Haleakala: A Trek for Dignity
Friday, January 1 at 8:30 p.m.
A group of mental health advocates, some of whom were diagnosed with a mental illness, trek from the summit of Haleakala volcano to sea level. The purpose of the trek was to demonstrate that people with a mental illness are capable of extraordinary achievements.

American Medevac
Wednesday, January 20 at 9 p.m.
A CBS news crew describe a harrowing medevac mission to rescue three wounded infantrymen from an enemy-infested rice paddy. “When the call came in from the battlefield, the medevac crew responded immediately. No one asked who the wounded were, what color they were, what political party they favored, what religion they might have followed. All that mattered was an American needed help.”

The Cure
Friday, January 29 at 8 p.m.
Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion-dollar cancer industrial complex to find their way to health, hope and healing.

The Devil's Instrument
Sunday, January 3 at 8 p.m.
Religious leaders in the 19th century called the fiddle “The Devil's Instrument,” since it was often played at weddings, dances and gatherings where food, drink and merriment ensued — and it continues to play a social role in Norwegian culture today. Set against a backdrop of the striking scenery of Norway, view the woodworkers who carry on the fiddle-making tradition, the passionate musicians who play the instrument and the dancers who spin to its tunes.

How to Make
Mondays at 9 p.m. beginning January 4
Material Scientist Zoe Laughlin goes on a joyous journey of wonder and revelation as she challenges herself to make her own version of some of the most ubiquitous everyday items: sneakers, a toothbrush, and a pair of headphones.

The Legacy List
Tuesdays at 9 p.m. beginning January 12
As baby boomers downsize living spaces and settle estates, aging homeowners catalog a lifetime of belongings, locate treasured heirlooms and unexpected valuables in the attic, closet, or even under the floorboards.

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.

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.