

UEN-TV 9.1 Health Highlights - November 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.

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



Return: Native American Women Reclaim Foodways

Learn of pathways to health and wellness from American Indians who return to ancestral food sources to strengthen cultural ties and heritage.

Wed., Nov 1 at 8:30 p.m.

Life Begins in Wonder

The film offers a view to describing a new kind of wonder - a wonder that is pure and deep that relies on no imagining, no pretending and no creative thinking.

Tues., Nov. 7 at 9:30 p.m.

Have You Heard About Greg?

Greg O'Brien was diagnosed with early onset Alzheimer's at the age of 59. His commitment to starting conversations about this quiet killer has impacted millions worldwide.

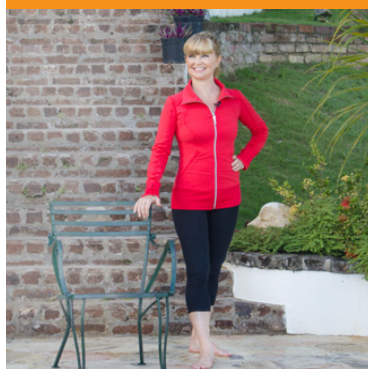
Wed., Nov. 8 at 9 p.m.

Appalachia Heart

Travel with visual artist Charmaine Wheatley on a year-long project to paint portraits of people affected by the opioid crisis in two rural Eastern Kentucky communities.

Sunday, Nov. 12 at 8:30 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.

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.

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.