	Daily Program Listing II WPBTHC					
ate: 07/06/2				Pa	ge 1 of	337
Sat, Apr 0						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
01:00:00	Kids & Teens (Child Speech Issues)	SFPBS	(S)	(CC)	N/A	#842H
	ialists share their expertise on how to care for children from birth through young a lopment and red flags to watch out for.	dulthood. Focus: L	eah Vega d	iscusses t	typical m	notor
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of hea ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othei cost	eimer's Disease is an under-recognized public health crisis. And while the word Al- r word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the isses Alzheimer's Disease from a caregiver and a public health perspective.	ears. Not only does	Alzheimer's	s come wi	ith a tren	nendous
03:00:00	Health Trends (Drug Safety)	SFPBS	(S)	(CC)	N/A	#1314H
•	e Mora discusses prescription and over-the-counter medication safety. Focus: How criptions and adverse drug events.	w older adults are e	especially vu	Inerable t	to inappi	ropriate
04:00:00	Health Trends (Lung Issues)	SFPBS	(S)	(CC)	N/A	#844H
nece	out the latest trends that contribute to a healthy life. Focus: Dr. Perez-Fernandez e ssary for the lungs? What are some good exercises? If a person has lung disease cise endurance? The doctor will share examples of public athletes who have succe	e, what are the limit	s? Can brea	athing get		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of hea ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
other cost	eimer's Disease is an under-recognized public health crisis. And while the word Al- word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the uses Alzheimer's Disease from a caregiver and a public health perspective.	ears. Not only does	Alzheimer's	s come wi	ith a tren	nendous
06:00:00	Alma's Way All About Alma/Alma's Playdate	PBS	(S)	(CC)	DVI	#129H
	n Alma is consumed with her starring role in a musical, she doesn't understand where during a playdate at the Rivera house.	hy her friends aren'	t happy for I	ner. / Alma	a helps I	Harper feel
06:30:00	Scigirls Atletas Maravillosos  Awesome Athletes	PBSPL	(S)	(CC)	N/A	#404
07:00:00	Wild Kratts The Vanishing Stingray	PBS	(S)	(CC)	N/A	#609H
	red Martin and Chris want to play a game of Creature Hide and Seek and secretly But first, they need to find a creature that has amazing hiding powers. The stingra					
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Sat, Apr 01, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H
08:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H
08:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H
08:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H
09:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H
In ke shov	eeping with the Health Channel's spirit of innovative progra w (with English subtitles) featuring groundbreaking medical	mming, Vida y Salud is a fast-paced, fun a I breakthroughs that help families find solu	and informati tions to diffic	ve Spanis ult health	sh-langu problem	age health ns.
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
10:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H
11:02:00						
11:02:00 11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H

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te: 07/06/	2023 04/01/2023 - 06/30/2023			Pa	ge 3 or	337
Sat, Apr 0	01, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
11:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
12:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
	wy the rise and fall of mental asylums in the United States. Visit the nation's large hang in the balance, and discover the harsh realities of care both inside and or		ealth facility	, meet the	e detaine	es whos
13:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and i help	in five Americans are physically dependent on, not heroin or cocaine, but comr investigative journalism, MEDICATING NORMAL follows the stories of five ordi with familiar problems such as stress, mild depression, sleeplessness, grief, et can occur when profit-driven medicine intersects with human beings in distress	nary people whose do c. This is the untold st	octors presc	ribed psyc	chiatric d	rugs to
14:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
	explore some of the foods that can actually improve your love life. We also high s and romance during pregnancy. Plus, an expert shares tips on staying sexual			ysfunction	, and na	vigating
14:30:00 Focu	Health Insiders ıs: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	erts discuss therapy for herniated disks in the back, finding ways to get better sl ery for breast cancer and we highlight services available at the Lighthouse for t		lant-based	foods in yo	our diet,	cosmetic
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103F
5:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
5:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
6:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107 <b>⊦</b>
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	k the importance of data mapping and analysis in the quest to improve public h re of epidemic "curves" as well as the extent of health inequalities among different			st data de	tectives	made us
	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#102H

Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.

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Start	Title Subtitle	Distrib	Storec	Сар	A60	Enject
Start			Stereo	Cap	AS2	Episod
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
	Bell Family - Vero Beach					
expla	ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all hav ain why having a yard full of grass that requires more water and fertilization is no urces is the goal.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word r word, globally the number of people diagnosed is expected to double every 20 to our healthcare system, it takes an emotional toll on families as they care for t usses Alzheimer's Disease from a caregiver and a public health perspective.	years. Not only does	s Alzheimer's	s come wi	th a tren	nendous
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#102H
	Medical Drugs					
	k the importance of data mapping and analysis in the quest to improve public he re of epidemic "curves" as well as the extent of health inequalities among differe			st data de	tectives	made us
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Chai	nges in education and the effects of the pandemic have increased anxiety, deprendent of the second s					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#219H
	How Everyday Foods Can Improve Your Love Life					
	explore some of the foods that can actually improve your love life. We also highl s and romance during pregnancy. Plus, an expert shares tips on staying sexuall			sfunction	, and na	vigating
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
Focu	us: Behavior changes, PPD, chiropractic care					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

Sun, Apr 02, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, v make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	he least hea their health p	Ithy generati	on in rece	nt times	and they
01:00:00	Mental Health (Opioid & Stalking)	SFPBS	(S)	(CC)	N/A	#834H
Focu	s: Dr. Daniel Bober discusses opioid use among kids and teens. He also explains what	stalking is a	nd why peop	le do this		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair lo as and is one of the most requested topics from viewers every year.	ss. It affects	roughly 6.8 i	million peo	ople in th	ne United
03:00:00	Spine & Back Care (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1315H
Dr. B	Brusovanik discusses spine and back conditions and how to treat them for a pain free lif	е				
04:00:00	Spine & Back Care (Aching Back Tips)	SFPBS	(S)	(CC)	N/A	#835H
Focu	is: Dr. Gosha Brusovanik has the latest tips to ease your aching back.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata ecia areata is a common autoimmune disorder that often results in unpredictable hair lo as and is one of the most requested topics from viewers every year.	ss. It affects	roughly 6.8 I	million peo	ople in th	ne United
06:00:00	Alma's Way Alma Town/An Alma Kind of Day	PBS	(S)	(CC)	DVI	#137H
unha	n Alma is elected mayor of Cardboard City, she promises to help the city run smoothly. appy with Alma's rule-making, she has to figure out how to make rules that are fair to ev but, after trial and error, they discover it's the little acts of kindness that make the bigge	eryone./Alma	and Junior			
06:30:00	Scigirls Mejorando Procesos   Process Power	PBSPL	(S)	(CC)	N/A	#405H
07:00:00	Wild Kratts Platypus Cafe	PBS	(S)	(CC)	N/A	#106H
unsc spec	e kayaking in Australia, Martin and Chris encounter one of the world's most unusual cre crupulous endangered animal chef, Gourmand, plans on making the platypus eggs his n ial "sixth sense" of the platypus to save the eggs. Science Concept: Organisms use the iselves. Different senses give different information. Platypus have a special electromag	ext delicacy. ir senses to f	The Wild Kr	atts team it their sur	must us	e the

