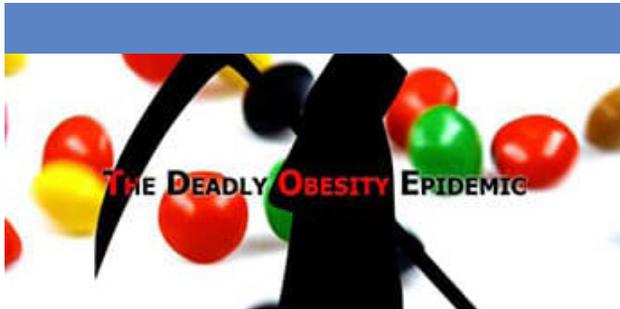


UEN-TV Monthly Health Highlights - September 2020



The Deadly Obesity Epidemic

Saturday, September 5 at 8 p.m. with repeat
Wednesday, September 30 at 9 a.m.



With over two thirds of Americans overweight or obese, this chronic disease, obesity, has become the number one health problem in our nation and around the world. This new understanding challenges the old energy imbalance model of obesity that has set up people to become fat and sick through no fault of their own, or through lack of willpower to control their diet and exercise more. The program challenges the medical community, the food industry and nutritional science to do better, before it's too late. This is a long term global challenge that has both health and economic implications.

The Celiac Project

Saturday, September 12 at 9 p.m.



The documentary is about life before and after the diagnosis of celiac disease. When filmmaker Michael Frolichstein was finally diagnosed with a simple blood test after years of dismissive doctors, he set out to separate fact from fiction about the gluten-free diet. The documentary ultimately explores what we can do individually and as a society to advance the conversation and raise awareness about celiac disease.



Boomer's Guide to Growing Older

Friday, September 18 at 8 p.m.



Baby boomers are facing ever-increasing challenges, as they grapple with their own health issues while at the same time caring for their aging parents and sometimes even their own spouses. We'll talk to experts to discover how boomers can manage these varied responsibilities while still maintaining their own physical and mental health, including resources and organizations designed to help.

Diabetes: Nutrition and Sugar

Friday, September 25 at 8 p.m.



The diabetes epidemic is a post-World War II phenomenon. At the turn of the 20th century, type II diabetes was virtually unknown, now it is projected to affect half of the American population. A diagnosis of type II diabetes affects every aspect of a person's life: their lifespan is shortened by at least 10 years; they are at risk for kidney disease, blindness, obesity, amputations and the severe negative consequences brought about by the current medicines used to keep their blood sugar levels within normal ranges. This program looks at every aspect of the diabetes epidemic; the dramatic new scientific findings regarding its causes; the health consequences of being diabetic; the relationship to poverty and startling new practices put forward by top scientists and nutritionists.

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.