All times are Cel	ntral Time Zone. Prog T	irams marked * are 30 m	in and ! are 1 nour
Date and Time	Program	Talent	Description
2019-10-01 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of
			hypertension.
2019-10-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez, Corrie Sample, and Daniel
2010 10 01 12:20*	Cook 20	Hopkins, Corrie Sample	Hopkins discuss protein.
2019-10-01 13:30*	COOK 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2019-10-01 14.00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
2010 10 01 14.00	body and opint (new)	Lauren Rittenhouse, Andi	and Lauren Rittenhouse show stepping
		Hunsaker M.D.	excercises for osteoporosis.
2019-10-01 17:00*	From Sickness to	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my
	Health		friend arthur.
2019-10-02 02:00!	Celebrating Life in	Cheri Peters (Host), Chris	Cheri Peters and Chris Corzine discuss
	Recovery	Corzine	victory over Meth addiction.
2019-10-02 06:00*	Body and Spirit	Dick Nunez (Host), Mary	Dick Nunez and Mary Cordes discuss
0040 40 00 40 00		Cordes	osteoporosis.
2019-10-02 13:00*	Issues and Answers	Shelley Quinn (Host), Bob,	Karen Thomas and Pr. Steve Caza discuss
2010 10 02 12:20*	Abundant Living	Curtia & Daula Fakina	love drops.
2019-10-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2019-10-02 14:00*	Action 4 Life	Casio Jones (Host), Tom	Casio Jones with Tom Mann discuss
2010 10 02 14.00		Mann	Nutrition
2019-10-03 04:30*	Issues and Answers	Shelley Quinn (Host), Bob,	Karen Thomas and Pr. Steve Caza discuss
			love drops.
2019-10-03 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez,	Dick Nunez and helpers show aerobics
		Brittany Nunez	exercises for health.
2019-10-03 10:00*	From Sickness to	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my
	Health		friend arthur.
2019-10-03 12:00*	Ultimate Prescription	Lundi Soburortz M.D. (Hoot)	discusses water.
2019-10-03 14:00*	Body and Spirit (New)	-	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic
		Rittenhouse	excercises than can be done in the home.
2019-10-04 03:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Tom discuss exercise
		Tom	by cycling.
2019-10-04 06:00*	Body and Spirit	Dick Nunez (Host), Kenny	Dick Nunez and Kenny Rivera discuss
	- ·	Rivera	depression.
2019-10-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini
			fritters et al.
2019-10-04 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Christina Salter discuss
0040 40 00 00 00*		Christina Salter	gynecological.
2019-10-06 03:30*		Rico Hill (Host), Jim Said,	Rico Hill, Jim Said, and Lydia Calhoun
2019-10-06 06:00*	Health Body and Spirit Acrobics	Lydia Calhoun Becky Garber, Dick Nunez,	discuss a new prescription. Dick Nunez with helpers shows simple
2019-10-00 00.00	Body and Spirit Aerobics	Fred Garber	exercises to control stress.
2019-10-06 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	Andi Hunsaker M.D., Lauren Rittenhouse and
2010 10 00 11.00		Lyndi Schwartz, Lauren	Lyndi Schwartz discuss the joy of
		Rittenhouse	excercising.
2019-10-07 01:00!	Celebrating Life in	Cheri Peters (Host), Apryl	Cheri Peters, Apryl Cordry, and Nicole Day
	Recovery	Cordry, Nicole Day	discuss teen challenges.
2019-10-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad
			mingle.

Date and Time	Program	Talent	Description
2019-10-07 06:00*	Body and Spirit	Michael Webb, Dick Nunez, Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2019-10-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2019-10-07 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2019-10-08 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2019-10-08 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2019-10-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and others.
2019-10-08 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.
2019-10-08 17:00*	Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-10-09 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Apryl Cordry, Nicole Day	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges.
2019-10-09 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2019-10-09 13:00*	Issues and Answers	Shelley Quinn (Host), Bob	Karen Thomas and Cheryl and David Jones discuss the wedding cake.
