

UEN-TV Health Highlights - May 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.

Tuesdays at 8 p.m.
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.

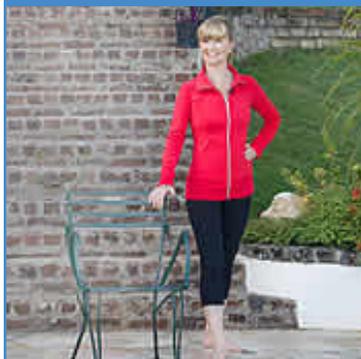
Sundays at 11 a.m. and
Tuesdays at 9:30 p.m.
UEN 9.1

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.
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

LitFlix



LitFlix Friday series

UEN LitFlix features classic films based on classic books airing on UEN-TV each Friday night at 8 p.m.

Here are some titles for the month of May, featuring Sherlock Holmes and Dr. Watson. All written by Arthur Conan Doyle.

The Sign of Four (1932)

When a woman is kidnapped, Sherlock Holmes and Dr. Watson must penetrate the city's criminal underworld to find her.

LitFlix Friday, May 6 at 8 p.m.
UEN 9.1

The Woman in the Green Dress (1945)

Sherlock Holmes investigates when young women around London turn up murdered, each with a finger severed. Scotland Yard suspects a madman, but Holmes believes the killings to be part of a diabolical plot.

LitFlix Friday, May 13 at 8 p.m.
UEN 9.1

The Secret Weapon (1942)

Holmes is up against his toughest foe, Professor Moriarity. Holmes is working for England in the war against Hitler and Moriarity is working for the Germans,

LitFlix Friday, May 20 at 8 p.m.
UEN 9.1