

UEN-TV Monthly Health Highlights -April 2021 on Ch.



Parkinson's Awareness



Empowered by Parkinson's

Tuesday, April 6 at 8:30 p.m.

Learn of the stories of individuals who suffer from Parkinson's disease and who have been able to reclaim their lives by mitigating their symptoms. The documentary explores a holistic approach to wellness for people living with Parkinson's and illuminates the benefits of continued exercise and activity in the lives of real patients.

Power Over Parkinson's

Friday, April 23 at 8:30 p.m.

This upbeat and inspiring half-hour documentary profiles individuals who are taking control of the management of their disease in surprisingly easy ways: through the simple act of exercising and moving. Researchers have found that exercise - in particular boxing and tango dancing-can delay the symptoms of Parkinson's disease.

Power Over Parkinson's 2

Friday, April 30 at 8:30 p.m.

Examine a range of new approaches aimed at decreasing the impact of Parkinson's symptoms and improving day-to-day life. Patients, doctors and other experts discuss the complementary therapies being studied and implemented into everyday life and the potential benefits of integrative treatment programs that address both mind and body.

Autism Awareness



Employment Matters Too

Tuesday, April 6 at 8 p.m.

Employment Matters Too is a documentary that discovers how large corporations benefit from hiring employees with intellectual disabilities.

Autism: Emerging from the Maze

Saturday, April 10 at 8:30 p.m.

The numbers are staggering: 1 out of every 88 children in America has autism. Examine the research and advancements in treatment at the UC Davis MIND Institute making international news and how a clinic at Sutter Heath is helping autistic adults, Inspiring stories and behavior therapy programs help children and families from the maze of this puzzling disorder.

Generation A: Portraits on Autism and the Arts

Thursday, April 15 at 9 p.m.

Creative therapies and art programs which help young people on the autism spectrum are showcased. The film provides a platform for youths with autism to speak frankly about their challenges and their dreams; and to showcase their talents which include dancing, singing, painting and animated filmmaking.

Daily Health Programs



Classical Stretch: The Esmonde Technique

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 with Suzanne Andrews

Tuesdays and Thursdays at 8 a.m.

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

CHAIR YOGA IS BACK! Happy Yoga with Sarah Star

Tuesdays and Thursdays at 8:30 a.m.

The chair replaces the yoga mat and becomes an extension of your body allowing you to take advantage of yoga's benefits, relaxing your body and mind, boosting your fitness, flexibility and improving your overall well-being from the ease of a chair.