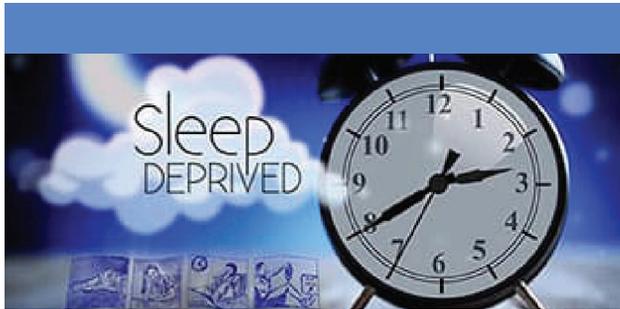


# UEN-TV Monthly Health Highlights - October 2020



## Sleep Deprived

Friday, October 2 at 8 p.m.



Insomnia, sleep apnea, restless leg syndrome and parasomnias are just some of the disorders keeping people awake at night. Explore some of the most common sleep disorders and look into treatments ranging from medication to mindfulness.

## Can you Fix a Brain Like Mine?

Monday, October 5 at 8 p.m.



The world of neuroscience has led to groundbreaking treatments for many mental illnesses but still has many unknowns. Follow scientists operating at the far-flung frontiers of neuroscience and take an in-depth look at the moral and ethical implications of trying to “fix a broken brain.”

## It's Just Anxiety

Thursday, October 15 at 8 p.m.



Follow several individuals with anxiety symptoms ranging from excessive worry and fear to more extreme manifestations such as compulsive behavior and torturous panic attacks. Scott Stossel, has been grappling with his generalized anxiety and various therapies for years. Throughout the documentary he shares his personal history as both researcher and patient.



## Defining Hope

Friday, October 16 at 8 p.m.



The film follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for and how that hope evolves when life is threatened.

## Going Home

Tuesday, October 20 at 9 p.m.



Imagine living somewhere you didn't choose. Being told you can't love or leave. For decades, that was reality for people with intellectual disabilities living in state institutions. The program examines the journey towards inclusion for people with intellectual disabilities.

## Innovations in Medicine

Fridays at 8 p.m. beginning October 30



13 episodes focus on the hot health topics of the day such as stem cell research, biologics, cancer and even the common cold. The series is topic driven and explores the new horizons in medicine and offers answers and hope to the diseases and conditions that affect people of all ages. The show has visits such highly regarded facilities as the Salk Institute, UCLA Medical Center, Texas Orthopedic Center and Sloan-Kettering Cancer Center and the American Federation of AIDS Research in New York City.

## 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.