

UEN-TV 9.1 Health Highlights - July 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.

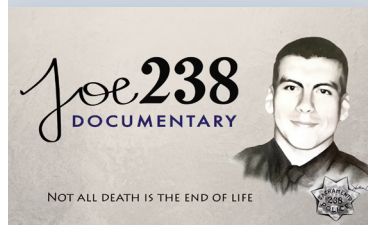
Sundays at 11 a.m.

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



Joe238

A grieving father must set aside his own beliefs to honor his son Joe’s last wish to be an organ donor. As time goes by he finds a calling and new “normal” in Joe’s legacy of service to others.

Thursday, July 6 at 9 p.m.

Accidental Host

The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.

Monday, July 17 at 9 p.m.

My Fight for Inclusion

People with disabilities still face barriers. Kayla McKeon, who has Down syndrome, is the first registered lobbyist with Down syndrome. She is changing laws and biases for millions with disabilities nationwide.

Wednesday, July 26 at 8 p.m.

A Good Life

Take an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field.

Wednesday, July 26 at 9 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.

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.

Tuesdays and Thursdays at 8:30 a.m.