancer survivor Sharon Osbourne narrates a look at cutting-edge biomedical and health research efforts and the many threads that connect cancer patients to doctors, researchers and innovators across the country and around the world.



Power Over Parkinson's



Friday, April 12 at 8 p.m.

Individuals are taking control of the management of their disease in surprisingly easy ways: through the simple act of exercising and moving. Researchers have found that exercise - in particular boxing and tango dancing-can delay the symptoms of Parkinson's disease.

Generation A: Portraits on Autism and the Arts



Sunday, April 14 at 8 p.m.

Creative therapies and art programs which help young people on the autism spectrum are showcased. The film provides a platform for youths with autism to speak frankly about their challenges and their dreams; and to showcase their talents which include dancing, singing, painting and animated filmmaking.

Power Over Parkinson's 2



Friday, April 19 at 8 p.m.

An increasing number of patients are looking to additional, supplemental strategies and therapies - from Tai Chi to acupuncture - to help deal with the effects of this neurodegenerative disorder.



Autism: Emerging from the Maze



Friday, April 19 at 8:30 p.m.

1 out of every 88 children in America has autism. Inspiring stories and behavior therapy programs help children and families from the maze of this puzzling disorder.

Forever Young: Baby Boomers



Tuesday, April 23 at 9 p.m.

Learn the medical and social challenges facing the baby boomer generation and discover new ways they're sustaining their health and well-being.

The Boomer's Guide to Growing Older



Tuesday, April 23 at 9:30 p.m.

We'll talk to experts to discover how boomers can manage varied responsibilities while still maintaining their own physical and mental health.

My Voice: One Man's Journey to Overcome the Silence of Autism



Saturday, April 27 at 9 p.m.

A young autistic man fights to help others who, like him, were born without the ability to communicate.