

UEN-TV 9.1 Health Highlights - February 2024

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.

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 to create simple and delicious dishes.

Wednesdays at 5:30 p.m.

Healthy Minds with Dr. Jeffrey Borenstein

The series humanizes mental health conditions through personal stories, interviews with leading researchers and experts who provide the latest information about diagnosis and treatment.

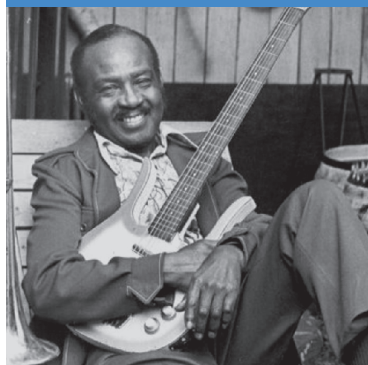
Wednesdays at 1:30 p.m. and Sundays at 11 a.m.

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



Wham Re-Bop-Boom Bam: The Swing Jazz of Eddie Durham

Durham became a leading architect of the Kansas City swing jazz sound in the 1920s and '30s. He was a trombonist, guitarist, writer and arranger. His work with amplified and electric guitars paved the way for rock 'n roll.

Sunday, Feb. 4 at 8:30 p.m.

Symphony Celebration: The Blind Boys of Alabama with Dr. Henry Palon III

The program features the five-time Grammy-winning Blind Boys of Alabama with conductor Dr. Henry Panion III and a full symphony orchestra.

Sunday Feb. 18 at 8:00 p.m.

We are All Plastic People Now

It's in the air. It's in the water. It's buried in our soil and hidden inside the food we eat. Experts alert us to the inevitable impact these unseen chemicals are having on our health.

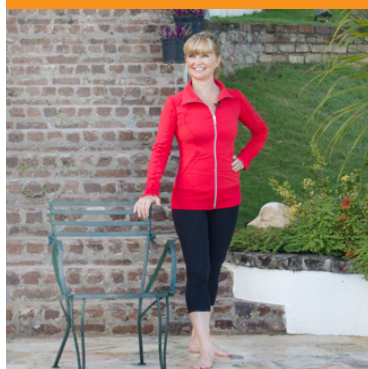
Monday, Feb. 19 at 9 p.m.

7 Lives of Music - The Kanneh-Mason Family

The Kanneh-Masons are seven brothers and sisters ages 12 to 25 years. In May 2021, the siblings collectively received the Global Award for Best Classical Artist.

Sunday, Feb. 25 at 8:00 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

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.