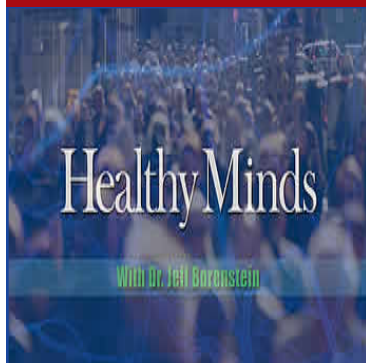


UEN-TV 9.1 Health Highlights - January 2023

Health Series



Health Minds with Dr. Jeffrey Borenstein

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

Wednesdays at 1:30 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

Explore new horizons in medicine with answers and hope to the diseases and conditions that affect people of all ages.

**Sundays at 11 a.m.
UEN 9.1**

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.
UEN 9.1**

Of Interest



Measuring the Earth's Temperature

Learn about the earliest weather stations and balloon launches, to a network of super weather stations constructed in the 21st century.

Monday, Jan. 2 at 8:30 p.m.

Driven to Abstraction

A tale of self-delusion, greed, and fraud-- the \$80 million forgery scandal that rocked the art world and brought down Knoedler, New York City's oldest and most venerable gallery.

Saturday, January 21 at 8:30 p.m.

The Legacy List

As baby boomers downsize living spaces and settle estates, help aging homeowners catalog a lifetime of belongings, locating treasured heirlooms and unexpected valuables in the attic, closet, or even under the floorboards.

**Tuesdays at 9 p.m. beginning
January 24.**

Searching: Our Quest for Meaning in the Age of Science

Brain scientists, physicists, astronomers, philosophers, ethicists and faith leaders offer contrasting perspectives on scientific research and the humanities

**Mondays at 9 p.m. beginning
January 30**

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.**