

# UEN-TV Health Highlights - April 2022

## Fitness on TV



### Classical Stretch: The Esmonde Technique

The series combines yoga, tai chi, Pilates and ballet techniques, plus specific movements and stretches that reach muscles and ligaments not normally targeted in an average fitness program.

***Mondays, Wednesdays and Fridays at 8 a.m.***  
***UEN 9.1***

### Sit and Be Fit

This series is designed to make exercise fun, easy and safe for people of all ages. Viewers include older adults, children and those managing chronic conditions and physical limitations.

***Mondays, Wednesdays and Fridays at 8:30 a.m.***  
***UEN 9.1***

### Functional Fitness with Suzanne Andrews

This series focuses on helping improve specific health conditions including arthritis, osteoporosis, back pain and more.

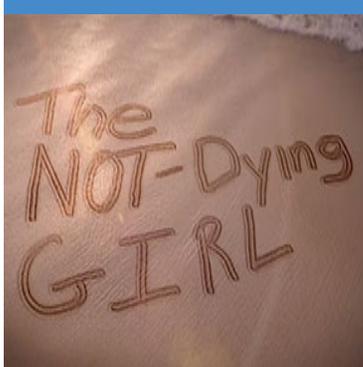
***Tuesdays and Thursdays at 8 a.m.***  
***UEN 9.1***

### Happy Yoga with Sarah Star

The chair replaces the yoga mat and becomes an extension of your body allowing you to take advantage of yoga's benefits.

***Tuesday and Thursdays at 8:30 a.m.***  
***UEN 9.1***

## Cancer Control Month



### The Not-Dying Girl

Discover the emotional story of Lauren McCullough, a star high school athlete who was diagnosed with Ewing's Sarcoma who spreads awareness about the cancer and her inspiring bucket-list.

***Saturday, April 9 at 8 p.m.***  
***UEN 9.1***

### When Cancer Calls

Dialogue is drawn verbatim from the first natural history of recorded and transcribed interactions - 61 phone calls over 13 months - between an actual patient and her family members.

***Saturday, April 9 at 8:30 p.m.***  
***UEN 9.1***

### Oceans of Pink

The film highlights the explosive growth of dragon boat racing among breast cancer survivors globally and the growing participation in the sport among Hispanic women.

***Thursday, April 28 at 9 p.m.***  
***UEN 9.1***

### A Journey through Breast Cancer

Learn of critical discussions about the ongoing need for enhanced health communication when facing illness and disease.

***Saturday, April 30 at 9 p.m.***  
***UEN 9.1***

## Autism Awareness



### The Life Autistic Collection

Meet Iowans with Autism Spectrum Disorder—people of different ages and abilities who each have a unique story.

***Saturday, April 2 at 8 p.m.***  
***UEN 9.1***

### Generation A: Portraits on Autism and the Arts

Take a close look at creative therapies and art programs which young people on the autism spectrum are utilizing to reach their highest potential.

***Sunday, April 10 at 8 p.m.***  
***UEN 9.1***

### Adventures of T-Man

"Adventures of T-Man" is a coming of age story focused on Terrence, a 26-year-old African American man with high-functioning autism living in Charlotte, North Carolina.

***Saturday, April 23 at 8 p.m.***  
***UEN 9.1***

### A Wider World

Learn of positive resources for persons with disabilities, current information, trends, travel and recreation.

***Sundays at 10 a.m.***  
***UEN 9.1***