2019-10-09 13:30* 2019-10-09 14:00*	Abundant Living Action 4 Life	Curtis & Paula Eakins Casio Jones (Host), Sarah Behn	Curtis and Paula Eakins discuss true mph. Casio Jones with Sarah Behn talk about Juice and health.
2019-10-10 04:30*	Issues and Answers	Shelley Quinn (Host), Bob	Karen Thomas and Cheryl and David Jones discuss the wedding cake.
2019-10-10 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.
2019-10-10 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-10-10 12:00*	Ultimate Prescription		discusses nutrition for diabetes.
2019-10-10 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.
2019-10-11 03:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2019-10-11 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.
2019-10-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-10-11 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss neurologic disorder.
2019-10-13 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-10-13 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.

Date and Time	Program	Talent	Description
2019-10-13 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.
2019-10-13 21:00!	Recovery	Cheri Peters (Host), Megan Baez, Mylynda Ortiz	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2
2019-10-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Megan Baez, Mylynda Ortiz	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2
2019-10-14 05:30* 2019-10-14 06:00*	Cook 30 Body and Spirit	Jeremy Dixon Dick Nunez, Elora Ford,	Jeremy Dixon discusses healthy finger food. Dick Nunez with helpers discusses fitness
2019-10-14 13:30*	Abundant Living	Ethel Carlsson	level and demonstrates exercises to help. discusses drugs dark side.
2019-10-14 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2019-10-15 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2019-10-15 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2019-10-15 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2019-10-15 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.
2019-10-15 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-10-16 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Megan Baez, Mylynda Ortiz	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2
2019-10-16 06:00*	Body and Spirit	Dick Nunez (Host), Barbara Nolen, Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2019-10-16 13:00*	Issues and Answers	Shelley Quinn (Host), Bob	Karen Thomas and Pr. Kymone Hinds discuss the source of healing.
2019-10-16 13:30* 2019-10-16 14:00*	Abundant Living Action 4 Life	Casio Jones (Host),	discusses h for herbal medicine. Casio Jones and Monique Anderson discuss
2019-10-17 04:30*	Issues and Answers	Monique Anderson Shelley Quinn (Host), Bob	Florida wellness center. Karen Thomas and Pr. Kymone Hinds discuss the source of healing.
2019-10-17 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2019-10-17 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2019-10-17 12:00*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2019-10-17 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.
2019-10-18 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2019-10-18 06:00*	Body and Spirit	Susan Santos, Dick Nunez, Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2019-10-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.

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Date and Time	Program	Talent	Description
2010-10-18 10.00*			Description
2013-10-10 10.00		Don Mackintosh (Host), Phil	
2019-10-20 03:30*		Mills Rico Hill (Host), Schubert	stroke. Rico Hill (Host), Schubert Palmer, and Jim
		Palmer, Jim Said	Said discuss where's the rest of my sleep?
	Body and Spirit Aerobics		Senior Citizen Fitness involves appropriate
			exercising.
2019-10-20 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, LaDonna Terrill, and Tim
		LaDonna Terrill, Tim	Tiernan show how to do strenght training
2010 10 20 21:00	Colobration Life in	Tiernan	exercises.
2019-10-20 21:00!	Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?
	Celebrating Life in	Cheri Peters (Host), Melody	Cheri Peters and Melody Prettyman discuss
	Recovery	Prettyman	food vs. god - who wins?
	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2019-10-21 06:00*	Body and Spirit	Dick Nunez, Greg Morikone,	Dick Nunez with helpers shows aerobics
		John Leaman	exercises designed for the elderly.
	Abundant Living		discusses e for eating.
2019-10-21 14:00*	Action 4 Life	Casio Jones (Host), Nadine	Casio Jones and Nadezda Stortz discuss
		Brooks	reducing body fat sensibly and demonstrate excercises
2019-10-22 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the
			ineffectiveness of low-calorie diets, pt 2.
