### UEN-TV 9.1 Health Highlights - February 2023

#### Health



## 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. and Wednesdays at 5:30 a.m.

### Conscious Living

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.

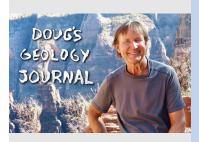
Mondays at 5 a.m. and Tuesdays at 8 p.m.

#### Sages of Aging

Viewers can reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.

Thursday, Feb. 16 at 9 p.m.

#### Of Interest



### Doug's Geology Journal

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.

Mondays at 8:30 p.m. beginning Feb. 6

### Baba Wain: A Musical Note in the Key of Beauty

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.

Wednesday, Feb. 7 at 8 p.m. Saturday, January 21 at 8:30 p.m.

# Abraham Lincoln: A Journey to Greatness

Filmed in stunning high definition, Abraham Lincoln - "A Journey to Greatness," is the theatrical documentary produced for Lincoln Home National Historic Site.

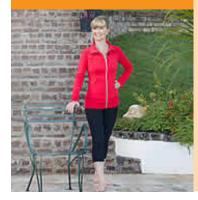
Saturday, Feb. 11 at 9:30 p.m.

### Right to Read

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.

Tuesday, Feb. 21 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 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.

## 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.