

# UEN-TV 9.1 Health Highlights - April 2023

## Health Series



### Garden Smart

Learn valuable gardening tips, the latest trends “on the verge” and design advice, all with the purpose of making gardening fun and interesting. “Garden Smart” is filmed each week at beautiful resorts and gardens in every region of the country.

**Wednesdays at 5 p.m.**

### My World Too

This series shares these inspirational stories of environmental stewardship, organic practices, and Earth-friendly innovations that viewers can learn from and apply in their own lives.

**Fridays at 11 p.m. and  
Tuesdays at 4:30 a.m.**

### Innovations in Medicine

This series is topic driven with emphasis, for example, on obesity, sleep, sports medicine, cancer breakthroughs, plastic surgery and newest ways to stop back pain.

**Sundays at 11 a.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.**

## Of Interest



### The Life Autistic Collection

The documentary introduces viewers to lowans on the spectrum, from the very young to the elderly, living the life autistic.

**Tuesday April 4 at 9 p.m.**

### The Cure

Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.

**Tuesday, April 11 at 8 p.m.**

### Adventures of T-Man

Terrence is a 26-year-old African American man with high-functioning autism living in Charlotte, North Carolina. Curious, earnest, but naive to a fault, he yearns to live an independent life, despite the many obstacles.

**Tuesday, April 18 at 9 p.m.**

### When Cancer Calls

Dialogue is drawn verbatim from the first natural history of recorded and transcribed interactions - 61 telephone calls over 13 months - between an actual patient and her family members.

**Tuesday, April 25 at 9 p.m.**

## 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.**

### 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.**

### Your Fountain of Youth

Lee Holden illustrates the various ways that qi gong practices can improve quality of life.

**Tuesdays at 8 a.m.**

### Functional Fitness

Helping to improve specific health conditions including arthritis, osteoporosis, back pain and more.

**Thursdays at 8 a.m.**

### 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.**