



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

OCTOBER 5 Medicare: Part D, Myths, and Annual Enrollment Preparation from Health Alliance

OCTOBER 12 Exercises

OCTOBER 19 Exercises

OCTOBER 26 Clark-Lindsey Therapy Topic - Sleep A to ZZZ's

OCTOBER 7

OCTOBER 14

OCTOBER 21

OCTOBER 28

Medicare Open Enrollment: Why and How You Should Evaluate Your Plan Annually with Champaign County Healthcare Consumers and Senior Health Insurance Program local sites

C-U Uke Jam at the Meadowbrook Jazz Walk

Clark-Lindsey Conversations

Lincoln & Douglas: Touring Illinois in Turbulent Times