

UEN-TV Health Highlights - July 2022

New 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. beginning July 5
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. beginning July 12
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. beginning July 12
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



Secrets in the Bones

A team of international experts 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.

Monday, July 11 at 9 p.m.
UEN 9.1

Roadtrip Nation: Being You

Roughly one in five people lives with learning and attention issues (LAIs) like ADHD and dyslexia, yet many of those who live with LAIs feel alone. Learn of successes.

Thursday July 14 at 8 p.m.
UEN 9.1

Doctor Q&A: Heart Attacks and Strokes

Learn of the risks for a heart attack and a stroke and what can be done to prevent heart disease, lower blood pressure and keep you and your loved ones healthy.

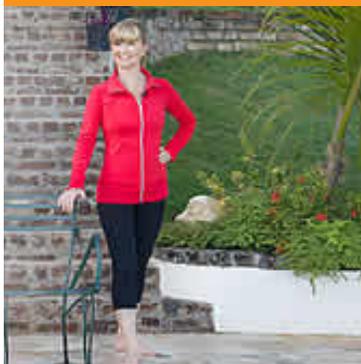
Tuesday, July 5 at 9 p.m.
UEN 9.1

Get Busy Living

Follow a thrill-seeking couple's unique love story. He survived a crippling skydiving accident. She supported him through a painful recovery. Together they aspired to jump out of a plane again.

Saturday, July 30 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