

# UEN-TV 9.1 Health Highlights - February 2023

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| <p><b>Health</b></p>           | <p><b>Innovations in Medicine</b></p> <p>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.</p> <p><b>Sundays at 11 a.m.</b></p>  | <p><b>DW In Good Shape - The Health Show</b></p> <p>Learn of many aspects of health care: what's new in medical treatment, alternative medicine, wellness and fitness - as well as nutrition and beauty.</p> <p><b>Sundays at 11:30 a.m. and Wednesdays at 5:30 a.m.</b></p>  | <p><b>Conscious Living</b></p> <p>Through the fun adventures of its multiracial hosts - vegan chef Michael and his yogi wife, Bianca - the program explores what it takes to be a more mindful human.</p> <p><b>Mondays at 5 a.m. and Tuesdays at 8 p.m.</b></p>          | <p><b>Sages of Aging</b></p> <p>Viewers can reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.</p> <p><b>Thursday, Feb. 16 at 9 p.m.</b></p> |
| <p><b>Of Interest</b></p>     | <p><b>Doug's Geology Journal</b></p> <p>Doug explains big-picture geologic processes that shape the landscape. Throughout the series, he treks over desert terrain, climbs hills, squeezes between rocks, and contemplates geological features while sitting in a hot spring.</p> <p><b>Mondays at 8:30 p.m. beginning Feb. 6</b></p> | <p><b>Baba Wain: A Musical Note in the Key of Beauty</b></p> <p>Despite enduring appalling prejudices during the sixties Wain continues to work for multicultural understanding. At the core of all his lessons with school children is an emphasis on cross-cultural appreciation.</p> <p><b>Wednesday, Feb. 7 at 8 p.m. Saturday, January 21 at 8:30 p.m.</b></p> | <p><b>Abraham Lincoln: A Journey to Greatness</b></p> <p>Filmed in stunning high definition, Abraham Lincoln - "A Journey to Greatness," is the theatrical documentary produced for Lincoln Home National Historic Site.</p> <p><b>Saturday, Feb. 11 at 9:30 p.m.</b></p> | <p><b>Right to Read</b></p> <p>Experts weigh in on how to solve the literacy crisis in Michigan. The goal? To encourage the joy of reading and promote childhood literacy at home.</p> <p><b>Tuesday, Feb. 21 at 8 p.m.</b></p>    |
| <p><b>Fitness on TV</b></p>  | <p><b>Classical Stretch: The Esmonde Technique</b></p> <p>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.</p> <p><b>Mondays, Wednesdays and Fridays at 8 a.m.</b></p>                   | <p><b>Sit and Be Fit</b></p> <p>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.</p> <p><b>Mondays, Wednesdays and Fridays at 8:30 a.m.</b></p>   | <p><b>Functional Fitness with Suzanne Andrews</b></p> <p>This series focuses on helping improve specific health conditions including arthritis, osteoporosis, back pain and more.</p> <p><b>Tuesdays and Thursdays at 8 a.m.</b></p>                                      | <p><b>Happy Yoga with Sarah Star</b></p> <p>The chair replaces the yoga mat and becomes an extension of your body allowing you to take advantage of yoga's benefits.</p> <p><b>Tuesday and Thursdays at 8:30 a.m.</b></p>          |