2019-10-22 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and
			discusses Senior Exercise.
2019-10-22 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza &
2019-10-22 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	others. Jeanie Weaver, Teresa Bonilla, and Tim
2019-10-22 14.00	Body and Spint (New)	Teresa Bonilla, Tim Tiernan	Tiernan show exercises to help control your
			waisline.
2019-10-22 17:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host), Schubert Palmer, and Jim
	Health	Palmer, Jim Said	Said discuss where's the rest of my sleep?.
	Celebrating Life in	Cheri Peters (Host), Melody	Cheri Peters and Melody Prettyman discuss
	Recovery	Prettyman	food vs. god - who wins?
2019-10-23 06:00*	Body and Spint	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strengh training
			for seniors.
2019-10-23 13:00*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics
			anonymous part 4.
2019-10-23 13:30*	-	.	discusses a is for adoration.
2019-10-23 14:00*	Action 4 Life	Casio Jones (Host), Idalia	Casio Jones and Idalia Dinzey discuss the
2019-10-24 04:30*	Issues and Answers	Dinzey Shelley Quinn (Host), Bob	options of bicycles Shellov Quinn and Bob discuss alcoholics
2013-10-24 04.30	135063 and Answers		Shelley Quinn and Bob discuss alcoholics anonymous part 4.
2019-10-24 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez,	Dick Nunez with helpers show and talk about
	, ,	Rick Nunez	exercises for autoimmune disease.
2019-10-24 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host), Schubert Palmer, and Jim
	Health	Palmer, Jim Said	Said discuss where's the rest of my sleep?.
	Ultimate Prescription	1 1 1 A / / · · · ·	discusses brain health (part 1).
2019-10-24 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim	Jeanie Weaver, Tim Tiernan, and Wendy
		Tiernan, Wendy Mitchell	Mitchell show exercises to help aching feet.

Date and Time	Program	Talent	Description
2019-10-25 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss
2019-10-25 06:00*	Body and Spirit		running benefits. Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2019-10-25 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2019-10-25 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss back pain.
2019-10-27 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.
2019-10-27 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2019-10-27 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.
2019-10-28 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2019-10-28 06:00*	Body and Spirit	Joe Carrell, Dee Hilderbrand, Dick Nunez	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2019-10-28 13:30*	Abundant Living		discusses I for liquids.
2019-10-28 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2019-10-29 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.
2019-10-29 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
2019-10-29 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2019-10-29 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.
2019-10-29 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.
2019-10-30 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.
2019-10-30 13:30* 2019-10-30 14:00*	Abundant Living Action 4 Life	Casio Jones (Host), Marcie	discusses healthy heart cooking. Casio Jones with Marcie English discuss
2019-10-31 06:00*		English	Kayaking .
2019-10-31 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.
2019-10-31 12:00* 2019-10-31 14:00*	Ultimate Prescription Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	discusses brain health (part 2). Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.

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Date and Time	Program	Talent	Description	
2019-11-01 03:00*	Action 4 Life		Casio Jones with Nadine Brooks discuss	
		Brooks	exercise to improve balance.	
2019-11-01 06:00*	Body and Spirit	Randi Brewer, Dick Nunez,	Dick Nunez, with helpers, demonstrate	
0040 44 04 00 00*	0 1 00	Mindy Kellum	beginning exercising.	
2019-11-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.	
2019-11-01 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and John Chung discuss	
2010 11 02 02.20*	From Sicknoop to	John Chung Diag Hill (Heat), Schubert	skin disease for children.	
2019-11-03 03:30*	Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.	
2019-11-03 06:00*		Dick Nunez, Fred Garber	For those that may be lower-body	
2019-11-03 00.00	body and Spint Aerobics	Dick Nullez, I leu Galbei	challenged, Dick Nunez demonstrates simple	
			exercises with Fred Garber.	
2019-11-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Garland & Donna Blanton	
2010 11 00 1100		Garland & Donna Blanton	show how to do a spinal wrap that will help	
			straighten your posture.	
