

UEN-TV Monthly Health Highlights - August 2020



Helping Hands: The Lives of Atomic Bomb Orphans

Wednesday, August 5 at 9 p.m.

Some 6,500 children are believed to have lost their parents when the U.S. dropped an atomic bomb on Hiroshima, Japan in 1945. Many wandered the streets. Some died of hunger and disease. However, others were able to survive thanks to help from unlikely strangers. This film traces the journeys of several orphaned children and documents the goodwill of the samaritans who supported them.

Life on the Line

Fridays at 8 p.m. beginning August 7

The desire to overcome is at the core of everyone - especially those fighting disease, facing a natural disaster, or coping with a disability or battling mental illness. The series is an inspiring look into the resilience of humankind. In the first episode, Brad Brown, a hospital chaplain in the town of Paradise, risked his own life to help patients escape the deadliest fire in the history of California. Hailed as one of the biggest heroes by Time Magazine, he is returning to his burned community with his family and is set on helping others do the same. But as emotional trauma hits residents, a behavioral health trauma team zeroes in to help those impacted by the fire.



Prohibition: Wet vs. Dry

Saturday, August 15 at 9:30 p.m.

From the days of early settlement in the late 1800s, the struggle between the "Drys" -- those who sought to ban alcohol -- and the "Wets" -- those who were in favor -- shaped the relationship between the Red River border communities of Fargo and Moorhead. Colorful characters and rowdy tales of bootleggers, madams, and small town gangs pepper the story of the area's moral and economic tug-of-war that took place over kegs of beer, bottles of whiskey and barrels of moonshine.

Searching For Hope: Homeless in Sacramento

Saturday, August 29 at 9:30 p.m.

View compelling stories of survival and hope as it delves into causes of homelessness and explores possible solutions. Story segments include a man named in an unprecedented city lawsuit talking about his struggles with homelessness and addiction, as well as an interview with Sacramento Mayor Darrell Steinberg about new shelters being built in neighborhoods.

Daily Health Programs



Classical Stretch

Mondays, Wednesdays and Fridays at 8 a.m.

People of all ages and fitness levels can rebalance their bodies, increase mobility and keep joints healthy and pain-free.

Sit and Be Fit

Mondays, Wednesdays and Fridays at 8:30 p.m.

Designed to make exercise fun, easy and safe for people of all ages.

Functional Fitness

Tuesdays and Thursdays at 8 a.m.

The focus is to help improve specific health conditions including arthritis, osteoporosis, back pain and more.

Wai Lana Yoga

Tuesdays and Thursdays at 8:30 a.m.

Wai Lana targets overall health by focusing not only on the body, but also on the mind and spirit.

The Jazzy Vegetarian

Fridays at 4:30 p.m.

The Jazzy Vegetarian reaches out to mainstream Americans, dedicated vegans and non-vegetarians alike who are on the path to wellness and health through earth friendly and compassionate food choices.