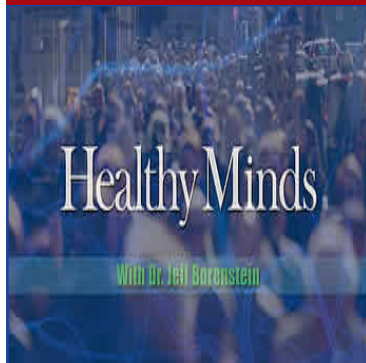


# UEN-TV Health Highlights - August 2022

## Health Series



### Health Minds with Dr. Jeffrey Borenstein

The series humanizes mental health conditions through inspiring personal stories and interviews with leading researchers and experts, who provide the latest information about diagnosis and treatment.

**Tuesdays at 9 p.m. and  
Sundays at 11 a.m.**  
**UEN 9.1**

### My World Too

This series shares these inspirational stories of environmental stewardship, organic practices, and Earth-friendly innovations that viewers can learn from and apply in their own lives.

**Tuesdays at 8:30 p.m.**  
**UEN 9.1**

### Innovations in Medicine

Explore new horizons in medicine with answers and hope to the diseases and conditions that affect people of all ages.

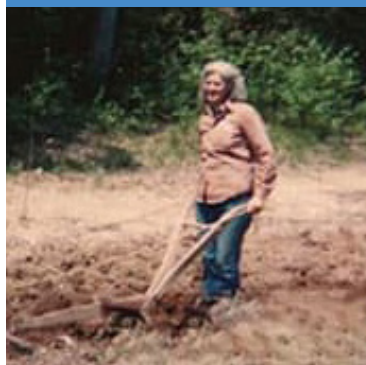
**Tuesdays at 9:30 p.m.**  
**UEN 9.1**

### DW In Good Shape - The Health Show

Learn of many aspects of health care: what's new in medical treatment, alternative medicine, wellness and fitness - as well as nutrition and beauty.

**Sundays at 11:30 a.m. and  
Wednesdays at 5:30 a.m.**  
**UEN 9.1**

## Of Interest



### Those who Overcame: Stories of Hope and Resilience

The program tells the story of how our elders created a resilient world and how we can get it back.

**Saturday, August 6 at 8:30 p.m.**  
**UEN 9.1**

### Decoding the Driftless

Buckle-up for a wild ride of science- adventure, above, on, and within the amazing Driftless Region of North America.

**Monday, August 8 at 9 p.m.**  
**UEN 9.1**

### Hollywood's Architect: The Paul R. Williams Story

From the early 1920s until his retirement 50 years later, Williams was one of the most successful architects in the country.

**Wednesday, August 10 at 8 p.m.**  
**UEN 9.1**

### Stella & Co.: A Romantic Musical Comedy about Aging

Take an inside look at a dynamic senior residence and through seniors' joyful life experiences.

**Saturday, August 20 at 9 p.m.**  
**UEN 9.1**

## 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**