

Community Program Issues List

October through December 2022

All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

2022-10-02 03:30*	From Sickness to Health	Rico Hill (Host), Camille Clark, Thomas Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2022-10-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2022-10-02 12:00*	Live to Be Well		discusses inner city finances.
2022-10-03 01:00!	Celebrating Life in Recovery	Cheri Peters, Cliff and Freddie Harris	Cheri Peters and Cliff and Freddie Harris discuss rejoicing in the lord.
2022-10-03 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2022-10-03 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Mark Lenz discuss knee rehab.
2022-10-03 13:30*	Abundant Living		discusses tools for transformation.
2022-10-03 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2022-10-04 05:30*	Wonderfully Made	Don Morgan	Don Morgan explains the importance of physical activity for those with diabetes.
2022-10-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2022-10-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2022-10-05 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2022-10-05 13:30*	Abundant Living		discusses sista, can we talk?.
2022-10-05 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2022-10-05 15:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2022-10-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2022-10-06 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2022-10-07 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2022-10-07 05:30*	Ultimate Prescription		discusses brain health (part 2).
2022-10-07 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2022-10-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2022-10-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2022-10-09 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2022-10-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.

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2022-10-09 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2022-10-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2022-10-10 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2022-10-10 13:30*	Abundant Living		discusses relieving power surges.
2022-10-10 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2022-10-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2022-10-11 05:30*	Wonderfully Made	Don Morgan	Don Morgan explains the importance of physical activity for those dealing with cancer.
2022-10-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2022-10-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillo et al.
2022-10-11 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2022-10-12 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2022-10-12 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brackin, Brown, Elledge, Hanna, Porter, Williams	Ron Giannoni and Gudrun Olafsdottir discuss hidden thyroid issues.
2022-10-12 13:30*	Abundant Living		discusses a woman's heart.
2022-10-12 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2022-10-12 23:00!	Today Cooking		discusses quick & easy supper meals.
2022-10-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2022-10-13 12:00*	Ultimate Prescription		discusses physiology of worship.
2022-10-13 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2022-10-14 03:30*	Live to Be Well		discusses patience to endure.
2022-10-14 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2022-10-14 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brian Heath discuss fat burning.
2022-10-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2022-10-16 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.

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2022-10-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2022-10-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2022-10-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2022-10-17 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning. discusses reversing heart failure.
2022-10-17 13:30*	Abundant Living		
2022-10-17 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2022-10-18 02:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2022-10-18 05:30*	Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss the heart and heart attacks.
2022-10-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2022-10-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2022-10-18 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2022-10-19 06:00*	Body and Spirit	Dick Nunez (Host), Terrance Marshall	Dick Nunez and Lisa Nunez discuss fibromyalgia. discusses everyday favorites.
2022-10-19 08:00!	Today Cooking		
2022-10-19 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Fred Stoeker	Cheri Peters, Brackin, Brown, Elledge, Hanna, Porter, and Williams discuss multi - guest. discusses crockpot cooking.
2022-10-19 13:30*	Abundant Living		
2022-10-19 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2022-10-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2022-10-20 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of excercising. discusses learning to forgive.
2022-10-21 03:30*	Live to Be Well		
2022-10-21 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits. discusses worship as treatment.
2022-10-21 05:30*	Ultimate Prescription		
2022-10-21 06:00*	Body and Spirit	Dick Nunez (Host), Brandon Tygret	Dick Nunez and Terrance Marshall discuss shoulder pain.
2022-10-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2022-10-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2022-10-23 12:00*	Live to Be Well		discusses straight ahead.

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2022-10-23 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2022-10-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Keeslers	Cheri Peters and Fred Stoeker discuss fred stoeker.
2022-10-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2022-10-24 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brandon Tygret discuss strength training.
2022-10-24 13:30*	Abundant Living		discusses the master gland.
2022-10-24 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2022-10-25 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2022-10-25 05:30*	Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss winning the cardiovascular war.
2022-10-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2022-10-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2022-10-25 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2022-10-26 06:00*	Body and Spirit	Dick Nunez (Host), Mary Cordes	Dick Nunez and Lisa Nunez discuss supplements.
2022-10-26 13:30*	Abundant Living		discusses thyroid recovery!
2022-10-26 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2022-10-26 15:00!	Today Cooking		discusses authentic indian cuisine.
2022-10-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2022-10-27 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2022-10-27 12:00*	Ultimate Prescription		discusses the one bowl meal.
2022-10-27 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2022-10-28 04:30*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2022-10-28 06:00*	Body and Spirit	Dick Nunez (Host), Kenny Rivera	Dick Nunez and Mary Cordes discuss osteoporosis.
2022-10-28 09:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the matter.
2022-10-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2022-10-30 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.

