

Community Issues Program List

January through March 2020

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

Date and Time	Program	Talent	Description
2020-04-01 06:00*	Body and Spirit	Jason Maxwell, Andrew Hard, Dick Nunez	Dick Nunez, with helpers, demonstrate beginning exercises.
2020-04-01 13:30*	Abundant Living		discusses h for herbal medicine.
2020-04-01 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2020-04-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2020-04-02 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2020-04-02 12:00*	Ultimate Prescription		discusses danny shelton's experience with bypass surgery.
2020-04-02 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.
2020-04-03 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2020-04-03 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2020-04-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2020-04-03 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke.
2020-04-05 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-04-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2020-04-05 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.
2020-04-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2020-04-06 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Andrew Hard and Jason Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2020-04-06 13:30*	Abundant Living		discusses e for eating.
2020-04-06 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2020-04-07 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2020-04-07 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2020-04-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2020-04-07 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 strenthening exercises.
2020-04-07 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.

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Date and Time	Program	Talent	Description
2020-04-08 06:00*	Body and Spirit	Dick Nunez, Madison Turner, Kim Rogers	Dick Nunez with Kim Rogers and Madison Turner demonstrates exercise routines for circuit training for women.
2020-04-08 13:30*	Abundant Living		discusses a is for adoration.
2020-04-08 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2020-04-09 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2020-04-09 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-04-09 12:00*	Ultimate Prescription		discusses valves of the heart.
2020-04-09 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.
2020-04-10 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2020-04-10 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Brittany Nunez, Christy Soderling, and Dick Nunez discuss hope.
2020-04-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2020-04-10 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in child iq, stroke, heat exhaustion, etc..
2020-04-12 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-04-12 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2020-04-12 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.
2020-04-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2020-04-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2020-04-13 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Christy Soderling	Dick Nunez with Brittany Nunez and Christy Soldering discusses Fat Metabolism as well as demonstrates exercise routines for health.
2020-04-13 13:30*	Abundant Living		discusses I for liquids.
2020-04-13 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2020-04-14 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2020-04-14 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2020-04-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2020-04-14 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.

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2020-04-14 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-04-15 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.
2020-04-15 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Connie Gilbert	Cheri Peters and Connie Gilbert discuss title domestic violence.
2020-04-15 13:30*	Abundant Living		discusses healthy heart cooking.
2020-04-15 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2020-04-16 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2020-04-16 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2020-04-16 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2020-04-16 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2020-04-17 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2020-04-17 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for spinal health.
2020-04-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2020-04-17 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stds, secrets of aging, etc.
2020-04-19 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-04-19 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2020-04-19 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.
2020-04-20 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2020-04-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-04-20 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, Andrew Hard	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for dealing with aggression
2020-04-20 13:30*	Abundant Living		discusses e for exercise.
2020-04-20 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.
2020-04-21 05:30*	Wonderfully Made	Christine Salter	Christine Salter discusses prevention and screening.

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2020-04-21 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2020-04-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2020-04-21 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2020-04-21 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-04-22 06:00*	Body and Spirit	Andrew Hard, Jason Maxwell, Dick Nunez	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for super slow training.
2020-04-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to a high life.
2020-04-22 13:30*	Abundant Living		discusses r for rest.
2020-04-22 14:00*	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.
2020-04-23 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2020-04-23 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-04-23 12:00*	Ultimate Prescription		discusses exercise.
2020-04-23 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.
2020-04-24 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2020-04-24 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with tennis elbow.
2020-04-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2020-04-24 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss new start.
2020-04-26 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-04-26 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2020-04-26 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.
2020-04-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2020-04-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2020-04-27 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help with chronic pain.
2020-04-27 13:30*	Abundant Living		discusses meals in minutes.

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2020-04-27 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2020-04-28 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss prostate problems.
2020-04-28 06:00*	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2020-04-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2020-04-28 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.
2020-04-28 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-04-29 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for slow training for women.
2020-04-29 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2020-04-29 13:30*	Abundant Living		discusses s for sunlight.
2020-04-29 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2020-04-30 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2020-04-30 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-04-30 12:00*	Ultimate Prescription		discusses disease that canâ€™t be cured.
2020-04-30 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.
2020-05-01 03:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2020-05-01 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez with Christy Soderling and Britney Nunez discuss and demonstrate exercise routines for overcoming addiction.
2020-05-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-05-01 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in memory, sleep, and retirement.
2020-05-03 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-05-03 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2020-05-03 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2020-05-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.

