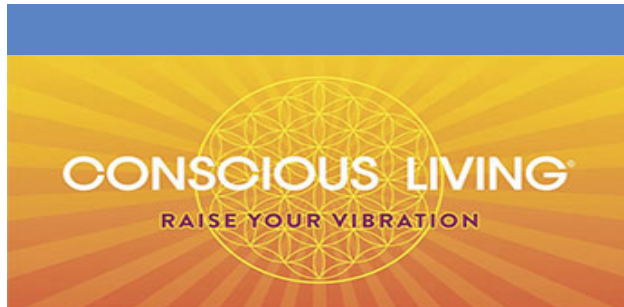


# Monthly Health Highlights - September, 2021 on



## Bringing It Home with Laura McIntosh

Friday, September 3 at 2 p.m.

Meet farmer Dan Van Groningen, Manteca, California and Chef Alex Flores, Anaheim, California. Nothing says summer better than watermelon. Laura brings one of the most beloved berries, the watermelon, to one of the happiest places on earth. Sharing the story behind one of the largest watermelon growers in the country is Dan Van Groningen. Through his innovation and with help from his family, they have expanded how melons are brought to market. Cooking up delicious recipes, Chef Alex Flores and Laura combine fresh flavors with a fun and unique dining experience that all ages can enjoy.

## Conscious Living

Sundays, beginning September 5 at 6:30 p.m.

With humanity facing unprecedented challenges we must evolve and learn to mindfully coexist with Mother Nature and each other. Through the fun adventures of its multiracial hosts - vegan chef Michael and his yogi wife, Bianca -the program explores what it takes to be a more mindful human. Take a dip at a Zen hot springs meditation retreat near Big Sur. Heal with a yoga detox high in the Himalayas. Then hunt for the tastiest vegan street food from Bali to Berlin. Journey with *Conscious Living* around the world and travel the uncharted path to a brighter tomorrow.



## NHK Preventing Youth Suicide

Friday, September 11 at 8 p.m.

The documentary follows four young people as they navigate various mental health challenges. They have endured assault, bullying, incarceration and discrimination. Some thought about suicide. But through the pain they found support from family, friends and strangers and strength within themselves. They're sharing their stories to let others know they're not alone and that healing is possible.

## Diabetes: Nutrition and Sugar

Friday, September 17 at 8:30 p.m.

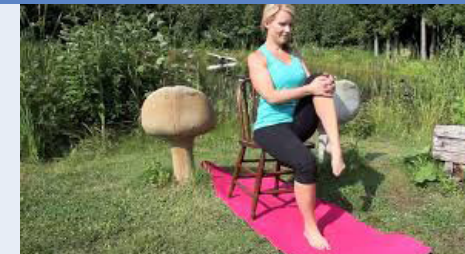
At the turn of the 20th century, type II diabetes was virtually unknown. Now it is projected to affect half of the American population. This program looks at every aspect of the diabetes epidemic including startling new practices put forward by top scientists and nutritionists that are reversing and even curing diabetes through diet.

## A Path Forward: Healthcare

Thursday, September 23 at 8 p.m.

The film introduces you to young adults finding their futures within the industry, from providing patient care as a nurse to participating in the Apprentice program at a leading medical device manufacturing facility in Connecticut.

## 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.