07:30:00 Doctor Q & A NETA (S) (CC) N/A #105H The Truth About Prostate Cancer

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08:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#4301H
In ke shov	eeping with the Health Chan	nel's spirit of innovative programming, Vida turing groundbreaking medical breakthrou	a y Salud is a fast-paced, fun a ghs that help families find solu	and informati tions to diffic	ve Spanis cult health	sh-langu problem	age health ns.
08:11:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4302H
	Segment 2						
08:23:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#4303H
	<sup>c</sup>						
08:35:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#4304H
08:45:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4305H
	Segment 5						
08:56:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#4306H
09:07:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4307H
	Segment 7						
09:20:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#4308H
09:31:00	Vida Y Salud Segment 9		SFPBS	(S)	(CC)	N/A	#4309H
09:43:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10						
10:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4501H
		nel's spirit of innovative programming, Vida aturing groundbreaking medical breakthrou					
10:13:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4502H
	Segment 2						
10:26:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4503H
	Segment 3						
10:39:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4504H
	Segment 4						
10:49:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#4505H
10:59:00	Vida Y Salud		SFPBS	(6)	(CC)	N/A	#4506H
10.09.00	Segment 6		SFED	(S)		IN/A	#4000H
11:14:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4507H
	Segment 7						

Segment 7

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				1.0	ige / or	001
Sun, Apr	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	rn why Mother Mildred decides it's time for Sister Frances to attend her first so orrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	lo birth. Trixie consoles	s a patient w	ho discov	ers she	has
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	re in the Turners' emotions over May's impending adoption. Sister Hilda digs d ie must testify in a grueling court case. Fred and Reggie keep secrets from eac		y ill patient h	er final wi	ish. Vale	rie and
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-co metic procedures)	ounter medication safe		n Martin:	Types o	f fillers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
Way	Smartlife hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Co /s to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to					
Bad 15:13:00	Habits that Wreck Your Teeth Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
How	v to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometric	osis, Back Pain Q & A,	Bad Habits	that Wrec	k Your⊺	Feeth
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
	ow the rise and fall of mental asylums in the United States. Visit the nation's la s hang in the balance, and discover the harsh realities of care both inside and o		ealth facility	, meet the	e detaine	es whose
18:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
	The New Frontiers k at today's most cutting-edge treatments, based on the latest understanding of ulation surreny, infusions of ketamine and modern electro-convulsive therapy	of mental illness, with p	rofiles of pat	ients und	ergoing	deep brain
stim 19:00:00	ulation surgery, infusions of ketamine and modern electro-convulsive therapy. Doctor Q & A	NETA	(6)		NI/A	#104日
19.00.00	A Plastia Surgeon Annuara Your Questiana	INETA	(S)	(CC)	N/A	#104H

A Plastic Surgeon Answers Your Questions

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19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the lar y make up the greatest percentage of the population and the labor force. They are experiencing declining health faster than any other recent generation before them. rmine the overall health of America. This episode discusses the issue of Millennia	also the least heal How their health p	thy generation	on in rece	nt times	and they
20:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall		. ,	. ,		
21:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
soci	elopmental Disabilities; professor Tamar Heller of the Institute on Disability and Hu ologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planni ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmenta	ng; professor Jorge				
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	
	Sex & The Brain					#220H
	over the fascinating ways that sex affects our minds and learn how to enhance yo	the second states and shares				#220H
	sure and romance.	ur sexual experienc	ces. Plus, co	ouples sha	re their	
	sure and romance. Health Insiders	SFPBS	ces. Plus, co (S)	ouples sha (CC)	nre their N/A	
plea 22:30:00			·			secrets fo
plea 22:30:00	Health Insiders		·			secrets fo
plea 22:30:00 Focu	Health Insiders us: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	secrets fo #1105H
plea 22:30:00 Focu	Health Insiders us: Compression socks, PPD, stress Doctor Q & A	SFPBS	(S)	(CC)	N/A	secrets fo #1105H

Antibiotic Resistance

The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.

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Mon, Apr 0	3, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthoultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that 1 stagg	obesity is associated with a decrease in life expectancy for both men and women, as 63 million adults in the U.S. are overweight or obese - two thirds of men, and more thering, but people still struggle every day to drop the pounds. Everyone has different r pisode discusses the challenges and solutions for sustained weight loss.	nan 60% of wo	men. The da	mage to I	nealth is	
01:00:00	Sports Medicine (Overuse Injuries)	SFPBS	(S)	(CC)	N/A	#837H
overu inflan	ng-edge treatment and prevention of injuries related to sports and exercise for physical ise injuries that may occur when starting a new exercise routine or during extreme tra imation/bursitis; Epicondylitis (elbow); Patellofemoral syndrome (knee); Plantar fascii iple joints).	aining (such as	for a marath	non): Rota	tor cuff (	(shoulder)
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This : the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthoultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre- they can prevent developing memory issues of any kind. There is a promising body on ag at what we can do to keep our brain healthy.					
03:00:00	Staying Healthy (Oral Cancer Issues)	SFPBS	(S)	(CC)	N/A	#1319H
Dr. H	oward Abrahams discusses oral cancer, cosmetic dentistry and general dentistry.					
04:00:00	Maternity Care (Pregnancy Update)	SFPBS	(S)	(CC)	N/A	#839H
Focu	s: Dr. Ellen Schwartzbard shares everything you need to know about pregnancy, child about pregnancy, child birth and post-partum care.		• •	. ,		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This : the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthoultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	iption of the vices includi	different s	services	
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre they can prevent developing memory issues of any kind. There is a promising body on ng at what we can do to keep our brain healthy.					
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	DVI	#1108H
	s episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico leve and prevent back pain.	o. This workout	t focuses on	your bacł	and co	re, helping
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#315H
	No More Headaches		. /	/		
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H

Follow the rise and fall of mental asylums in the United States. Visit the nation's largest de-facto mental health facility, meet the detainees whose lives hang in the balance, and discover the harsh realities of care both inside and outside.