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2022-10-31 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Morrison	Cheri Peters and friend Morrison discuss generational healing recovery from substance addiction.
2022-10-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2022-10-31 06:00*	Body and Spirit	Michael Webb, Dick Nunez, Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2022-10-31 13:30*	Abundant Living		discusses mom's special breakfast.
2022-10-31 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2022-11-01 05:30*	Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller give insights on hospice care.
2022-11-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2022-11-01 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2022-11-01 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2022-11-02 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2022-11-02 13:30*	Abundant Living		discusses malignancies of matrons & misses.
2022-11-02 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2022-11-02 20:00!	Today Cooking		discusses simply fresh.
2022-11-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2022-11-03 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2022-11-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2022-11-04 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2022-11-04 05:30*	Ultimate Prescription		discusses the number 1 killer.
2022-11-04 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2022-11-04 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2022-11-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2022-11-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2022-11-06 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2022-11-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2022-11-07 06:00*	Body and Spirit	Dick Nunez, Elora Ford, Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2022-11-07 13:30*	Abundant Living		discusses sunshine vitamin.

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2022-11-07 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.
2022-11-08 05:30*	Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss caring for the terminally ill.
2022-11-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2022-11-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2022-11-08 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2022-11-09 06:00*	Body and Spirit	Dick Nunez (Host), Barbara Nolen, Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2022-11-09 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Kevin and Tara Hart	Cheri Peters and friend Leo Schreven openly discuss some of the challenges of recovery from additions.
2022-11-09 13:30*	Abundant Living		discusses mixed berry recipes.
2022-11-09 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2022-11-09 23:00!	Today Cooking		discusses parties made simple.
2022-11-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2022-11-10 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.
2022-11-10 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2022-11-11 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2022-11-11 05:30*	Ultimate Prescription		discusses how to reduce your risk of coronary artery disease.
2022-11-11 06:00*	Body and Spirit	Susan Santos, Dick Nunez, Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2022-11-11 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2022-11-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2022-11-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2022-11-13 12:00*	Live to Be Well		discusses i'm changing.
2022-11-13 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2022-11-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Vicki Duffy	Cheri Peters, with friend Leo Schreven, offers some plain talk and ideas about making healthy choices.
2022-11-14 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.

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2022-11-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2022-11-15 05:30*	Wonderfully Made	James Marcum & Danny Miller	Rick Howard discusses the dangers of the occult.
2022-11-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2022-11-15 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2022-11-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2022-11-16 06:00*	Body and Spirit	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strength training for seniors.
2022-11-16 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2022-11-16 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!
2022-11-16 23:00!	Today Cooking		discusses christmas brunch.
2022-11-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2022-11-17 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.
2022-11-17 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2022-11-18 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!
2022-11-18 05:30*	Ultimate Prescription		discusses atrial fibrillation.
2022-11-18 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2022-11-18 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2022-11-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2022-11-20 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2022-11-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2022-11-20 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2022-11-21 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), John Leaman	Cheri Peters, with friend John Learman, offers plain talk about Alcoholism
2022-11-21 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.

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2022-11-21 06:00*	Body and Spirit	Joe Carrell, Dee Hilderbrand, Dick Nunez	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2022-11-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2022-11-21 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2022-11-22 05:30*	Wonderfully Made	Don Morgan	Jim Marcum and Danny Miller discuss integrative medicine.
2022-11-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strengthening exercises.
2022-11-22 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2022-11-22 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2022-11-23 06:00*	Body and Spirit	Dick Nunez, Justin Walker, Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for strength training for youth.
2022-11-23 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2022-11-23 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2022-11-23 15:00!	Today Cooking		discusses thanksgiving supper celebration.
2022-11-25 03:30*	Live to Be Well		discusses no regrets.
2022-11-25 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2022-11-25 05:30*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 1.
2022-11-25 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, Mindy Kellum	Dick Nunez, with helpers, demonstrate beginning exercising.
2022-11-25 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2022-11-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2022-11-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2022-11-27 12:00*	Live to Be Well		discusses not letting go!.
2022-11-27 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2022-11-28 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Cladoosby	Cheri Peters, with friend Brian Cladoosby, offers plain talk about the Road to Sobriety from Alcoholism and Substance Abuse.
2022-11-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2022-11-28 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.

