

UEN-TV Health Highlights - November 2022

Of Interest



Living with Alzheimer's and Dementia

Taking into consideration the family members and other people who provide daily care, Alzheimer's and dementia will have a huge impact on our communities.

Saturday, November 12 at 8 p.m.
UEN 9.1

Theirs is the Kingdom

Follow the rare creation of a contemporary fresco mural in Asheville, North Carolina. This is a painting not of the rich and powerful, but of people battling homelessness, addiction, and mental illness.

Sunday, Nov. 13 at 8 p.m.
UEN 9.1

Doctor Q&A

In this episode, Dr. Ian Grant, discusses some lifestyle changes people can make to help prevent or at least slow down the progression of Alzheimer's and stay as mentally healthy as possible.

Wednesday, Nov. 16 at 1 p.m.
UEN 9.1

Death is but a Dream

End of life experiences are intrinsic to the process of dying. Why dying is relevant, what the dying process really entails and why dying has been misunderstood for so long.

Thursday, Nov. 17 at 9 p.m.
UEN 9.1

Of Interest



Optimizing Life

Learn of the stories of people facing life-threatening health crises and dramatically turning their health around by embracing new lifestyle choices.

Saturday, Nov. 19 at 8:30 p.m.
UEN 9.1

Alzheimer's: The Caregiver's Perspective

Caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye.

Saturday, Nov. 19 at 9 p.m.
UEN 9.1

Prescription for Peace of Mind

Toward the end of life, many patients get palliative care, but it doesn't end the pain. Many patients want state legislators that will allow them to use a prescription to end their lives.

Saturday, Nov. 26 at 9 p.m.
UEN 9.1

Growing Bolder

In this episode, there is an emancipation that comes with growing older, and the opportunity to look at life through a new lens and let your true colors shine.

Monday, Nov. 28 at 2 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