

UEN-TV 9.1 Health Highlights - March 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.

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

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



Hearts of Glass

Vertical Harvest employs adults with intellectual and developmental disabilities, who receive a competitive wage and have the opportunity to work in their community year-round.

Monday, March 1 at 9 p.m.

A Good Life

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.

Tuesday, March 7 at 9 p.m.

Art+Medicine= Healthy Aging

The program focuses on the four M’s framework: “Mobility,” “Mentation” (or more commonly thought of as mood and memory), “Medication” and “what Matters” to older adults.

Tuesday, March 14 at 9 p.m.

Defining Hope

Follow eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened.

Tuesday, March 28 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.**

Your Fountain of Youth

Lee Holden illustrates the various ways that qi gong practices can improve quality of life. **Tuesdays at 8 a.m. beginning March 7**

Functional Fitness

Helping to improve specific health conditions including arthritis, osteoporosis, back pain and more, **Thursdays at 8 a.m. beginning March 9**

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.**