

# UEN-TV 9.1 Health Highlights - March 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, household and garden 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 to create simple and delicious dishes.

**Wednesdays at 5:30 p.m.**

### In Good Shape - The Health Show

Learn 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



### Lillie D. Shockney: Women in Science and Medicine

Shockney has dedicated her life to breaking down barriers and creating opportunities that improve care given to breast cancer patients.

**Monday, March 4 at 8:30 p.m.**

### In the Night I Remember Your Name

Joy. Loss. Doubt. Faith. The program is a daughter’s chronicle of her mother’s struggle with Alzheimer’s.

**Tuesday, March 5 at 9:30 p.m.**

### Aging Matters: Women Unseen

Learn of challenges women face as they age, including economic insecurity, outliving partners, caregiving responsibilities and policies that impact women over a lifespan.

**Tuesday, March 12 at 9:30 p.m.**

### A Good Life

Look into the lives of six adults living with intellectual and developmental disabilities (I/DD) and their families. Learn of their challenges and opportunities.

**Tuesday, March 19 at 8 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 specific 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.**