Daily Program Listing II **WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 10 of 337 Mon, Apr 03, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #807H Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes. 09.00.00 APTEX Medical Frontiers (S) #128H (CC)N/A Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery. (CC) 09:30:00 Medical Frontiers APTEX (S) N/A #129H Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease. 10:00:00 APTEX Second Opinion with Joan Lunden (CC) N/A #1707H (S) Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated. APTEX 10.30.00 Second Opinion with Joan Lunden (CC) N/A #1708H (S)Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 11:00:00 Medical Frontiers APTEX (S) (CC) N/A #128H Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery. 11:30:00 APTEX Medical Frontiers (S) (CC) N/A #129H Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease. 12:00:00 Call The Midwife PBS (S) (CC) N/A #808H Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other. 13:00:00 Call The Midwife PBS (S) (CC) N/A #901H Episode One Dr. Turner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds an abandoned baby in a dustbin, and the team must help locate its mother. SFPBS 14:00:00 Health Insiders (S) (CC) N/A #1116H Focus: Skin care, mental health help, stroke 14:30:00 Health Insiders SFPBS (S) (CC) N/A #1136H

Focus: Blue zones, water safety, swim safety

Mon, Apr 03, 2023

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	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	- <u> </u>	#301H
	us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2 y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina N					ma - Dr.
15:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
	is: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exe upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jor					is
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H
	Data					
	n about the surprisingly recent invention of medicine that combats illness cillin to today's hunt for antivirals, this history underpins work to find COV		. From the a	ccidental	discove	ry of
18:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	Mental Realth Chsis III reenagers & roung Adults					
Char	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea	in Teenagers & Young Adu				
Char these	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis	in Teenagers & Young Adu				
Char these 19:00:00	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea Doctor Q & A All About Your Skin Second Opinion with Joan Lunden	in Teenagers & Young Adu rch.	ts Town Hal	l, medical	experts	tackle
Char these 19:00:00 19:30:00 Adult that stagg	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea Doctor Q & A All About Your Skin	in Teenagers & Young Adu rch. NETA APTEX nd women, as well as an inc n, and more than 60% of wol has different reasons for wal	lts Town Hal (S) (S) rease in chro nen. The da	I, medical (CC) (CC) onic disea mage to f	N/A N/A N/A N/A use. It is	#108H #1705H estimated
Char these 19:00:00 19:30:00 Adult that stagg	nges in education and the effects of the pandemic have increased anxiet nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea Doctor Q & A All About Your Skin Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of mer gering, but people still struggle every day to drop the pounds. Everyone	in Teenagers & Young Adu rch. NETA APTEX nd women, as well as an inc n, and more than 60% of wol has different reasons for wal	lts Town Hal (S) (S) rease in chro nen. The da	I, medical (CC) (CC) onic disea mage to f	N/A N/A N/A N/A use. It is	#108H #1705H estimated
Char these 19:00:00 19:30:00 Adult that stagg this e 20:00:00 TRAI coun their Thou treati comr Harv medi marg	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea Doctor Q & A All About Your Skin Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of mer gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight loss Trauma Healers UMA HEALERS focuses on the devastating impact that road traffic accid tries, who often lack access to adequate surgical care. This hour-long d patients, shedding light on their experiences with trauma, how they cop usands of surgeons around the world have made a passionate commitm ment free of charge to the patient, the doctors' care allows these individu munities. TRAUMA HEALERS profiles the work of some of these top me rard's Global Surgery and Social Change program, and Partners in Healt ical solutions. An engaging and educational documentary, TRAUMA HE ginalized patients around the world, from Uganda to the Philippines. Lear	in Teenagers & Young Adu rch. NETA APTEX nd women, as well as an inc n, and more than 60% of wor has different reasons for war s. APTEX dents and other traumatic inj ocumentary film features inte e with it, and ultimately how ent to working with people liv uals to avoid life-long disabili dical professionals, including th, another Boston-based or ALERS explores the practicor m about the ways internation	(S) (S) (S) rease in chro men. The da thing to lose (S) uries have o crviews with they overcor y and return g four physic ganization co s employed al medical p	I, medical (CC) (CC) onic disea mage to h weight an (CC) n resident medical p ne it in the ty. Often p to produ- tians conno mmitted to heal tra- profession	N/A N/A N/A N/A N/A sea. It is health is nealth is nealt	#108H #1705H estimated it off, and #0H -resource onals and ases. g medical es in their vith ling r
Char these 19:00:00 19:30:00 Adult that stagg this e 20:00:00 TRAI coun their Thou treatu comr Harv medi marg	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea Doctor Q & A All About Your Skin Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of mer gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight loss Trauma Healers UMA HEALERS focuses on the devastating impact that road traffic accid tries, who often lack access to adequate surgical care. This hour-long d patients, shedding light on their experiences with trauma, how they cop usands of surgeons around the world have made a passionate commitm ment free of charge to the patient, the doctors' care allows these individu munities. TRAUMA HEALERS profiles the work of some of these top me rard's Global Surgery and Social Change program, and Partners in Heall ical solutions. An engaging and educational documentary, TRAUMA HE	in Teenagers & Young Adu rch. NETA APTEX nd women, as well as an inc n, and more than 60% of wor has different reasons for war s. APTEX dents and other traumatic inj ocumentary film features inte e with it, and ultimately how ent to working with people liv uals to avoid life-long disabili dical professionals, including th, another Boston-based or ALERS explores the practicor m about the ways internation	(S) (S) (S) rease in chro men. The da thing to lose (S) uries have o crviews with they overcor y and return g four physic ganization co s employed al medical p	I, medical (CC) (CC) onic disea mage to h weight an (CC) n resident medical p ne it in the ty. Often p to produ- tians conno mmitted to heal tra- profession	N/A N/A N/A N/A N/A sea. It is health is nealth is nealt	#108H #1705H estimated it off, and #0H -resource onals and ases. g medical es in their vith ling r

Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.