2019-11-03 21:00!	Celebrating Life in	Cheri Peters (Host), Annette	Cheri Peters, Annette Washington, and Pam	
	Recovery	Washington, Pam Talley	Talley discuss the love of a grandparent.	
2019-11-04 01:00!	Celebrating Life in	, , ,	Cheri Peters, Annette Washington, and Pam	
	Recovery	Washington, Pam Talley	Talley discuss the love of a grandparent.	
2019-11-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.	
2019-11-04 06:00*	Body and Spirit	Greg Morikone, Michael	Dick Nunez shows how to tone your muscles.	
		Webb, Dick Nunez	Helpers are Rick Nunez and Andrew Hard.	
2019-11-04 13:30*	Abundant Living		discusses e for exercise.	
2019-11-04 14:00*	Action 4 Life	Casio Jones (Host), Frances	Casio Jones and Frances Czeizinger	
		Czeizinger	demonstrate exercise techniques.	
2019-11-05 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers &	
			immune system, pt. 1.	
2019-11-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez,	Dick Nunez and helpers demonstrate simple	
		Becky Garber	home exercises for women.	
2019-11-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken &	
			others.	
2019-11-05 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Betsy Sajdak, and Donna	
		Betsy Sajdak, Donna Hall	Hall show us how to do body stretches.	
2019-11-05 17:00*		Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss	
2010 11 00 00:001	Health	Palmer	when the heart attacks.	
2019-11-06 02:00!	Celebrating Life in	· · · · ·	Cheri Peters, Annette Washington, and Pam	
	Recovery	Washington, Pam Talley	Talley discuss the love of a grandparent.	
2019-11-06 06:00*	Body and Spirit	Dick Nunez, Scott Tanner,	Dick Nunez shows exercises geared as a	
2010 11 00 00.00	body and opine	Miles Scruggs	workout for men. Helpers are Fred Garber	
			and Matthew Hard.	
2019-11-06 13:30*	Abundant Living		discusses r for rest.	
2019-11-06 14:00*	Action 4 Life	Casio Jones (Host), Dee	Casio Jones and Dee Hilderbrand	
	·	Hilderbrand	demonstrate exercise techniques.	
2019-11-07 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky	Dick Nunez and helpers demonstrate	
		Garber, Dick Nunez	exercises and discuss the pitfalls of fad diets.	

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Date and Time	Program	Talent	Description	
2019-11-07 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss	
0040 44 07 40.00*	Health	Palmer	when the heart attacks.	
2019-11-07 12:00*	•	Andi Hunaakar (Haat)	discusses physiology of worship.	
2019-11-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.	
		Schwartz		
2019-11-08 03:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.	
2019-11-08 06:00*	Body and Spirit	Ethel Carlsson, Elora Ford,	For those that may be lower-body	
		Dick Nunez	challenged, Dick Nunez demonstrates simple exercises with Fred Garber.	
2019-11-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.	
2019-11-08 10:00*	Health for a Lifetime	Don Mackintosh (Host), Jonh Chung	Don Mackintosh and Jonh Chung discuss skin disease for adults.	
2019-11-10 03:30*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss	
	Health	Palmer	blood, the current of life.	
2019-11-10 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.	
2019-11-10 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz, Andi Hunsaker, and Lauren	
		Lauren Rittenhouse, Andi	Rittenhouse discuss how the body is	
		Hunsaker	designed for action, not a sedentary lifestyle.	
2019-11-10 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dave Casey	Cheri Peters and Dave Casey discuss the big	
2019-11-11 01:00!	Celebrating Life in	Cheri Peters (Host), Dave	dog. Cheri Peters and Dave Casey discuss the big	
2013 11 11 01.00:	Recovery	Casey	dog.	
2019-11-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut	
			frittatas.	
