



producing engaging content

**Exercise, tech tutorials, crafts,
entertainment & more!**

TUESDAYS AT 11:00 AM

Parkland College Television (PCTV)

Comcast: channel 9

Mediacom: channel 10

AT&T: channel 99

THURSDAYS AT 1:00 PM

Urbana Public Television (UPTV)

Comcast: channel 6 & 1096

i3 Broadband: channel 6

AT&T U-Verse: channel 99

Streaming online anytime!

Questions?

cuwisetv@gmail.com

SEPTEMBER 2

Mindfulness & Meditation

SEPTEMBER 7

Parkland Exercise

SEPTEMBER 9

Let's Plate Nostalgia with Synergy HomeCare
Impulse Tap Dance Ensemble

SEPTEMBER 14

Parkland Exercise

SEPTEMBER 16

Clark-Lindsey Conversations

SEPTEMBER 21

Parkland Exercise

SEPTEMBER 23

Connecting you with Nature Virtual
Hike at Meadowbrook Park with Anita
Purves Nature Center

SEPTEMBER 28

Clark-Lindsey Therapy Topic -
Grip, Hand and Wrist health

SEPTEMBER 30

Crafty Adults | Collage Concepts
with Champaign Public Library