	Daily Program Listing II WPBTHC					
Date: 07/06/2				Page	e 12 of	337
Mon, Apr (	03, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
prost	In's first surgical robot was developed two years ago. In December 2022, it won approve tate. We examine how the robot is used in surgeries and interview the developers about obot is being used to operate remotely and to train novice doctors, thereby changing the Medical Frontiers	it why the dev	ice was nece			
	Groundbreaking New Drug for Breast Cancer					
chen patie	w drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ints struggling with changes in appearance due to treatment, and a cheerdance team n reatment, but ways to cope with the disease.	in 60 percent	of subjects.	We also ii	ntroduce	e care for
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H

Pre-Diabetes

Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				. 49	0 10 01	001
Tue, Apr 0	)4, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relati	181 the term "sandwich generation" was coined to describe a group of Americans who wes at the same time. Today, millions of families are facing the dual challenge of sam aving children later. This episode focuses on these caregivers.					
01:00:00	Kids & Teens (Childhood Cancers)	SFPBS	(S)	(CC)	N/A	#846H
child	cialists share their expertise on how to care for children from birth through young adul hood cancers (leukemia, lymphoma, brain & other CNS cancers and bone cancer) ar ment options and prognosis.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the larges wake up the greatest percentage of the population and the labor force. They are als experiencing declining health faster than any other recent generation before them. Ho rmine the overall health of America. This episode discusses the issue of Millennial He	o the least hea w their health p	Ithy generati	on in rece	ent times	and they
03:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
Ron	Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis	, gait, balance	& flexibility.			
04:00:00	Plastic/Cosmetic Surgery (Receding Hair Issues)	SFPBS	(S)	(CC)	N/A	#847H
	n the latest techniques involving the restoration, reconstruction, or alteration of the bo e that receding hairline.	dy. Focus: Dr.	Bauman dis	cusses ha	air restor	ation to
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the larges make up the greatest percentage of the population and the labor force. They are als experiencing declining health faster than any other recent generation before them. Ho rmine the overall health of America. This episode discusses the issue of Millennial He	o the least hea w their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics Hip and Leg Flexibility	APTEX	(S)	(CC)	DVI	#1109H
	Miranda Esmonde-White for a great lower body workout that combines standing and ur step.	barre work to i	ncrease you	r flexibility	and put	t a bounce
06:30:00	Wai Lana Yoga The Importance of Breath	APTEX	(S)	(CC)	N/A	#316H
07:00:00	Happy Yoga with Sarah Starr Red Rock Panoramic	NETA	(S)	(CC)	N/A	#607H
Deel	r in the red reals beguts as you arisy a well belanced intermediate flow practice with a					

Bask in the red rock beauty as you enjoy a well balanced intermediate flow practice with an emphasis on core strengthening moves and standing poses to open the hips, shoulders and spine.

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
07.00.00	Dealing with Mental Health Issues In Children		(0)	(00)	1.17	<i>"</i> 10011
08:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H
	c at today's most cutting-edge treatments, based on the latest understanding of ulation surgery, infusions of ketamine and modern electro-convulsive therapy.	f mental illness, with p	rofiles of pat	ients und	ergoing	deep bra
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709ŀ
	Parkinson's Disease					
than one	cinson's Disease is the fastest growing neurological disorder in the world. It affer six million people worldwide. The symptoms generally develop slowly over yea hand. While tremors are common in Parkinson's, the disease progression is un timents of Parkinson's Disease, and the search for a cure.	ars, sometimes startin	g with a bare	ely noticea	able tren	nor in jus
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the c	ast cancer is the most common cancer among women worldwide, and this diagu- tional and psychological challenges, as well. It is something no one wants to fa diagnosis, and their support can be crucial to recovery. The couple goes throug cer Spouse."	ice alone. The spouse	of the cance	er patient	feels the	e impact
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#506H
Hear	rt Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long C	Covid.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
المعا		ana Atthe time his t				
he w	k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his th with a hopeful attitude and mission that his cancer journey would be, in his w	family and learn how				
12:00:00	Medical Frontiers Vitamin C: The Key to Health and Longevity	APTEX	(S)	(CC)	N/A	#123H
muse and	min C can be made by most animals, but not humans. However, researchers a cle and bone fractures. Also, it is believed that the higher the vitamin C levels in this year, a Japanese researcher identified a protein that transports vitamin C t nin C leads to inflammation in the liver and other organs.	n the blood of the brai	n, the less lik	kely deme	entia is te	o develo
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#124H
	Virtual Reality's Potential to Change Medicine					
to m also	tual reality device developed by a Japanese startup is transforming rehabilitation ove their upper bodies. Facilities that have introduced the device have seen sign been reports that say combining VR with therapy has improved symptoms in d nown, but we look at its potential to improve medicine.	gnificant improvement	in stroke an	d other pa	atients. 7	There ha
13:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and that	is full of joys and struggles. But the experiences of individuals living with intelle- erstood or appreciated by everyone. A GOOD LIFE is an hour-long documentar I/DD and their families. The film shares the challenges and opportunities they f prians in the field. The film's producers embedded themselves with these adults providing the opportunity to share their stories from a first-person perspective. is specific to the time period and constructs into which they were born. The film experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Fild	ry that takes an intima face as well as insight and their families, filr Viewers see each fam also offers profession	te look into t s from leadir ning momen nily dealing w nal perspecti	he lives on the nationants from the vith aging five and hi	f six adu Il expert eir every in a unio storical	ults living s and yday live que way context

Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.

Tue, Apr 04, 2023

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	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H
	Sex & The Brain					1122011
pleasu	over the fascinating ways that sex affects our minds and learn how sure and romance.	w to enhance your sexual experien	ces. Plus, co	uples sha	are their	secrets
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
Focus	s: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	s: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. W ren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating		Johnson 3. S	Scoliosis i	n Teens	- Nickla
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
Cardio	s: 1. Horse therapy to work through relationships - Dr. Shelley Gr iovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir cise - Ginelle Ruffa			,		0
16:08:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	<b>#</b> 407⊦
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408⊦
17:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
	The New Frontiers					
	at today's most cutting-edge treatments, based on the latest under lation surgery, infusions of ketamine and modern electro-convuls		rofiles of pati	ients unde	ergoing	deep br
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#210
	The Henley Family - Coral Springs					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
he wa	Baskett was given the grim diagnosis of stage 4 lung cancer alm as going to tell his family. In episode 3 of Hope is Here we meet H h with a hopeful attitude and mission that his cancer journey woul	lank and his family and learn how				
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706
19:30:00						