2019-11-11 06:00*	Body and Spirit	Dick Nunez (Host), Michael	Dick Nunez and helpers demonstrate	
		Webb, Miles Scruggs	exercises and discuss the pitfalls of fad diets.	
2019-11-11 13:30*	0		discusses meals in minutes.	
2019-11-11 14:00*	Action 4 Life	Casio Jones (Host), Mindy		
0040 44 40 55 55		Isaacs	body / abdominal workout.	
2019-11-12 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers &	
2010-11-12 06.00*	Body and Spirit Aprobios	Fred Garber Matthew Hard	immune system, pt. 2. Dick Nunez, Fred Garber, and Matthew Hard	
2013-11-12 00.00	Douy and Spint Aerobics	Dick Nunez	discuss comfort of your own home.	
2019-11-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.	
2019-11-12 14:00*	Body and Spirit (New)	•	Andi Hunsaker, Lauren Rittenhouse, and	
		Schwartz, Lauren Rittenhouse	Lyndi Schwartz perform leaping exercises to help agility and building strenght.	
2019-11-12 17:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss	
	Health	Palmer	blood, the current of life.	
2019-11-13 02:00!	Celebrating Life in	Cheri Peters (Host), Dave	Cheri Peters and Dave Casey discuss the big	
	Recovery	Casey	dog.	
2019-11-13 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.	
0040 44 40 40 000		INUIIEZ		
2019-11-13 13:30*	Abundant Living		discusses s for sunlight.	

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Date and Time	Program	Talent	Description
2019-11-13 14:00*	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones and Mindy Isaacs discuss pure
2010-11-14 06.00*	Body and Spirit Aerobics	Isaacs Becky Garber, Brittany	health gym. Dick Nunez and helpers demonstrate simple
2013-11-14 00.00	bouy and opinit Aeropics	Nunez, Dick Nunez	home exercises to help reverse heart
		Hande, Blok Hunde	disease.
2019-11-14 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss
	Health	Palmer	blood, the current of life.
2019-11-14 12:00*	Ultimate Prescription		discusses worship as treatment.
2019-11-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker, Lauren Rittenhouse	Rittenhouse perfrom core strengthening exercises.
2019-11-15 03:00*	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones and Mindy Isaacs discuss buddy
2010 11 10 00.00		Isaacs	workout.
2019-11-15 06:00*	Body and Spirit		Dick Nunez with Patricia Juarez and Tammy
		Patricia Juarez	Larson demonstrate more exercises for
0040 44 45 00 001	0		strength training for women.
2019-11-15 09:30*		Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2019-11-15 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Jonh Chung discuss
2010 11 17 02.20*	From Sickness to	Jonh Chung Diao Hill (Heat) Milton Millo	skin cancers. Bigg Hill (Heat) and Milton Mills discuss is red.
2019-11-17 03:30*	Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2019-11-17 06:00*		Becky Garber, Dick Nunez,	Dick Nunez and helpers demonstrate simple
		Fred Garber	home exercises focused on Ab training.
2019-11-17 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi	Andi Hnusaker with Lauren Rittehnouse and
	- • • • •	Schwartz, Lauren	Lyndi Schwartz discuss benefits of stepping
	• • • •	Rittenhouse	exercises.
2019-11-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta &
2019-11-18 06:00*	Body and Spirit	Michael Webb, Miles	others. Dick Nunez with Michael Webb and Miles
2013-11-10 00.00	Douy and Opini	Scruggs, Dick Nunez	Scruggs demonstrate exercises for flexibility.
2019-11-18 13:30*	-		discusses tools for transformation.
2019-11-18 14:00*	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones and Mindy Isaacs discuss a
2010 11 10 05.00*	Mondorfully Mode	Isaacs	great workout!.
2019-11-19 05:30*	wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss reproductive years.
2019-11-19 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez,	Dick Nunez and helpers discuss and
_0.0 // 10 00.00		Rick Nunez	demonstrate choosing the right workout.
2019-11-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin &
			cranberry filos et al.
