

UEN-TV Monthly Health Highlights - February 2021

Medical Features



Neuroscience: Understanding the Brain



Mondays at 8:30 p.m. beginning February 1

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.

Defining Hope



Friday, February 5 at 8 p.m.

Follow 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.

Debakey



Friday, February 12 at 8 p.m.

Dr. Michael E. DeBakey's career spanned over seventy years and his work has touched the lives of millions of people of all nations. His innovations in the field of cardiovascular surgery are legendary and include development of the roller pump for cardiac bypass, the treatment of complex aortic aneurysms, carotid and coronary bypass surgery and the left ventricular assist device.

Medical Features



Second Opinion with Joan Lunden



Fridays at 8 p.m. beginning February 19

In each half-hour episode, Lunden hosts a panel of medical experts along with a real patient story that highlights a specific medical condition, disease, or public health issue in order to examine effective treatments and solutions.

Life After Sight



Friday, February 19 at 8:30 p.m.

They live with visual impairment yet refuse to surrender to a world of darkness. Meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.

NHK No More Plastic: In Search of a Sustainable Future, Part 1



Monday, February 21 at 9 p.m.

Plastic pollution litters the world's oceans. A war on plastic is breaking out. Part 1 introduces Dutch young pioneer Boyan Slat's team working to clear plastic from the Great Pacific Garbage Patch.

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.