

# UEN-TV Monthly Health Highlights - March 2021 on ch.



## Health Programs



### No More Plastics: In Search of a Sustainable Future, part two

Monday, March 1 at 9 p.m.

Plastic pollution litters the world's oceans. The move away from the use of plastic is currently gaining steam around the globe. Learn of business trends leading us away from a world of plastic and towards circular economies. We also look at disposable plastics regulation strategies in France and New York City.

### Opioids and First Responders: Answering the Call

Thursday, March 4 at 8:30 p.m.

Follow three teams of firefighters and paramedics along on several emergency calls as they respond to overdose cases, revealing the draining struggle of fighting the pervasive and deadly drug. Interviews with the emergency responders also detail the emotional and physical impacts of trying to save people struggling with addiction day in and day out.

### Optimizing Life

Friday, March 5 at 8:30 p.m.

View stories of people facing life-threatening health crises and dramatically turning their health around by embracing new lifestyle choices. With the help of lifestyle medicine, they learn to eat better, exercise more and deal with stress.

## Health Programs



### Breaking Loneliness

Tuesday, March 9 at 8:30 p.m.

People find ways to escape loneliness and social isolation. Loneliness is a social epidemic that is impacting all age groups around the world. Many of us find ourselves isolated from our communities and feeling lonely. Follow three people; Indigenous Peer Support Worker John Chief Moon, volunteer Tom Greyson and ESL teacher Julie Kraychy - who have worked to overcome their own loneliness and social isolation and are now helping others to battle theirs.

### Medical Stories

Fridays at 8:30 p.m. beginning March 19

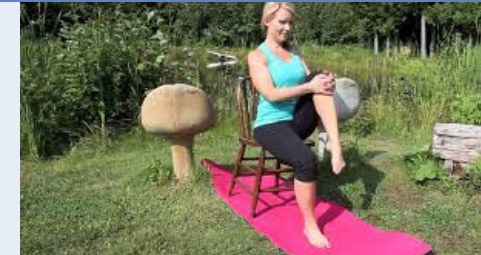
*Medical Stories* takes viewers on an emotional and inspirational journey by way of storytelling, as the lens focuses on ordinary people going through extraordinary measures of courage and triumph. The stories of these patients are revealed by their incredible willpower to help inspire, improve and transform lives of others through their own personal narrative.

### Employment Matters

Tuesday, March 30 at 8 p.m.

*Employment Matters* is a documentary that explores the untapped market and huge potential of the intellectually disabled in the workplace.

## Daily Health Programs



### 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.

### 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.