2019-11-19 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	
		Hunsaker, Lauren Rittenhouse	Joe Westbury disscuss the pitfalls of the
2019-11-19 17:00*	From Sickness to	Rico Hill (Host), Milton Mills	American Lifestyle on health. Rico Hill (Host) and Milton Mills discuss is red
2010 11 10 17.00	Health		meat really red?.
2019-11-20 06:00*	Body and Spirit	Nicole Garcia, Dick Nunez	Dick Nunez and Nicole Garcia discuss eating
			disorders and demonstrate exercises for
			health.

Date and TimeProgramTalentDescription2019-11-20 13:00*Action 4 LifeCasio Jones (Host), Mindy Issacs, Bradley Hite Dick Nunez, Tred Garber, Matthew Harddiscusses the one bown meal. Casio Jones, Bradley Hite, and Dick Nunez, Tred Garber, Matthew Harddiscusses the one bown meal. Casio Jones, Bradley Hite, and Heatth2019-11-21 10:00*From Sickness to HeatthRico Hill (Host), Milton Mills HeatthRico Hill (Host) and Milton Mills discuss is red meat really red?. discusses frequently asked questions. Lyndi Schwartz (Host), Andi Undi Schwartz (Host), Andi Unasker, Tami BivensRico Hill (Host) and Milton Mills discuss is red meat really red?.2019-11-22 03:00*Action 4 Life Judea Hamilton DirzeyCasio Jones, Bradley Hite, and Milton Mills Hunsaker, Tami BivensCasio Jones, Bradley Hite, and Milton Mills discusses of requently asked questions. Lyndi Schwartz (Host), Andi DirzeyCasio Jones, and Zion Judee Hamilton Dirzey and Tony Hall Dirzey2019-11-22 00:00*Body and SpiritDick Nunez, Tony Hall, John DirzeyDick Nunez, Tony Hall, John Dirzey and Tony Hall Dirzey2019-11-24 03:00*From Sickness to HealthRico Hill (Host), Millon MillsRico Hill (Host), Millon Mills2019-11-24 06:00*Body and Spirit (New)Lyndi Schwartz (Host), Andi Undi Schwartz (Host), Millon MillsRico Hill (Host), Millon Mills2019-11-24 06:00*Body and Spirit (New)Lyndi Schwartz (Host), Mill DirzeyRico Hill (Host), Millon Mills2019-11-24 06:00*Body and Spirit (New)Lyndi Schwartz (Host), Mall DirzeLyndi Schwartz (Host), Mall 	All times are Cel	All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour			
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	2019-11-27 13:30*	Abundant Living			

		rams marked * are 30 m I	
Date and Time	Program	Talent	Description
2019-11-27 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2019-11-28 04:30*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	Shelley Quinn and Karen Nicola discuss what is grief.
2019-11-29 03:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2019-11-29 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
2019-11-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2019-11-29 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 2.)
2019-12-01 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-12-01 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.
2019-12-01 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2019-12-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2019-12-02 06:00*	Body and Spirit	Elora Ford, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
2019-12-02 13:30*	-		discusses e for eating.
2019-12-02 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2019-12-03 05:30*	·	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility.
2019-12-03 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
2019-12-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2019-12-03 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2019-12-03 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-12-04 06:00*	Body and Spirit	Michael Webb, Dick Nunez, David Weston	
2019-12-04 13:00*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	•
2019-12-04 13:30*	6		discusses a is for adoration.
2019-12-04 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.

Date and Time	Program	Talent	Description
2019-12-05 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez,	Dick Nunez discusses cholesterol. With
		Andrew Hard	Jonathon Hopkins and Brittany Nunez he
			leads you through exercises to help lower
			bad cholesterol.
2019-12-05 10:00*		Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss
	Health		please pass the sugar.
2019-12-05 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr.	Nick Evenson and Dr. James Marcum
0040 40 05 44 00*		James Marcum	discuss common heart ailments.
