

# UEN-TV Health Highlights - February 2022

## Of Health Interest



### Getting Dot Older

The program features diverse members of the Baby Boomer generation. Each subject is asked the same 21 questions designed to produce intimate and thoughtful responses.

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

### Career Decisions: Nursing

Learn how the modern nurse has become an integral part of the healthcare team. It paints a realistic picture of the rigors of nursing school.

**Wednesday, Feb. 9 at 9 a.m.**  
**UEN 9.1**

### Cycle of Health

Meet organizations working to create inclusion for those with disabilities and enhancing the abilities of those with limitations through adaptive sports.

**Wednesday, Feb. 16**  
**at 11:30 a.m.**  
**UEN 9.1**

### Accessibility Now

Explore the past and future of the Americans with Disabilities Act (ADA). People with disabilities describe how the ADA has helped improve their lives.

**Thursday, Feb. 24**  
**at 9:30 p.m.**  
**UEN 9.1**

## Health Series



### Fit n Delicious

Fit n Delicious Series 100 breaks down the misconceptions about fitness, food and living your best life at any age.

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

### Doctor Q&A

Each episode features experts addressing subjects as varied as heart disease, strokes, skin care, back pain, stomach problems, sleep trouble, children's mental health and Alzheimer's disease.

**Fridays beginning Feb. 4**  
**at 8:30 p.m.**  
**UEN 9.1**

### Conscious Living

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.

**Mondays at 2:30 p.m.**  
**UEN 9.1**

### Second Opinion

Joan Lunden hosts a panel of medical experts along with a real patient story that highlights a specific medical condition, disease, or public health issue.

**Fridays beginning Feb. 11**  
**at 8 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**