

UEN-TV Monthly Health Highlights - July 2019



Parent's Survival Guide: Childhood Obesity



Tuesday, July 2 at 9 p.m.

Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. The program addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. It addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.

American Health Journal



Fridays at 8 p.m. beginning July 5

This half-hour informative healthcare series features 6 segments related to various healthcare issues and presented by top medical professionals in their specialized field of medicine. Healthcare topics vary weekly according to current health concerns and recent medical breakthroughs in research and treatments. Among the series topics are heart disease, latest cancer treatments, sleep disorders, Diabetes, back pain, cataracts, mental illness, addiction, pediatrics and cosmetic surgery.



Neuroscience of Addiction



Mondays at 8:30 p.m. beginning July 8

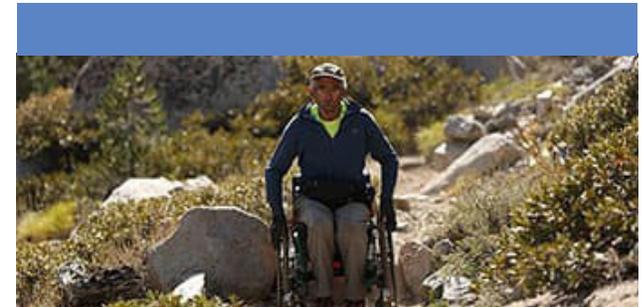
An incredible five part series, This program defines the brain's role in addiction, how drugs of abuse hijack the brain making us more susceptible to addictive behavior, how addictive behavior affects our brains, our lives and our entire culture and how breakthroughs in neuroscience are paving the way to new treatments for addiction.

Can You Fix a Brain Like Mine?



Monday, July 8 at 9 p.m.

The world of neuroscience has led to groundbreaking treatments for many mental illnesses but still has many unknowns. Narrated by stroke survivor Lotje Sodderland, this program follows scientists operating at the far-flung frontiers of neuroscience and takes an in-depth look at the moral and ethical implications of trying to "fix a broken brain."



El Cap Report



Saturday, July 13 at 8 p.m.

"El Cap Report" looks at the sometimes inspiring and sometimes frightening stories of the men and women who climb El Capitan in Yosemite National Park. Included is the now famous and historic Dawn Wall project, known as "the hardest climb in the world." This is not a "climbing" film per se, but rather a film about climbers that looks into their emotional and psychological motivations for risking their lives in the pursuit of adventure.

4 Wheel Bob



Saturday, July 13 at 9 p.m.

The documentary tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The program follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.