2019-12-05 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz, Nancy Diaz, and Tami
2040 42 00 02:00*	Action 1 life	Nancy Diaz, Tami Bivens	Bivens discuss strengthening in the legs.
2019-12-06 03:00*	Action 4 Life	Casio Jones (Host), Monica	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2010 12 06 06:00*	Pody and Spirit	Flowers	
2019-12-06 06:00*	Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
2010 12 06 00.20*	Cook 20		
2019-12-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai green curry lentils et al.
2019-12-06 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil	
2013-12-00 10.00		Nedley	making and staying.
2019-12-08 03:30*	From Sickness to	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss
2010 12 00 00.00	Health		never thirst again.
2019-12-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host).	Dick Nunez and Jonathan Hopkins and
		Jonathan Hopkins and	Richard Nelson discuss excercises for the
		Richard Nelson	vision impaired.
2019-12-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lyndi Schwartz, and Nancy
	, , , ,	· · · · ·	Diaz discuss waving with confidence.
2040 42 00 05.20*	Cook 20		
2019-12-09 05:30*	COOK 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2019-12-09 06:00*	Body and Spirit	Dick Nunez, Ted Arview	Dick Nunez and helpers demonstrate
2019-12-09 00.00	Bouy and Spint	Dick Nullez, Ted Alview	exercises for rehabilitating a bad back.
2019-12-09 13:30*	Abundant Living		discusses I for liquids.
2019-12-09 14:00*	Action 4 Life	Casio Jones (Host), Tyler	Casio Jones and Tyler Flower discuss
2010 12 00 11.00		Flower	working out with young folks.
2019-12-10 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou	Amy Wellard and Cherie Lon Fernandez
	in the second	Fernandez	discuss preconception & prenatal care.
2019-12-10 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathan Hopkins and
	y	Jonathan Hopkins and	Megan Frasier discuss youth fitness.
		Megan Frasier	
2019-12-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2019-12-10 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz, Nancy Diaz, and Tami
	/	Nancy Diaz, Tami Bivens	Bivens discuss the core of the matter.
2019-12-10 17:00*	From Sickness to	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss
	Health	-	never thirst again.
2019-12-11 06:00*	Body and Spirit	Randi Brewer, Dick Nunez,	Dick Nunez and helpers demonstrate
		John Leaman	exercises to help with Diabetes.
2019-12-11 13:00*	Issues and Answers	Shelley Quinn (Host), Karen	Shelley Quinn and Karen Nicola discuss grief
		Nicola	work.
2019-12-11 13:30*	-		discusses healthy heart cooking.
2019-12-11 14:00*	Action 4 Life	Casio Jones (Host), Izhar	Casio Jones and Izhar Buendia discuss park
		Buendia	exercises.

		ırams marked * are 30 m I	
Date and Time	Program	Talent	Description
2019-12-12 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.
2019-12-12 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-12-12 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2019-12-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2019-12-13 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2019-12-13 06:00*	Body and Spirit	Dave Stevenson, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2019-12-13 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2019-12-13 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	processing grief.
2019-12-15 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.
2019-12-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2019-12-15 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.
2019-12-15 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2019-12-16 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.
2019-12-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2019-12-16 06:00*	Body and Spirit	Greg Morikone, John Leaman, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
2019-12-16 13:30*	•		discusses e for exercise.
2019-12-16 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2019-12-17 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2019-12-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2019-12-17 13:30* 2019-12-17 14:00*	Cook 30 Body and Spirit (New)	Jeremy Dixon Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Jeremy Dixon discusses asian. Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2019-12-17 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.
2019-12-18 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dannielle Synot	Cheri Peters and Dannielle Synot discuss every heart's cry.

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Date and Time	Program	Talent	Description
2019-12-18 06:00*	Body and Spirit	Dick Nunez (Host), Theresa Wilson	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.Dick Nunez and helpers demonstrate more exercises for flexibility.
2019-12-18 13:00*		Shelley Quinn (Host), Karen Nicola	becoming skillful comforters.