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2022-11-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2022-11-28 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.
2022-11-29 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses physical activity and the older adult.
2022-11-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2022-11-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2022-11-29 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2022-11-30 06:00*	Body and Spirit	Dick Nunez, Scott Tanner, Miles Scruggs	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2022-11-30 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2022-11-30 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch? discusses tobago cuisine.
2022-11-30 23:00!	Today Cooking		
2022-12-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2022-12-01 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2022-12-01 12:00*	Ultimate Prescription		discusses 21 facing cardiovascular disease part 2.
2022-12-01 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2022-12-02 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2022-12-02 06:00*	Body and Spirit	Ethel Carlsson, Elora Ford, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2022-12-02 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2022-12-02 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2022-12-04 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2022-12-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2022-12-04 12:00*	Live to Be Well		discusses taking my life back.
2022-12-04 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2022-12-05 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Mary Holley MD	Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 1.
2022-12-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.

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2022-12-05 06:00*	Body and Spirit	Dick Nunez (Host), Michael Webb, Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2022-12-05 13:30*	Abundant Living	Curtis & Paula Eakins	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2022-12-05 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2022-12-06 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2022-12-06 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
2022-12-06 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2022-12-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2022-12-06 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2022-12-07 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
2022-12-07 08:00!	Today Cooking		discusses breakfast made simple.
2022-12-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2022-12-07 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2022-12-08 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2022-12-08 12:00*	Ultimate Prescription		discusses rhythms of the heart.
2022-12-08 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2022-12-09 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2022-12-09 06:00*	Body and Spirit	Tammy Larson, Dick Nunez, Patricia Juarez	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
2022-12-09 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2022-12-11 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2022-12-11 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2022-12-11 12:00*	Live to Be Well		discusses young, gifted, and blessed.
2022-12-11 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2022-12-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Mary Holley MD	Cheri Peters with Mary Holley, MD discuss the Meth Mindset. Part 2.
2022-12-12 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.

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2022-12-12 06:00*	Body and Spirit	Michael Webb, Miles Scruggs, Dick Nunez	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2022-12-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2022-12-12 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2022-12-13 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2022-12-13 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Don Morgan discusses physical activity and heart disease.
2022-12-13 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Becky Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2022-12-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2022-12-13 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2022-12-14 06:00*	Body and Spirit	Nicole Garcia, Dick Nunez	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.
2022-12-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.
2022-12-14 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2022-12-14 23:00!	Today Cooking		discusses lomagang family christmas dinner.
2022-12-15 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2022-12-15 12:00*	Ultimate Prescription		discusses the latest advancements in medical tech.
2022-12-15 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2022-12-16 04:30*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2022-12-16 06:00*	Body and Spirit	Dick Nunez, Tony Hall, John Dinzey	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises for Baby Boomers.
2022-12-16 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2022-12-18 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2022-12-18 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2022-12-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Michael Kontes	Cheri Peters and Michael Kontes discuss the trama of the loss of a child. The discussion focuses on awareness and helps.

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2022-12-19 05:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2022-12-19 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2022-12-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2022-12-19 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2022-12-20 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2022-12-20 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.
2022-12-20 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2022-12-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2022-12-20 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2022-12-21 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
2022-12-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2022-12-21 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2022-12-21 23:00!	Today Cooking		discusses christmas with the menas.
2022-12-22 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2022-12-22 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2022-12-22 12:00*	Ultimate Prescription		discusses Danny Shelton's experience with bypass surgery.
2022-12-22 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2022-12-23 03:30*	Live to Be Well		discusses special treasure.
2022-12-23 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2022-12-23 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
2022-12-23 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2022-12-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2022-12-26 06:00*	Body and Spirit	Elora Ford, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
2022-12-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.

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2022-12-26 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2022-12-27 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
2022-12-27 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2022-12-28 06:00*	Body and Spirit	Michael Webb, Dick Nunez, David Weston	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
2022-12-28 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Cheri Buckner-Webb	Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today.
2022-12-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss something new under the sun.
2022-12-28 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2022-12-28 15:00!	Today Cooking		discusses meals in minutes.
2022-12-29 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2022-12-29 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2022-12-29 12:00*	Ultimate Prescription		discusses danny shelton's experience with bypass surgery.
2022-12-30 03:30*	Live to Be Well		discusses against all odds.
2022-12-30 04:30*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2022-12-30 06:00*	Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
2022-12-30 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.