

# UEN-TV Monthly Health Highlights - November 2020



## Medical Stories

Fridays at 8:30 p.m. beginning November 6

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The stories of these patients are revealed by their incredible willpower to help inspire, improve and transform lives of others through their own personal narrative. These stories are reinforced by leading medical experts in the field.

## Coming of Age in Aging America

Tuesday, November 10 at 9 p.m.

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It's widely accepted that most Americans are living decades longer than any generation in human history. This longevity has far-reaching implications for society and experts, policy makers and the general population are only just beginning to grapple with how to reframe our thoughts on aging. What does it mean for communities, programs and policies and how we live and work?

## Return: Native American Women Reclaim Foodways for Health and Spirit

Thursday, November 19 at 8:30 p.m.

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Explore the food sovereignty movement occurring across the country through the stories of women championing the return to traditional food sources. Meet the charismatic Roxanne Swentzell from Santa Clara Pueblo in New Mexico.



## Too Soon To Forget: The Journey of Younger Onset Alzheimer's Disease

Tuesday, November 3 at 9 p.m.

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Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease.

## Alzheimer's: The Caregiver's Perspective

Tuesday, November 17 at 9 p.m.

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Caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye.

## Living with Alzheimer's and Dementia

Saturday, November 21 at 9 p.m.

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An estimated five million people in the U.S. are living with some form of dementia. By 2050, barring any major scientific breakthroughs, the number of people living with dementia is expected to balloon to nearly 14 million. Taking into consideration the family members and other people who provide daily care, Alzheimer's and dementia will have a huge impact on our communities.

## Daily Health Programs



### Classical Stretch

Mondays, Wednesdays and Fridays at 8 a.m.

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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.

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

### Functional Fitness

Tuesdays and Thursdays at 8 a.m.

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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.

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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.

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*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.