

ISSUES AND PROGRAMS REPORT

STATION: WYLJ 107.5 FM

DATE: From: 07-01-2023

To: 09-30-2023

DURING THE PAST QUARTER, THE ISSUES SHOWN BELOW HAVE BEEN SIGNIFICANT TO OUR COMMUNITY. WE RAN THE PROGRAMS INDICATED TO ADDRESS THEM.

Issue: Obesity

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : LifeStart Seminars: Losing Weight Naturally

Date: 07-10-2023

Time of day: 07:30 AM

Duration: 28:28

Brief Description of Program: (Format, participants, content, etc.):

Host, Dr. David DeRose presents a discussion of the growing problem of obesity in America today. The underlying causes of obesity, such as lifestyle, diet and lack of exercise are presented. Dr. DeRose also gives suggestions for a safe and lasting weight loss program.

Issue: Insomnia

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : Secrets To Wellness: Sleep

Date: 08-07-2023

Time of day: 01:30 PM

Duration: 27:28

Brief Description of Program: (Format, participants, content, etc.):

Host, Teenie Finley presents the issue of loss of sleep and "Sleep Debt" in today's electronic society. The effects of extended screen time coupled with the use of caffeine, longer work hours and lack of exercise as they pertain to sleep are also discussed. Suggestions for increasing exercise and the quality as well as quantity of sleep are also discussed.

Issue: Joint Pain

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : The Ultimate Prescription: Joint Pain

Date: 08-22-2023

Time of day: 03:00 PM

Duration: 28:00

Brief Description of Program: (Format, participants, content, etc.):

Hosts, Nick Everson and Dr. James Marcum present a discussion of the causes and treatment options for chronic joint pain. The effects of lifestyle, exercise, and diet are also discussed.

Issue: Sedentary Lifestyles

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT :The Ultimate Prescription: Movement

Date: 08-29-2023

Time of day: 03:30 PM

Duration: 28:30

Brief Description of Program: (Format, participants, content, etc.):

Hosts, Nick Everson and Dr. James Marcum discuss the effects of our non-mobile society on overall health. The problems associated with extended computer use and being seated for long periods are also discussed. Dr. Marcum presents suggestions for changes in daily routine to allow for exercise to help with pain and stiffness.

Issue: Cardiovascular Disease

WE RAN THE FOLLOWING PROGRAM TO ADDRESS IT : The Ultimate Prescription: Common Heart Ailments

Date: 09-05-2023

Time of day: 03:00 PM

Duration: 28:00

Brief Description of Program: (Format, participants, content, etc.):

Hosts, Nick Everson and Dr. James Marcum present an overview of the growing problem of heart disease. The major causes, effects and treatments are presented along with suggestions for lifestyle and diet changes to help alleviate the causes and symptoms of heart disease are presented.


Michael L. Shinn, General Manager WYLJ-FM

10-05-2023

Date