

# UEN-TV Health Highlights - September 2022

## Health



### Opioids and First Responders

Interviews with the emergency responders detail the emotional and physical impacts of trying to save people struggling with addiction day in and day out.

**Saturday, Sept. 10 at 9:30 p.m.**  
**UEN 9.1**

### 7 Days: The Opioid Crisis

All it takes for someone to become dependent on opioids is seven days of use. The film explores how addiction is rarely a choice.

**Thursday, Sept. 15 at 9 p.m.**  
**UEN 9.1**

### Breaking Loneliness

Loneliness is a social epidemic that is impacting all age groups around the world. Follow three people who have worked to overcome their own loneliness and social isolation.

**Thursday, Sept. 22 at 8:30 p.m.**  
**UEN 9.1**

### Alzheimer's: What You Can Do

With scientific data and personal stories about holistic treatment approaches, Explore the discoveries that are changing the medical profession's view of dementia.

**Saturday, Sept. 24 at 8 p.m.**  
**UEN 9.1**

## Of Interest



### Scattering CJ

To honor her son's memory and love of travel by scattering his ashes in as many amazing places as possible. 22,000 people answered Hallie's call.

**Saturday, Sept. 3 at 9 p.m.**  
**UEN 9.1**

### The Farmer and the Foodie

Follow Maggie and Lindsey as they embrace the bounty of the lean, taking them to various areas where they draw inspiration from the farms,

**Tuesdays at 8:30 p.m. beginning September 6**  
**UEN 9.1**

### Sounds of Nature

Over five continents, from the forests of Borneo to the warm waters of Polynesia to the untamed valleys of the Alps, track the sounds produced by our living ecosystems.

**Mondays at 9 p.m. beginning September 12**  
**UEN 9.1**

### Rudolfo Anaya: The Magic of Words

The wellspring of Anaya's stories is New Mexico, his insight is invaluable to understand the quest by all Hispanic Americans for cultural identity and respect.

**Friday, Sept. 16 at 9:30 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**