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
20:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
with histo and that from Dev soci	erstood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that ta I/DD and their families. The film shares the challenges and opportunities they face as v orians in the field. The film's producers embedded themselves with these adults and the providing the opportunity to share their stories from a first-person perspective. Viewers is specific to the time period and constructs into which they were born. The film also off n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an elopmental Disabilities; professor Tamar Heller of the Institute on Disability and Human ologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; pr	vell as insight ir families, filr see each fan ers profession advocacy spe Developmen rofessor Jorge	s from leadin ning momen nily dealing v nal perspect ecialist with t t; Dr. Allison	ng nationa its from th vith aging ive and hi the Strong Carey, di	I expert eir every in a unio storical Center sability a	s and yday lives que way context for activism
Cen	ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Dis	abilities.				
21.00.00	Extra Life: A Short History of Living Longer	NPS	(5)	(CC)	Ν/Δ	#103H
21:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
Lea		as antibiotics		· · ·		
Lea pen	Data rn about the surprisingly recent invention of medicine that combats illness directly, such	as antibiotics		· · ·		
	Data rn about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme	as antibiotics nts.	s. From the a	accidental	discove	ry of
Lea pen 22:00:00 Disc	Data rn about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme Sex Talk with Dr. Lia	as antibiotics nts. SFPBS	s. From the a	accidental (CC)	discove N/A	ry of #220H
Lea pen 22:00:00 Disc plea	Data rn about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme Sex Talk with Dr. Lia Sex & The Brain cover the fascinating ways that sex affects our minds and learn how to enhance your se	as antibiotics nts. SFPBS	s. From the a	accidental (CC)	discove N/A	ry of #220H
Lea pen 22:00:00 Diso plea 22:30:00	Data rn about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme Sex Talk with Dr. Lia Sex & The Brain cover the fascinating ways that sex affects our minds and learn how to enhance your se isure and romance.	as antibiotics nts. SFPBS xual experien	(S) ces. Plus, co	(CC)	discove N/A are their	ry of #220H secrets fo
Lea pen 22:00:00 Disc plea 22:30:00	Data rn about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme Sex Talk with Dr. Lia Sex & The Brain cover the fascinating ways that sex affects our minds and learn how to enhance your se isure and romance. Health Insiders	as antibiotics nts. SFPBS xual experien	(S) ces. Plus, co	(CC)	discove N/A are their	ry of #220H secrets for
Lea pen 22:00:00 Diso plea 22:30:00 Foc	Data m about the surprisingly recent invention of medicine that combats illness directly, such icillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme Sex Talk with Dr. Lia Sex & The Brain cover the fascinating ways that sex affects our minds and learn how to enhance your se isure and romance. Health Insiders us: Stroke, teens and mental health, bladder pain syndrome	as antibiotics nts. SFPBS xual experien SFPBS	s. From the a (S) ces. Plus, co (S)	accidental (CC) puples sha	discove N/A are their N/A	ry of #220H secrets for #1117H

Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.

Wed, Apr 05, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	– <u>– –</u> N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includi	ng teleme		included ir
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episod be treated.					
01:00:00	Nutrition & Health (Food As Medicine)	SFPBS	(S)	(CC)	N/A	#848H
Amy	Kimberlain explains her approach to healthy eating and ways to use food as medicine					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	n-depth descr are digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage this e	obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different replaced discusses the challenges and solutions for sustained weight loss.	an 60% of wo easons for wa	men. The da nting to lose	amage to l weight ar	health is nd keep	it off, and
03:00:00	Orthopedics (Kids Sports Injuries)	SFPBS	(S)	(CC)	N/A	#1333H
Alyss	a Jarquin & Jessica Hixon discuss common summer sports injuries and injury prevent	ion. Focus: O	veruse injuri	es/pain in	KIOS.	
04:00:00	Living Well (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#849H
	rts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT Imaging ces provided by BH International.	g Center now	open in the	Cayman I	slands; a	and other
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different re spisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	amage to I	health is	
06:00:00	Classical Stretch: By Essentrics Mobility	APTEX	(S)	(CC)	DVI	#1110H
Toda	y, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to g	ive you range	of motion in	all of you	r activitie	es.
06:30:00	Wai Lana Yoga Ketchari Mudra	APTEX	(S)	(CC)	N/A	#317H
07:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H

Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.

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Date: 07/06/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	n why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. orrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	Trixie consoles			ers she	has
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
pros	an's first surgical robot was developed two years ago. In December 2022, it won appro tate. We examine how the robot is used in surgeries and interview the developers abo robot is being used to operate remotely and to train novice doctors, thereby changing t	ut why the dev	vice was nec			
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher patie	ew drug jointly developed by Japanese and US pharmaceutical companies targets HEF motherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team treatment, but ways to cope with the disease.	l in 60 percent	of subjects.	We also i	ntroduce	e care for
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term health ef -COVID symptoms.	fects of the pe	ople who are	e suffering	from de	ebilitating
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial displayer of color.					
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#204H
	The Secret Recipe: Intention					
resta we'r	y a tasty affirmational plant-based meal at Cafe Gratitude while celebrating mindful ma aurateur in Paris who prides himself on creating classic French recipes without meat o e in San Francisco with a Zen Buddhist monk who conjures matcha meditations with tr noney question with a passionate beekeeper working to combat colony collapse disord	r dairy, includir aditional Japa	ng a sublime nese tea cer	plant-bas emonies.	ed Brie. Next, w	
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs					
	ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Control of invasive plants from their front yard. They will also show how to install and use a rest					on remove
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	re in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to g e must testify in a grueling court case. Fred and Reggie keep secrets from each other.		y ill patient h	ier final wi	sh. Vale	erie and
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#901H
	Episode One					
	Furner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds locate its mother.	an abandoned	baby in a d	ustbin, an	d the tea	am must
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
	us: Stress, burn first aid, emergency prep		. /	、 /		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H

Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What					eana
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	<b>#</b> 507⊦
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	<b>#</b> 101⊦
18:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	n about the surprisingly recent invention of medicine that combats cillin to today's hunt for antivirals, this history underpins work to fin		cs. From the a	iccidental	discove	ry of
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	<b>#</b> 111⊦
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707
new	Anxiety ety is the most common mental-health disorder in the United State research, millennials have become the most anxious generation in be treated.					
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102⊦
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	ough an artistic lens, ART + MEDICINE: HEALTHY AGING looks a ameab. The hour-long program focuses on the four M's frameword nory), "Medication" and "what Matters" to older adults. The program g and improve one's quality of life.	k: "Mobility," "Mentation" (or more	e commonly th	ought of a	as mood	and
22:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128F
pros	an's first surgical robot was developed two years ago. In Decembe tate. We examine how the robot is used in surgeries and interview robot is being used to operate remotely and to train novice doctors	the developers about why the developers	evice was nec	ne stomac essary. W	h, colon /e also l	i and ook at h
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	<b>#</b> 129⊦
	Groundbreaking New Drug for Breast Cancer					
chen patie	ew drug jointly developed by Japanese and US pharmaceutical con notherapy drug linked to an antibody. In a clinical study, cancer sh ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease.	nrank or disappeared in 60 percer	nt of subjects.	We also i	ntroduc	e care fo

23:00:00 Doctor Q & A NETA (S) (CC) N/A #111H Heart Attacks and Strokes

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

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Stomach Pain, Reflux Disease and Ibs

