

UEN-TV Monthly Health Highlights - January 2021

Medical Features



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 Medavac

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.

Continuing Education



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.

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.