

UEN-TV 9.1 Health Highlights - August 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.

Conscious Living

Through the fun adventures of its multiracial hosts - vegan chef Michael and his yogi wife, Bianca explore what it takes to be a more mindful human.

Wednesdays at 5:30 p.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



Polka Across America

The Chardon Polka Band, known nationwide for its eclectic and modern take on an old genre, typically performs around 200 shows each year. The program provides the viewer with a delightful quilt of unique songs by unique artists.

Sunday, Aug. 13 at 8 p.m.

Immune

A team of doctors in San Francisco, a 9-year-old Navajo girl in Arizona and an Amish father in Indiana all pursue a cure for a genetic illness that causes babies to be born without an immune system.

Tuesday, Aug. 15 at 9:30 p.m.

Owensboro Symphony Presents

Kentucky’s Owensboro Symphony, led by Music Director Troy Quinn, perform A Night at the Oscars, a concert of memorable music from classic movies such as La La Land, Star Trek, and more.

Sunday, Aug. 20 at 8 p.m.

Tanzania: The Royal Tour

For an entire week, Tanzania’s President Samia Suluhu Hassan is the ultimate guide, relating stories of the often hidden gems of Tanzania, along with its rich history, culture, environment, food and music.

Wednesday, Aug. 23 at 8 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.

Functional Fitness

Middle age to better adults kick health into high gear with life enhancing workouts focused on helping 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.

Tuesdays and Thursdays at 8:30 a.m.