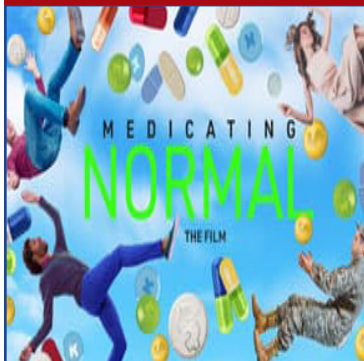


UEN-TV 9.1 Health Highlights - May 2023

Of Interest



Medicating Normal

This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.

Monday, May 1 at 9 p.m.

Aging Matters - Aging and the Workplace

It is estimated that 10,000 baby boomers turn 65 every day in the United States—a trend that will continue for the next decade. The aging population will impact every aspect of our lives, including our professional careers.

Tuesday, May 2 at 8 p.m.

Becoming Trauma Responsive

Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.

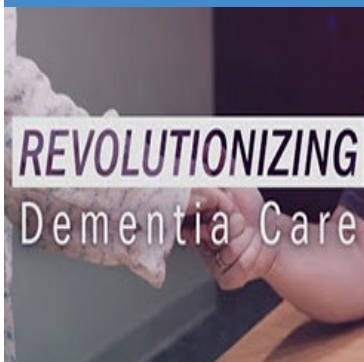
Tuesday, May 2 at 9 p.m.

A Path Forward: Healthcare

The program introduces you to young adults finding their futures within the industry, from providing patient care as a nurse to participating in the Apprentice program at a leading medical device manufacturing facility.

Tuesday, May 9 at 8:30 p.m.

Of Interest



Revolutionizing Dementia Care

The film explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations.

Tuesday, May 9 at 9 p.m.

Art + Medicine: Healthy Aging

Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.

Saturday, May 13 at 8 p.m.

Unconditional: Healing Hidden Wounds

Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.

Tuesday, May 16 at 9 p.m.

The Art of Living Well

Learn of practical tips, real-life success stories and the latest from leading medical experts on aging, while giving older adults the insights and inspiration they need to live healthier, more satisfying lives.

Tuesday, May 30 at 9:30 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.**

Functional Fitness

Helping to improve specific health conditions including arthritis, osteoporosis, back pain and more, **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.