

# UEN-TV Monthly Health Highlights - June 2021 on Ch.



## I Go Home

Tuesday, June 8 at 9 p.m.

Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.

## Comedy Bootcamp

Saturday, June 12 at 9 p.m.

PTSD Awareness Month special: The program follows several participants as they attend weekly classes, led by professional stand-up comedians, designed to help them and other individuals of the military community develop their performing and writing skills. Throughout the process, some of the individuals discover a new outlet to discuss the struggles they face in their transition to civilian life.

## Death Is But a Dream

Tuesday, June 29 at 9 p.m.

A research team studies the dreams of dying patients. By asking a single question "Are you dreaming?" they are completely reframing the dying process. End of life experiences are intrinsic to the process of dying. The film establishes why dying is relevant, what the dying process really entails and why dying has been misunderstood for so long.

## Alzheimer's & Brain Awareness Month



## Alzheimer's: The Caregiver's Perspective

Tuesday, June 1 at 9 p.m.

Caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows and complications of caring for a loved one who can no longer function safely on their own.

## Brainworks: The Theatre of Neuroscience

Fridays at 8:30 p.m. beginning June 4

Explore the wonders of the human brain in four 30-minute plays based on real-life patient stories. Professional actors guide audiences through the general pathology, symptoms and challenges of four neurological disorders: Alzheimer's disease, epilepsy, brain tumors and stroke.

## Living with Alzheimer's and Dementia

Tuesday, June 22 at 9 p.m.

Explore the effects these diseases have on individuals, families and communities. The program reveals the myths and stigmas that have hindered better living and caretaking and examines the heavy burden of costs associated with the disease-whether financial, physical or psychological. Lastly, it looks at innovative ways of meeting the challenges of dementia care.

## 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.