

# Community Issues Program List

## October through December 2019

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
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 Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel 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), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2019-10-01 17:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2019-10-02 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Chris Corzine	Cheri Peters and Chris Corzine discuss victory over Meth addiction.
2019-10-02 06:00*	Body and Spirit	Dick Nunez (Host), Mary Cordes	Dick Nunez and Mary Cordes discuss osteoporosis.
2019-10-02 13:00*	Issues and Answers	Shelley Quinn (Host), Bob,	Karen Thomas and Pr. Steve Caza discuss 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 Mann	Casio Jones with Tom Mann discuss 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, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2019-10-03 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss introducing my friend arthur.
2019-10-03 12:00*	Ultimate Prescription		discusses water.
2019-10-03 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 aerobic exercises than can be done in the home.
2019-10-04 03:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2019-10-04 06:00*	Body and Spirit	Dick Nunez (Host), Kenny Rivera	Dick Nunez and Kenny Rivera discuss 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), Christina Salter	Don Mackintosh and Christina Salter discuss gynecological.
2019-10-06 03:30*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2019-10-06 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2019-10-06 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 exercising.
2019-10-07 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Apryl Cordry, Nicole Day	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges.
2019-10-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.

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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*	From Sickness to 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*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2019-10-09 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	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.

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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!	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 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*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2019-10-14 06:00*	Body and Spirit	Dick Nunez, Elora Ford, Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2019-10-14 13:30*	Abundant Living		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*	Abundant Living		discusses h for herbal medicine.
2019-10-16 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2019-10-17 04:30*	Issues and Answers	Shelley Quinn (Host), Bob	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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2019-10-18 10:00*	Health for a Lifetime	Don Mackintosh (Host), Phil Mills	Don Mackintosh and Phil Mills discuss stroke.
2019-10-20 03:30*	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?.
2019-10-20 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2019-10-20 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.
2019-10-20 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?
2019-10-21 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?
2019-10-21 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2019-10-21 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly. discusses e for eating.
2019-10-21 13:30*	Abundant Living		
2019-10-21 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss 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 & others.
2019-10-22 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.
2019-10-22 17:00*	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?.
2019-10-23 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and Melody Prettyman discuss food vs. god - who wins?
2019-10-23 06:00*	Body and Spirit	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strenght 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*	Abundant Living		discusses a is for adoration.
2019-10-23 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2019-10-24 04:30*	Issues and Answers	Shelley Quinn (Host), Bob	Shelley Quinn and Bob discuss alcoholics anonymous part 4.
2019-10-24 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2019-10-24 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?.
2019-10-24 12:00*	Ultimate Prescription		discusses brain health (part 1).
2019-10-24 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.

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2019-10-25 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2019-10-25 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Moses Primo Jr.	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*	Abundant Living		discusses healthy heart cooking.
2019-10-30 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2019-10-31 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
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*	Ultimate Prescription		discusses brain health (part 2).
2019-10-31 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.

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2019-11-01 03:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2019-11-01 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, Mindy Kellum	Dick Nunez, with helpers, demonstrate 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), John Chung	Don Mackintosh and John Chung discuss skin disease for children.
2019-11-03 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-11-03 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.
2019-11-03 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.
2019-11-03 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Annette Washington, Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2019-11-04 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Annette Washington, Pam Talley	Cheri Peters, Annette Washington, and Pam 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 Webb, Dick Nunez	Dick Nunez shows how to tone your muscles. 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 Czeizinger	Casio Jones and Frances 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, Becky Garber	Dick Nunez and helpers demonstrate simple 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), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2019-11-05 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-11-06 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Annette Washington, Pam Talley	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2019-11-06 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.
2019-11-06 13:30*	Abundant Living		discusses r for rest.
2019-11-06 14:00*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2019-11-07 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.

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2019-11-07 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2019-11-07 12:00*	Ultimate Prescription		discusses physiology of worship.
2019-11-07 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.
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, Dick Nunez	For those that may be lower-body 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 Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss 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), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is 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 dog.
2019-11-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dave Casey	Cheri Peters and Dave Casey discuss the big 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 Webb, Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2019-11-11 13:30*	Abundant Living		discusses meals in minutes.
2019-11-11 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2019-11-12 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 2.
2019-11-12 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.
2019-11-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2019-11-12 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.
2019-11-12 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2019-11-13 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dave Casey	Cheri Peters and Dave Casey discuss the big 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.
2019-11-13 13:30*	Abundant Living		discusses s for sunlight.

