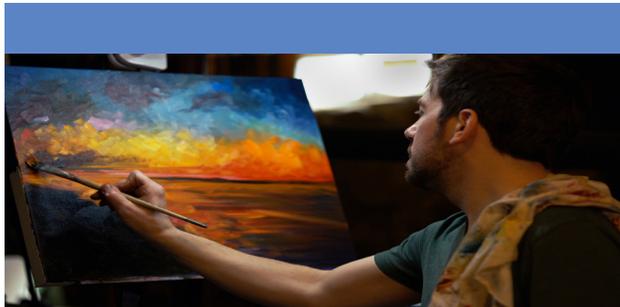


# Monthly Health Highlights - August, 2021 on UEN-TV



## Medical Stories

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

The lens focuses on ordinary people going through extraordinary measures of courage and triumph. 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.

## Miracle of the Human Body

Mondays at 8 p.m. beginning August 9

The program uses 3-D graphics, medical imaging and cadaver specimens, to reveal human body systems in ways never seen before.

## Neuroscience: Understanding the Brain

Mondays at 8:30 p.m. beginning August 9

In the 21st century neuroscience is drawing the best and brightest from computer science, medicine, engineering, psychology, biology, genetics and ethics, all in the service of studying the brain. The result is a reshaping of everything we know about lifelong development, learning, memory, health and disease. Neuroscience is the last and greatest frontier challenging humanity's understanding of the world. The film provides the foundation for understanding what is being called "the century of the brain."



## The Life Autistic

Tuesday, August 10 at 9 p.m.

Explore the lives of people with Autism Spectrum Disorder—people of different ages and abilities who each have a unique story. By taking a close look at their diagnoses, treatments, family life and daily routines, viewers will gain an intimate understanding of the lives of people on the spectrum.

## Beyond the Mirage: The Future of Water in the West

Monday, August 23 at 9 p.m.

A prolonged drought in the West has put increased water pressure on the Colorado River and has fostered a unique blend of competition and collaboration among Western states. The search for solutions, some homegrown and some found abroad, will illuminate the path forward for the entire Colorado Basin and quite possibly the entire nation.

## Speaking Grief

Saturday, August 28 at 9 p.m.

Learn why the pain of losing a loved one can be so difficult to understand and discuss. The film interviews grieving families from across the U.S., whose losses range from stillbirth to suicide, to address common misconceptions about grief.

## 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.