

# UEN-TV Health Highlights - March 2022

## Of Interest



### Fukushima Monologue

Following the March 2011 accident at Fukushima Daiichi Nuclear Power Plant, Matsumura Naoto was the sole resident who stayed put. Learn of his sacrifice.

**Saturday, March 12 at 8 p.m.**  
**UEN 9.1**

### Optimizing Life

The program provides a glimpse of how lifestyle choices offer Americans healthy options they didn't know were possible.

**Friday, March 18 at 9:30 p.m.**  
**UEN 9.1**

### The Kitchenistas

Seeking healthier diets, a California-led movement raises the health, wellbeing, and resilience of community members.

**Saturday, March 26 at 8 p.m.**  
**UEN 9.1**

### Blackademics Television

The focus is on issues that have become even more pressing in communities of color due to COVID: healthcare disparity and medical and health equality.

**Thursday, March 31 at 9 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.

**Tuesdays beginning Mar. 1 at 9:30 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.

**Sundays at 10:30 a.m. and Tuesdays 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**