

UEN-TV Monthly Health Highlights - December 2019



Chef Darren: the Challenge of Profound Deafness



Saturday, December 1 at 9 p.m. and Tuesday, December 3 at 8:30 p.m.

Born profoundly deaf, Darren Weiss was a frustrated child. While powerful hearing aids helped him pick up some sounds, by age four Darren had no grasp of language. Darren ultimately learned to speak and became a father, a teacher and the chef of his own trend-setting Los Angeles restaurant.

A Passion for Giving



Tuesday, December 3 at 9 p.m.

A Passion For Giving is a stylish, powerful film about the importance of "giving" anything - time, resources, talent - to help other people, animals, and the planet. The program weaves great music and interviews with fascinating people, some famous, some not, to illustrate the benefits and happiness that can come from giving of oneself.



Project Echo: A Democracy of Knowledge



Monday, December 9 at 9 p.m.

Project ECHO began in 2003 at the University of New Mexico School of Medicine, developed to meet the challenge of an epidemic of hepatitis C, an epidemic caused by heroin addiction. One rural New Mexico county had the highest per capita opiate overdose death rate in the country. The model worked for treating hepatitis C and it has now been used successfully around the world to treat more than 70 different chronic diseases and conditions.

Dancing to Happiness with Darcey Bussell



Tuesday, December 10 at 9 p.m.

The former principal dancer for the Royal Ballet seeks to understand the impact dancing has on emotional well-being. From younger people dealing with anxiety to older generations living with dementia, each group she speaks with delivers a powerful story.



Waking Up to Wildfires



Thursday, December 12 at 8 p.m.

Following the 2017 Northern California wildfires, researchers at the UC Davis Environmental Health Sciences Center study the short and long-term effects of fire-related exposures on physical and mental health. The program also explores the ongoing experiences of first responders, fire survivors and mental health professionals still dealing with the aftermath of the disaster.

Labyrinth Journey



Tuesday, December 17 at 8:30 p.m.

Seven Washington, D.C. area labyrinths are tools for healing, rehabilitation, meditation, stress reduction, spiritual awareness and playful exploration.

A New Leash on Life: The K9's for Warriors Story



Tuesday, December 17 at 9 p.m.

Three United States veterans struggling to adapt to life back home are featured. All three suffered from PTSD after returning from serving overseas and each has found hope and new ways to handle their stress and emotional challenges through the aid of a companion dog.