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2019-11-13 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2019-11-14 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.
2019-11-14 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss 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 Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2019-11-15 03:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2019-11-15 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.
2019-11-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2019-11-15 10:00*	Health for a Lifetime	Don Mackintosh (Host), Jonh Chung	Don Mackintosh and Jonh Chung discuss skin cancers.
2019-11-17 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2019-11-17 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2019-11-17 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.
2019-11-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2019-11-18 06:00*	Body and Spirit	Michael Webb, Miles Scruggs, Dick Nunez	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2019-11-18 13:30*	Abundant Living		discusses tools for transformation.
2019-11-18 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2019-11-19 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lou Fernandez discuss reproductive years.
2019-11-19 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2019-11-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillos et al.
2019-11-19 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.
2019-11-19 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red 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.

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

<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
2019-11-20 13:30*	Abundant Living		discusses the one bowl meal.
2019-11-20 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2019-11-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2019-11-21 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2019-11-21 12:00*	Ultimate Prescription		discusses frequently asked questions.
2019-11-21 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.
2019-11-22 03:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2019-11-22 06:00*	Body and Spirit	Dick Nunez, Tony Hall, John Dinzey	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises for Baby Boomers.
2019-11-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2019-11-22 10:00*	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 1.)
2019-11-24 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2019-11-24 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.
2019-11-24 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.
2019-11-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2019-11-25 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2019-11-25 13:30*	Abundant Living		discusses drugs dark side.
2019-11-25 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2019-11-26 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss p.m.s..
2019-11-26 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.
2019-11-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2019-11-26 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2019-11-26 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2019-11-27 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.
2019-11-27 13:00*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	Shelley Quinn and Karen Nicola discuss what is grief.
2019-11-27 13:30*	Abundant Living		discusses h for herbal medicine.

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<b>Date and Time</b>	<b>Program</b>	<b>Talent</b>	<b>Description</b>
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. discusses e for eating.
2019-12-02 13:30*	Abundant Living		
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*	Wonderfully Made	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	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
2019-12-04 13:00*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	Shelley Quinn and Karen Nicola discuss the starting line for healthy grieving. discusses a is for adoration.
2019-12-04 13:30*	Abundant Living		
2019-12-04 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!

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2019-12-05 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.
2019-12-05 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2019-12-05 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2019-12-05 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.
2019-12-06 03:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2019-12-06 06:00*	Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
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 Nedley	Don Mackintosh and Neil Nedley discuss making and staying.
2019-12-08 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-12-08 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.
2019-12-08 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
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 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 Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2019-12-10 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care.
2019-12-10 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.
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), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2019-12-10 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2019-12-11 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, John Leaman	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2019-12-11 13:00*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	Shelley Quinn and Karen Nicola discuss grief work.
2019-12-11 13:30*	Abundant Living		discusses healthy heart cooking.
2019-12-11 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.

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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	Dr. Neil Nedley and Don Mackintosh discuss 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*	Abundant Living		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*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2019-12-17 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.
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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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*	Issues and Answers	Shelley Quinn (Host), Karen Nicola	Shelley Quinn and Karen Nicola discuss becoming skillful comforters.
2019-12-18 13:30*	Abundant Living		discusses r for rest.
2019-12-18 14:00*	Action 4 Life	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	Dr. Neil Nedley and Don Mackintosh discuss heart health. (Part 1.)
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), 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.
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*	Abundant Living		discusses meals in minutes.
2019-12-23 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	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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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), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2019-12-24 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.
2019-12-25 02:00!	Celebrating Life in Recovery	Cheri Peters (Host), Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2019-12-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2019-12-26 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.
2019-12-26 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss skin.
2019-12-26 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.
2019-12-27 03:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2019-12-27 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez with helpers shows specific 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	Dr. Neil Nedley and Don Mackintosh discuss heart health. (Part 2.)
2019-12-29 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.
2019-12-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2019-12-29 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.
2019-12-29 21:00!	Celebrating Life in Recovery	Cheri Peters (Host), Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2019-12-30 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Michael Carducci Jr.	Cheri Peters and Michael 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	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
2019-12-30 13:30*	Abundant Living		discusses tools for transformation.

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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.