

UEN-TV 9.1 Health Highlights - January 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.
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



All-Star Orchestra

Enjoy a front-row seat to some of the world's greatest music. This series provides features popular symphonic scores and exciting new works by today's leading composers.

Sundays at 8 p.m. beginning January 7

Menopause Makeover

This health series sets out to bust the myth of menopause and provide a natural roadmap for women to feel better than they can remember from midlife onwards.

Tuesdays, at 9:30 p.m. beginning January 2

Project Echo

Project ECHO used a visually interactive forum, Zoom-like technology, to train primary care clinicians to treat hepatitis C and opiate addiction in their own communities, rather than refer them for distant and costly specialty care in Albuquerque.

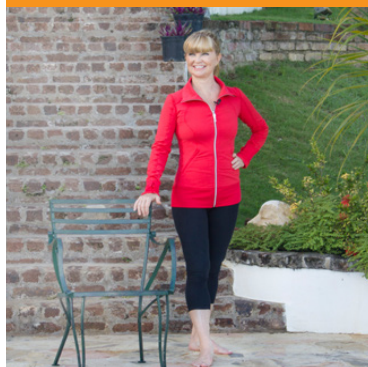
Monday, Jan. 15 at 9 p.m.

Optimizing Life

Watch stories of people facing life-threatening health crises and dramatically turning their health around by embracing new lifestyle choices. With the help of lifestyle medicine, they learn to eat better, exercise more and deal with stress.

Tuesday, Jan. 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.

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.