

UEN-TV Monthly Health Highlights -May 2021 on Ch.



Mental Health Awareness Month



Beyond the Ice Bucket Challenge: Battling ALS

Friday, May 14 at 8:30 p.m.

Discover how \$94 million of research money has made a difference for people battling ALS and why early diagnosis and intervention is imperative to preserving quality of life.

Growing Bolder Season 7

Tuesdays at 8:30 p.m. beginning May 18

In each episode, we find inspirational, optimistic and life-affirming segments about athletes, cancer survivors, musicians, actors, politicians, health experts, as well as ordinary people - all of whom share a common goal of growing bolder, not older.

Secrets in the Bones: The Hunt for the Black Death Killer

Monday, May 31 at 9 p.m.

Follow evolutionary biologist Hendrik Poinar as he travels to Italy, Germany, Britain and the United States in search of the pathogen that caused the bubonic plague during the fourteenth century. Together with a team of international experts, Poinar examines DNA samples from both centuries-old and modern-day plague victims in an attempt to definitively identify an ancient killer and change the way we fight disease today.



Military Family Documentary: While Time Stands Still

Thursday, May 6 at 9 p.m.

Meet two wives on the eve of their husbands' deployment to Iraq with 3rd Battalion 7th Marines. Over six years, we follow their journey revealing how they find the resilience to survive and grow.

Before Stage Four: Confronting Early Psychosis

Friday, May 7 at 8:30 p.m.

Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood and all too often the underlying illness isn't treated until it reaches a crisis point.

Orchestrating Change

Saturday, May 8 at 8:30 p.m.

The inspiring story of the Me 2 Orchestra, the only classical music organization in the world created by and for people with mental illness.

Crazy

Thursday, May 20 at 9 p.m.

Follow Eric, a diagnosed schizophrenic, as he faces a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness.

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.