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a number of the second	er of healthcare digital ser	iption of the vices includir	different s		included i
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the Un or women's health issue. It is the cause of death for 1 in 5 women in the U. omen every year. That's more than all cancers combined. But 80% of cardia e of heart disease in women and how we can lower cardiac risk and death.	S., and heart disease and ac and stroke events can l	stroke comb	ined caus	se the de	eath of 1 ir
01:00:00	Healthy Living (Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#850H
Med	lical experts and host Henry Guzman share the essential factors of a health	ny lifestyle.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a number of the subscription	ers with an in-depth descr er of healthcare digital ser	iption of the vices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Ame tives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers.					
03:00:00	Spine & Back Care (Common Back & Neck Pain)	SFPBS	(S)	(CC)	N/A	#1335H
Dr. E	Brusovanik discusses common back and neck pain conditions and injuries.					
04:00:00	Pain Management (Dealing with Chronic Pain)	SFPBS	(S)	(CC)	N/A	#852H
	rn from the experts about approaches for controlling chronic pain to improv st medical techniques dealing with chronic pain.	e quality of life. Focus: Dr.	Mena and C	Clauda Ho	odgson o	liscuss the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a number of the second	er of healthcare digital ser	vices includir	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of Ame tives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics Spine Strengthening	APTEX	(S)	(CC)	DVI	#1111H
	is episode of Classical Stretch, join Miranda Esmonde-White on a beautifungthen your back and improve your posture in this entry level standing and		da will take y	ou throug	h stretcl	nes that wi
06:30:00	Wai Lana Yoga Steady Now!	APTEX	(S)	(CC)	N/A	#318H
07:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	sode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads n of invasive plants from their front yard. They will also show how to install					on remove
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Dain, Boflux Discass and Ibs		(-/	()		

Thu, Apr 06, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
	The New Frontiers k at today's most cutting-edge treatments, based on the latest underst ulation surgery, infusions of ketamine and modern electro-convulsive		rofiles of pat	ients unde	ergoing	deep brair
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
10:00:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	In the replacement is an area in medicine which has made great adv offective and can drastically increase the life expectancy of the patient		non procedu	re. This p	rocedure	e is 94-
10:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
can	diagnosis and treatment of lung cancer has been one of the most hop cer screening guidelines allow for the screening for younger individual onger a death sentence.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#506H
	rt Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthriti		(0)	(00)		
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#103H
11.50.00	Hank Baskett	011 00	(0)	(00)	11/7	#10511
he v	k Baskett was given the grim diagnosis of stage 4 lung cancer almost vas going to tell his family. In episode 3 of Hope is Here we meet Han Ith with a hopeful attitude and mission that his cancer journey would be	k and his family and learn how I				
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
pros	an's first surgical robot was developed two years ago. In December 20 state. We examine how the robot is used in surgeries and interview the robot is being used to operate remotely and to train novice doctors, the	e developers about why the dev	ice was nec			
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
A n/	ew drug jointly developed by Japanese and US pharmaceutical compa motherapy drug linked to an antibody. In a clinical study, cancer shran			We also i	ntroduce	e care for
che pati	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease.			rs. The pro	Jyrannik	ooks at no
chei patie just	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall			rs. The pro (CC)	N/A	#103H
chei patio just 13:00:00	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	neerdance team made up of car SFPBS	ncer survivo	(CC)	N/A	#103H
chei patio just 13:00:00 Cha Cha	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall	neerdance team made up of car SFPBS xiety, depression, and post-trau isis in Teenagers & Young Adul	(S) matic stress	(CC) in our you	N/A uth. In th	#103H ne Health
chei patid just 13:00:00 Cha Cha thes	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults inges in education and the effects of the pandemic have increased and innel's one-hour virtual town hall, Finding Hope: The Mental Health Cr se issues affecting our children and offer practical advice based on res Sex Talk with Dr. Lia	neerdance team made up of car SFPBS xiety, depression, and post-trau isis in Teenagers & Young Adul	(S) matic stress	(CC) in our you	N/A uth. In th	#103H ne Health
chei patii just 13:00:00 Cha Cha thes 14:00:00	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults inges in education and the effects of the pandemic have increased and innel's one-hour virtual town hall, Finding Hope: The Mental Health Cr se issues affecting our children and offer practical advice based on res Sex Talk with Dr. Lia Is Stress Killing Your Sex Life?	neerdance team made up of car SFPBS kiety, depression, and post-trau isis in Teenagers & Young Adul earch. SFPBS	(S) matic stress ts Town Hal (S)	(CC) in our you I, medical (CC)	N/A uth. In th experts N/A	#103H he Health tackle #221H
cher patie just 13:00:00 Cha Cha thes 14:00:00 How	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults inges in education and the effects of the pandemic have increased and innel's one-hour virtual town hall, Finding Hope: The Mental Health Cr se issues affecting our children and offer practical advice based on res Sex Talk with Dr. Lia	neerdance team made up of car SFPBS kiety, depression, and post-trau isis in Teenagers & Young Adul earch. SFPBS	(S) matic stress ts Town Hal (S)	(CC) in our you I, medical (CC)	N/A uth. In th experts N/A	#103H he Health tackle #221H
cher patie just 13:00:00 Cha Cha thes 14:00:00 How	ents struggling with changes in appearance due to treatment, and a ch treatment, but ways to cope with the disease. Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults inges in education and the effects of the pandemic have increased and innel's one-hour virtual town hall, Finding Hope: The Mental Health Cr se issues affecting our children and offer practical advice based on res Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? v stress can ruin romance plus does sex qualify as "exercise". Then m	neerdance team made up of car SFPBS kiety, depression, and post-trau isis in Teenagers & Young Adul earch. SFPBS	(S) matic stress ts Town Hal (S)	(CC) in our you I, medical (CC)	N/A uth. In th experts N/A	#103H ne Health tackle #221H