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2020-05-04 13:30*	Abundant Living		discusses tools for transformation.
2020-05-04 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2020-05-05 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcoming back pain.
2020-05-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2020-05-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2020-05-05 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.
2020-05-05 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-05-06 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2020-05-06 13:30*	Abundant Living		discusses the one bowl meal.
2020-05-06 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicyccycle.
2020-05-07 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2020-05-07 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-05-07 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2020-05-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2020-05-08 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2020-05-08 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
2020-05-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2020-05-08 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2020-05-10 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-05-10 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2020-05-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2020-05-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.

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2020-05-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2020-05-11 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez with Rick Nunez and William Brauer discuss does everyone need milk as well as demonstrates exercise routines for health.
2020-05-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2020-05-11 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2020-05-12 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2020-05-12 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2020-05-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2020-05-12 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2020-05-12 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-05-13 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, William Brauer	Dick Nunez with Rick Nunez and William Brauer discuss where less is more as well as demonstrates exercise routines for health.
2020-05-13 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.
2020-05-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2020-05-13 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2020-05-14 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2020-05-14 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-05-14 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2020-05-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2020-05-15 03:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2020-05-15 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines to help with the immune system.
2020-05-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2020-05-15 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.

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2020-05-17 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2020-05-17 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2020-05-17 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2020-05-18 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2020-05-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2020-05-18 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2020-05-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2020-05-18 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2020-05-19 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled When Good Wombs Go Bad.
2020-05-19 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2020-05-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2020-05-19 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2020-05-19 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2020-05-20 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
2020-05-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2020-05-20 13:00*	Issues and Answers	Shelley Quinn (Host), Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2020-05-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2020-05-20 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2020-05-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2020-05-21 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.

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2020-05-21 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2020-05-21 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.
2020-05-22 03:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2020-05-22 06:00*	Body and Spirit	Dick Nunez, Kim & Madison	Dick Nunez demonstrate exercise routines for circuit training.
2020-05-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2020-05-22 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2020-05-24 03:30*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2020-05-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2020-05-24 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.
2020-05-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2020-05-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2020-05-25 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2020-05-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2020-05-25 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2020-05-26 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2020-05-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2020-05-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2020-05-26 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.
2020-05-26 17:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2020-05-27 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well as demonstrates exercise routines for digestive health.

Community Issues Program List

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Date and Time	Program	Talent	Description
2020-05-27 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.2.
2020-05-27 13:00*	Issues and Answers	Shelley Quinn (Host), Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss differences between men & women.
2020-05-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2020-05-27 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2020-05-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2020-05-28 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2020-05-28 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2020-05-28 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.
2020-05-29 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2020-05-29 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as well as demonstrates exercise routines for health.
2020-05-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2020-05-29 10:00*	Health for a Lifetime	Don Mackintosh (Host), Vicki Griffin	Don Mackintosh and Vicki Griffin discuss freedom from habits that hurt.
2020-05-31 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2020-05-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show excercises with aerobic intensity.
2020-05-31 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.
2020-06-01 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.
2020-06-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2020-06-01 06:00*	Body and Spirit	Dick Nunez (Host), Jonathan Hopkins, Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
2020-06-01 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2020-06-02 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.

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Date and Time	Program	Talent	Description
2020-06-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2020-06-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2020-06-02 17:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2020-06-03 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2020-06-03 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Janelle & Donald Owen	Cheri Peters, Janelle, and Donald Owen discuss self abuse.
2020-06-03 13:00*	Issues and Answers	Shelley Quinn (Host), Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss women & the genesis three curse.
2020-06-03 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2020-06-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2020-06-04 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2020-06-05 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2020-06-05 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines to help with diabetes.
2020-06-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2020-06-07 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2020-06-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2020-06-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2020-06-08 06:00*	Body and Spirit	Dick Nunez (Host), Omar Mosquera, Jonathan Hopkins	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migraine headaches.