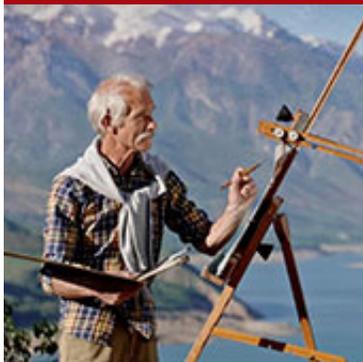


UEN-TV Health Highlights - December 2021

Living Well



The Art of Aging Well

Learn practical tips, real-life success stories and the latest from leading medical experts on aging. Anyone over 50 will find this program speaks directly to them.

Friday, DEC. 17 at 8:30 p.m.
UEN 9.1

Fit n Delicious

The series breaks down the misconceptions about fitness, food and living your best life at any age. It offers quick and easy, healthy recipes and words of wisdom from Jack Lalanne from the past.

Tuesdays at 8 p.m. beginning DEC. 7
UEN 9.1

Diabetes: Nutrition and Sugar

This program looks at every aspect of the diabetes epidemic. Every aspect of diabetes is covered from the causes to even curing diabetes through diet.

Friday, DEC. 17 at 8 p.m.
UEN 9.1

Stella & Co.

A romantic musical comedy about aging. Stella and her friends - all charismatic people in their 80s, 90s and 100s show it's quite clear that seniors have much to offer.

Friday, DEC. 31 at 8 p.m.
UEN 9.1

Opioids Assistance



Roads to Recovery: Overdose and Brain Injury

The program examines the problems associated with overdose and looks to solutions.

Friday, DEC. 10 at 8:30 p.m.
UEN 9.1

Second Opinion Special: Overdose: Inside the Epidemic

An examination of the alarming rise of heroin-related overdose deaths in the U.S.

Friday, DEC. 3 at 8 p.m.
UEN 9.1

Opioids and First Responders: Answering the Call

Emergency responders detail the emotional and physical impacts of trying to save people struggling with addiction day in and day out.

Thursday, DEC. 10 at 8 p.m.
UEN 9.1

Is Your Story Making You Sick?

Eight people confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail.

Tuesday, DEC. 21 at 9 p.m.
UEN 9.1

Holiday Specials



Dreaming of a Jewish Christmas

The irreverent documentary tells the story of the unlikely Jewish immigrants who, enamored with Broadway and Hollywood, wrote some of the most popular songs in America: Christmas music.

Saturday, DEC. 4 at 9 p.m.
UEN 9.1

Liona Boyd: A Winter Fantasy

The holiday special perfectly captures a magical evening concert performed by world-renowned classical guitarist Liona Boyd and her protege, Andrew Dolson.

Saturday, DEC. 11 at 9 p.m.
UEN 9.1

Holiday Handbells: The Raleigh Ringers

In between songs, director and conductor David Harris explains the centuries-old history of handbells, the variety of bells and bell-like instruments used, and the teamwork required to perform a piece.

Saturday, DEC. 18 at 8 p.m.
UEN 9.1

Polka Across America

Members of a popular Ohio polka band spotlight entertaining polka musicians, with each performance serving as a musical postcard from around the country.

Sunday, DEC. 26 at 8 p.m.
UEN 9.1