

UEN-TV 9.1 Health Highlights - December 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.

Growing a Greener World

Each episode contains a gardening story, a how-to segment for growing your own food, followed by a fresh-from-the-garden fruit, vegetables or herbs to create simple and delicious dishes.

Wednesdays at 5:30 p.m.

Healthy Minds with Dr. Jeffrey Borenstein

The series humanizes mental health conditions through personal stories, interviews with leading researchers and experts who provide the latest information about diagnosis and treatment.

Wednesdays at 1:30 p.m.
Sundays at 11 a.m.

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



Accessibility Now

Explore the past, present and future of the Americans with Disabilities Act (ADA) as seen from the perspectives of Iowa residents with disabilities.

Friday, Dec.1 at 9:30 p.m.

Little but Fierce

Madison is a 9-year-old girl battling a rare form of brain cancer. Her mother, an ER nurse, does everything in her power to save her daughter, including buying medical cannabis off the black market to treat Madison's pain and seizures.

Tuesday, Dec. 19 at 8 p.m.

Beyond the State: The Urban Nutcracker

This special features behind-the-scenes footage of the Urban Nutcracker production and commentary on how accessibility and representation in the arts creates community and empowers youth.

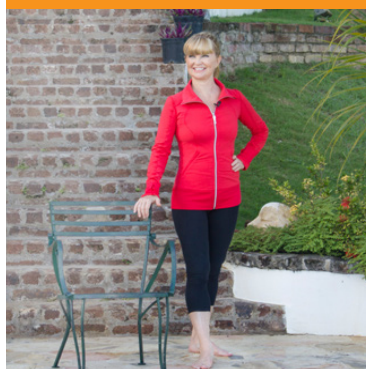
Saturday, Dec. 23 at 8 p.m.

Anthony Williams Urban Nutcracker

Drawing upon classical ballet, urban tap, hip-hop, swing, flamenco, step and jazz, the performance uniquely retells a Christmas classic.

Saturday, Dec. 23 at 8:30 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

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.