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15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Sur Horses - Stable Place 4. Contouring Chin and Jawline with Filler lates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:26:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
Focu	us: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxin ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jo	ng and Self-Defense - Jerome Turne				
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:42:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
		555	(8)	(CC)	N/A	#0(
refre into o Base sleep	Eat to Sleep fact that today many people aren't getting enough quality sleep. shed with a step-by-step program that teaches what to eat and w our diets and how to prepare food to increase its sleep-inducing e ed on the latest scientific research, Eat to Sleep explains the five p and new ways it can even supercharge your waking life. Intervi- hten focus, improve memory, strengthen heart and brain health.	when to eat it. With information on e effectiveness, the program reveals t keys to improving slumber, why it's iews with sleep medicine luminaries	asy ways to he all-natura essential, ho	sleep faste incorporat al path to c ow to avoir	er and w te "sleep optimal s d obstac	ake up y" foods huteye. cles to
It's a refre into o Base sleep	fact that today many people aren't getting enough quality sleep, shed with a step-by-step program that teaches what to eat and w our diets and how to prepare food to increase its sleep-inducing e ed on the latest scientific research, Eat to Sleep explains the five	Eat To Sleep shows how to utilize t when to eat it. With information on ea effectiveness, the program reveals t keys to improving slumber, why it's iews with sleep medicine luminaries	food to fall as asy ways to he all-natura essential, ho	sleep faste incorporat al path to c ow to avoir	er and w te "sleep optimal s d obstac	ake up y" foods huteye. cles to
It's a refre into d Base sleep heigi 18:00:00 GEN spec and t expe	fact that today many people aren't getting enough quality sleep, shed with a step-by-step program that teaches what to eat and w our diets and how to prepare food to increase its sleep-inducing ed on the latest scientific research, Eat to Sleep explains the five o and new ways it can even supercharge your waking life. Intervi- hten focus, improve memory, strengthen heart and brain health, I	Eat To Sleep shows how to utilize the system to eat it. With information on ear effectiveness, the program reveals the keys to improving slumber, why it's is the swear with sleep medicine luminaries build immunity and so much more. NETA the treative therapies and art program es a platform for youths with autism g, singing, painting and animated fil autism role models, Dr. Temple Gram	food to fall as asy ways to he all-natura essential, ho explain how (S) is which you to speak fra Immaking. In andin and Dr	sleep faste incorporat al path to c ow to avoir sleep car (CC) ng people nkly about	er and w te "sleep optimal s d obstac n transfo N/A on the a t their ch are inter	ake up y" foods huteye. cles to rm lives, #0H autism allenges rviews w
It's a refre into d Base sleep heigi 18:00:00 GEN spec and t expe	a fact that today many people aren't getting enough quality sleep. shed with a step-by-step program that teaches what to eat and wo our diets and how to prepare food to increase its sleep-inducing e ed on the latest scientific research, Eat to Sleep explains the five o and new ways it can even supercharge your waking life. Intervi- then focus, improve memory, strengthen heart and brain health, I Generation A: Portraits of Autism and the Arts IERATION A: Portraits of Autism & the Arts" takes a close look at their dreams; and to showcase their talents which include dancin erts in the field, some of whom are also on the spectrum such as frank and moving insight. Winner, The Raising Autism Awareness Doctor Q & A	Eat To Sleep shows how to utilize the system to eat it. With information on ear effectiveness, the program reveals the keys to improving slumber, why it's is the swear with sleep medicine luminaries build immunity and so much more. NETA the treative therapies and art program es a platform for youths with autism g, singing, painting and animated fil autism role models, Dr. Temple Gram	food to fall as asy ways to he all-natura essential, ho explain how (S) is which you to speak fra Immaking. In andin and Dr	sleep faste incorporat al path to c ow to avoir sleep car (CC) ng people nkly about	er and w te "sleep optimal s d obstac n transfo N/A on the a t their ch are inter	ake up y" foods huteye. cles to rm lives, #0H autism allenges rviews wi
It's a refre into o Base sleep heigi 18:00:00 GEN spec and f expe their	a fact that today many people aren't getting enough quality sleep. shed with a step-by-step program that teaches what to eat and w our diets and how to prepare food to increase its sleep-inducing e ed on the latest scientific research, Eat to Sleep explains the five o and new ways it can even supercharge your waking life. Intervi- inten focus, improve memory, strengthen heart and brain health, I Generation A: Portraits of Autism and the Arts IERATION A: Portraits of Autism & the Arts" takes a close look at strum are utilizing to reach their highest potential. The film provide their dreams; and to showcase their talents which include dancin erts in the field, some of whom are also on the spectrum such as frank and moving insight. Winner, The Raising Autism Awarenes Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden	Eat To Sleep shows how to utilize the system to eat it. With information on ear effectiveness, the program reveals the keys to improving slumber, why it's is the swear with sleep medicine luminaries build immunity and so much more. NETA the treative therapies and art program es a platform for youths with autism on the system of the syst	(S) (S) (S) (S) (S) (S) (S) (S) (S) (S)	sleep faste incorporat al path to c ow to avoir sleep car (CC) ng people nkly about terwoven Stephen	er and w te "sleep poptimal s d obstact n transfo N/A on the a t their ch are inter Shore, v	ake up y" foods huteye. les to rm lives, #0H autism lallenges rviews wi who offer #102H
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It's a refre into o Base sleep heigi 18:00:00 GEN spec and t expe their 19:00:00 19:30:00 Hear majo 3 wo issue 20:00:00 Lear penio	a fact that today many people aren't getting enough quality sleep. shed with a step-by-step program that teaches what to eat and w our diets and how to prepare food to increase its sleep-inducing e ed on the latest scientific research, Eat to Sleep explains the five o and new ways it can even supercharge your waking life. Intervi- inten focus, improve memory, strengthen heart and brain health, I Generation A: Portraits of Autism and the Arts IERATION A: Portraits of Autism & the Arts" takes a close look at trum are utilizing to reach their highest potential. The film provide their dreams; and to showcase their talents which include dancin erts in the field, some of whom are also on the spectrum such as frank and moving insight. Winner, The Raising Autism Awarenes Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden Heart Disease in Women the Disease is the leading cause of death and disability for women or women's health issue. It is the cause of death for 1 in 5 women men every year. That's more than all cancers combined. But 809 e of heart disease in women and how we can lower cardiac risk a Extra Life: A Short History of Living Longer Data n about the surprisingly recent invention of medicine that combat cillin to today's hunt for antivirals, this history underpins work to fi	Eat To Sleep shows how to utilize f when to eat it. With information on ea effectiveness, the program reveals t keys to improving slumber, why it's iews with sleep medicine luminaries build immunity and so much more. NETA t creative therapies and art program es a platform for youths with autism ng, singing, painting and animated fil autism role models, Dr. Temple Gra ss Award - Golden Door Intl. Film Fe NETA APTEX in the United States. Yet, somehow n in the U.S., and heart disease and % of cardiac and stroke events can b and death. NPS ts illness directly, such as antibiotics ind COVID-19 treatments. PBS	food to fall as asy ways to he all-natura essential, ho explain how (S) as which you to speak fra Immaking. In andin and Dr estival. (S) (S) (S) (S) (S) (S) (S) (S) (S) (S)	sleep faste incorporat al path to c ow to avoir sleep car (CC) ng people nkly about nterwoven CCC) (CC) (CC) ase is ofter bined caus d. This epi (CC) accidental (CC)	er and w te "sleep pptimal s d obstact n transfo N/A on the a t their ch are inter Shore, v N/A N/A N/A n overloo se the de isode dig N/A discover	ake up ake up y" foods huteye. les to rm lives, #0H autism allenges rviews wi who offer #102H #1708H oked as a eath of 1 js into th #103H ry of #104H