2019-12-18 13:30*	5	-	discusses r for rest.
2019-12-18 14:00*		Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2019-12-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2019-12-19 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.
2019-12-19 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2019-12-19 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.
2019-12-20 03:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2019-12-20 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez and helpers demonstrate more exercises for flexibility.
2019-12-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2019-12-20 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	
2019-12-22 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.
2019-12-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2019-12-22 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	
2019-12-22 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2019-12-23 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2019-12-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2019-12-23 06:00*	Body and Spirit	Dick Nunez, Susan Santos, Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.
2019-12-23 13:30* 2019-12-23 14:00*	Abundant Living Action 4 Life	Casio Jones (Host), Monique Anderson	discusses meals in minutes. Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2019-12-24 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2019-12-24 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.

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Date and Time	Program	Talent	Description	
2019-12-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini	
			fritters et al.	
2019-12-24 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	Andi Hunsaker M.D., Lauren Rittenhouse and	
		Lyndi Schwartz, Lauren	Lyndi Schwartz discuss the joy of	
2019-12-24 17:00*	From Sicknoop to	Rittenhouse	excercising.	
2019-12-24 17.00	Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis,	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood	
	nealli	Camille Clark	pressure.	
2019-12-25 02:00!	Celebrating Life in	Cheri Peters (Host), Joanie	Cheri Peters and Joanie McCulloch discuss	
2010 12 20 02.00.	Recovery	McCulloch	coming out of hiding.	
2019-12-26 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and	
		Jonathon Hopkins and	Richard Nelson show exercise routines to	
		Richard Nelson	help with lower back problems.	
2019-12-26 10:00*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,	
	Health	Jackson, Yvonne Lewis,	and Yvonne Lewis discuss high blood	
		Camille Clark	pressure.	
2019-12-26 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr.	Nick Evenson and Dr. James Marcum	
		James Marcum	discuss skin.	
2019-12-26 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Terrence Marshall, and Tim	
		Terrence Marshall, Tim	Tiernan show exercises to help with aching	
2040 42 27 02:00*	Action 1 life	Tiernan	knees.	
2019-12-27 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and	
		Thompson Cunum	demonstrate exercises.	
2019-12-27 06:00*	Body and Spirit	Greg Morikone, Michael	Dick Nunez with helpers shows specific	
2010 12 21 00.00	Body and opine	Webb, Dick Nunez	exercises designed for the low back.	
2019-12-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.	
2019-12-27 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil	•	
		Nedley	heart health. (Part 2.)	
2019-12-29 03:30*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,	
	Health	Jackson, Laverne Jackson,	Sherry-Lynne Bredy, and Thomas Jackson	
		Sherry-Lynne Bredy,	discuss fast food.	
		Reidland Bredy	S	
2019-12-29 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and	
		Jonathon Hopkins and	Megan Frasier demonstrate exercise routines	
2010 12 20 14.00*	Body and Spirit (New)	Megan Frasier	for strength training.	
2019-12-29 14.00	body and Spint (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching	
		Tiernan	back.	
2019-12-29 21:00!	Celebrating Life in		Cheri Peters and Michael Carducci Jr.	
2010 12 20 21.00.	Recovery	Carducci Jr.	discuss choices.	
2019-12-30 01:00!	Celebrating Life in		Cheri Peters and Michael Carducci Jr.	
	Recovery	Carducci Jr.	discuss choices.	
2019-12-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate	
			breakfast and lunch preparation.	
2019-12-30 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez,		
		Tammy Larson	exercises designed to help with fibromyalgia.	
2019-12-30 13:30*	Abundant Living		discusses tools for transformation.	
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All times are Central 7	Time Zone. Programs marked	d * are 30 min and ! are 1 hour

Date and Time	Program	Talent	Description
2019-12-30 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.
2019-12-31 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2019-12-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2019-12-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-12-31 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.
2019-12-31 17:00*	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.