

# UEN-TV Monthly Health Highlights - December 2020

## Medical Features



### Drugged Driving

Thursday, December 3 at 8:30 p.m.



Increasingly, health care, safety and law enforcement experts point to a dangerous new trend -- driving impaired from illegal drugs, pills or even common prescription medicines. The threat is the greatest during the evening hours on weekends when as many as one in four drivers could be impaired. *Drugged Driving* addresses this dangerous trend and what is being done to improve safety.

### The Art of Aging Well

Friday, December 11 at 8:30 p.m.



*The Art of Aging Well* features practical tips, real-life success stories and the latest from leading medical experts on aging, while giving older adults the insights and inspiration they need to live healthier, more satisfying lives. Anyone over 50 will find this program speaks directly to them.

### Secrets in the Bones: The Hunt for the Black Death Killer

Monday, December 14 at 9 p.m.



A team of international experts examine DNA samples from both centuries-old and modern-day plague victims in an attempt to definitively identify an ancient killer and change the way we fight disease today.

## Holiday Programming



### Dreaming of a Jewish Christmas

Saturday, December 12 at 8 p.m.



Learn the story of the unlikely Jewish immigrants who, enamored with Broadway and Hollywood, wrote some of the most popular songs in America: Christmas music. The documentary features rarely-seen archival footage, musical performances and interviews.

### A Southern Celtic Christmas

Saturday, December 19 at 8 p.m.



Celebrate the high spirits and mystical beauty of Celtic and Appalachian Christmas traditions.

### Liona Boyd: A Christmas Fantasy

Thursday, December 24 at 9 p.m.



Filed at Richmond Hill United Church in December 2017, classical guitarist Liona Boyd and her protege, Andrew Dolson offer holiday music.

### An Opry Salute to Ray Charles

Friday, January 1 at 12 a.m.



Celebrate the music of an iconic singer, band-leader and pianist, the blind "genius of Soul." Taped at Nashville, Tennessee's country music stage The Grand Ole Opry and hosted by Darius Rucker, the program features performances of Ray Charles songs by Travis Tritt, Tisha Yearwood, Ronnie Milsap, Lukas Nelson and LeAnn Rimes.

## 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.