

UEN-TV 9.1 Health Highlights - April 2024

Health Series



Healthy 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. and Sundays at 11 a.m.

Garden Smart
 The program provides valuable gardening tips, the latest trends “on the verge” and design advice, all with the purpose of making gardening fun and interesting. Topics include landscape design, pests and kids gardening.
Wednesdays at 5 p.m.

Growing a Greener World
 Each episode contains a gardening story, a how-to segment for growing your own food, followed by a fresh-from-the-garden fruit, vegetables or herbs used to create simple and delicious dishes.
Wednesdays at 5:30 p.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



Freedom House Ambulance: The First Responders
 In 1967, inner city Pittsburgh produced America’s first EMT service comprised of Black men and women. The film tells the legacy of the Freedom House Ambulance.
Wednesday, April 3 at 8:30 p.m.

Power Over Parkinson’s
 Examine a range of new approaches aimed at decreasing the impact of Parkinson’s disease symptoms and improving day-to-day life.
Tuesday, April 9 at 8:30 p.m.

Empowered by Parkinson’s
 Explore a holistic approach to wellness for people living with Parkinson’s. Learn of the benefits of continued exercise and activity in the lives of real patients.
Tuesday, April 16 at 8:30 p.m.

Understanding Autism
 Follow director Scott Steindorff on his journey to understand his own Autism, He also discovers a diversity of gifts and challenges experienced by Autistic individuals and their families.
Saturday, April 20 at 9 p.m.

Fitness on TV



Classical Stretch: By Essentrics
 Each episode features a full-body workout with dynamic strengthening and stretching exercises: all-standing, all-floor or all-barre.
Mondays, Wednesdays and Fridays at 8 a.m.

Sit and Be Fit
 The series is designed to make exercise fun, easy and safe for people of all ages. Viewers managing chronic conditions and physical limitations may find the series helpful.
Mondays, Wednesdays and Fridays at 8:30 a.m.

Functional Fitness
 Kick health into high gear with life enhancing workouts focused on helping improve health conditions including arthritis, osteoporosis, back pain and more.
Thursdays at 8 a.m.

Happy Yoga with Sarah Starr
 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.