

UEN-TV Health Highlights - June 2022

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.

***Mondays at 2:30 pm.
UEN 9.1***

Ageless Living

A series for those who want to improve their health, lead more vital, resilient, meaningful and purpose-driven lives, expand their creativity, experiment with alternate lifestyles and enjoy more loving relationships.

***Wednesdays at 6:30 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.

Sundays at 11 a.m.; Mondays at 4:30 a.m. and Tuesdays at 9:30 p.m.

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***

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***

Of Interest



Re-Evolution: Salud

The program follows a Cuban doctor and nurse on home visits to see how Cubans access healthcare. How does the ongoing U.S. embargo impact distribution of medicines that have promise in helping with symptoms of diabetes.

***Tuesday, June 7 at 8 p.m.
UEN 9.1***

Roadtrip Nation: Caring Forward

What can be done to make the future of healthcare more welcoming for everyone? 3 young people travel across California to see the future of care, hands on.

***Thursday, June 9 at 8 p.m.
UEN 9.1***

A Path Forward: Healthcare

Young adults find their futures within the medical industry, from providing patient care as a nurse to participating in the apprentice program in a manufacturing

***Thursday, June 16 at 8:30 p.m.
UEN 9.1***

Alzheimer's: What You Can Do

The film explores the discoveries that are changing the medical profession's view of dementia.

***Saturday, June 25 at 8 p.m.
UEN 9.1***