Thu, Apr 06, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#221H
	Is Stress Killing Your Sex Life?					
	r stress can ruin romance plus does sex qualify as "exercise". Then medications that oner more interested in foreplay.	can help control	l genital herp	bes and w	ays to g	et your
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				- 0		
Fri, Apr 0						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
than one l	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure.	etimes startin	g with a bare	ely noticea	able tren	nor in just
01:00:00	All About Cancer (Female Cervical Issues)	SFPBS	(S)	(CC)	N/A	#853H
	s to prevent some cancers; lifestyle, family history and more. Focus: Dr. Garcia-Serra a or of January as cervical cancer awareness month.	and Dr. Gatcli		verall cerv	vical hea	alth in
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episod be treated.					
03:00:00	Orthopedics (Ankle Fracture Help)	SFPBS	(S)	(CC)	N/A	#1336H
Dr. C	Chris Hodgkins discusses mini incision ankle facture surgeries. Focus: Tight rope surge	ries.				
04:00:00	Primary Care (Chest Colds)	SFPBS	(S)	(CC)	N/A	#855H
Getti coug	ng healthy. Basic primary care to improve every aspect of your health. Focus: Dr. Sol h.	Harari discus		spiratory	infectior	s and
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episod be treated.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1112H
	Boost Your Energy					
	s episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautifu out, Miranda will lead you through a series of exercises that will leave you feeling energy		his entry lev	el standin	g and b	arre
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#319H
	Variations on the Classics					
07:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H

Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

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Eri Apr O	7 0000			- 0		
Fri, Apr 0	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episo
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	n why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. rrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	Trixie console:	s a patient w	ho discov	ers she	has
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
pros	In's first surgical robot was developed two years ago. In December 2022, it won appro tate. We examine how the robot is used in surgeries and interview the developers abo obot is being used to operate remotely and to train novice doctors, thereby changing t	ut why the dev	vice was nec			
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
chen patie	w drug jointly developed by Japanese and US pharmaceutical companies targets HEF notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ints struggling with changes in appearance due to treatment, and a cheerdance team reatment, but ways to cope with the disease.	in 60 percent	of subjects.	We also i	ntroduce	e care foi
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant be sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	of antib	iotics.
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	s to stop pre-d	liabetes from	turning ir	nto full-fl	edged
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Co of invasive plants from their front yard. They will also show how to install and use a ra					on remov
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
pros	in's first surgical robot was developed two years ago. In December 2022, it won appro tate. We examine how the robot is used in surgeries and interview the developers abo obot is being used to operate remotely and to train novice doctors, thereby changing t	ut why the dev	vice was nec			
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	e in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to g e must testify in a grueling court case. Fred and Reggie keep secrets from each other.			er final w	ish. Vale	rie and
13:00:00	Call The Midwife Episode One	PBS	(S)	(CC)	N/A	#901H
	urner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds locate its mother.	an abandonec	l baby in a di	ustbin, an	d the tea	am must
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055F
Focu	is: The flu, What causes Scoliosis, Exercise and arthritis					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001F
	is- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter m metic procedures)	nedication safe	ety 3. Dr. Joh	n Martin:	Types o	f fillers
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	is: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5 mar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver		- Dr. Jose M			

Fri, Apr 07, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
	Smartlife us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal train Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS er 3. Being Ha	(S) appily Marrie	(CC) ed - Jasmi	N/A n Terra	#705H ni 4. Ask
16:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H

Look at today's most cutting-edge treatments, based on the latest understanding of mental illness, with profiles of patients undergoing deep brain stimulation surgery, infusions of ketamine and modern electro-convulsive therapy.

18:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	igh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging imeab. The hour-long program focuses on the four M's framework: "Mobility," "Mentatic					
memo	ory), "Medication" and "what Matters" to older adults. The program offers viewers insigh					
aging	and improve one's quality of life.					

19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H

Parkinson's Disease

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

20:00:00 APTEX A Good Life (S) (CC) N/A #0H Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities; professor Tamar Heller of the Institute on Disability and Human Development; Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities.

21:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H	
	Data						

Learn about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental discovery of penicillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.

22:00:00 Medical Frontiers

APTEX (S) (CC) N/A #128H

Transforming Surgery with Japan's First Surgical Robot

Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery.

Fri, Apr 07, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher	ew drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team n	in 60 percent	of subjects.	We also ii	ntroduc	e care fo

•	treatment, but ways to cope with the disease.				- 3	
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H

The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.

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				- 0		
Sat, Apr 0						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	st cancer is the most common cancer among women worldwide, and this diagnosis not ional and psychological challenges, as well. It is something no one wants to face alone iagnosis, and their support can be crucial to recovery. The couple goes through cancel eer Spouse."	. The spouse	of the cance	er patient	feels the	e impact c
01:00:00	Kids & Teens (Childcare Tips)	SFPBS	(S)	(CC)	N/A	#856H
	carlet Constant shares her expertise on how to care for children from birth through your		. ,	()		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	iption of the vices includi	different s		included i
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. Y r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1 i
03:00:00	Sports Medicine (Achilles Tendon)	SFPBS	(S)	(CC)	N/A	#1337H
Noel	Gressner discusses Achilles tendon rehab & injury prevention.					
04:00:00	Sports Medicine (Achieving Your Fitness Goal)	SFPBS	(S)	(CC)	N/A	#857H
Mela realis	ng-edge treatment and prevention of injuries related to sports and exercise for physical nd discuss how to achieve your fitness resolutions and unlock your full potential. They stic visions (what they want their body to look and feel like by end of 2019), how to crea routine to see growth.	explain how t	tness. Focus o properly se	et realistic	goals b	ased off
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	Heart Disease In Women t Disease is the leading cause of death and disability for women in the United States. Y r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1 i
06:00:00	Alma's Way Alma's New Kicks/Star Ball	PBS	(S)	(CC)	DVI	#114H
06:30:00	Scigirls Asombrosos Arboles   Terrific Trees	PBSPL	(S)	(CC)	N/A	#406H
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#309H
	Bandito: The Black Footed Ferret n impulsively tries out Aviva's new Stone Digger before it is finished and flies out of co					

Martin impulsively tries out Aviva's new Stone Digger before it is finished and flies out of control and crash lands into a hidden prairie where he is stranded, but encounters a lost colony of black footed ferrets.

Sat, Apr 08, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
09:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
09:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
09:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
10:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
10:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4507H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4508H
	Segment 8					
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4509H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510H
	Segment 10					
12:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
Lool	The New Frontiers k at today's most cutting-edge treatments, based on the latest understanding of m	ental illness, with p	rofiles of pat	ients unde	eraoina	deep braii
	ulation surgery, infusions of ketamine and modern electro-convulsive therapy.	, - <sub>F</sub>			5 5	
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#220H
Disc	Sex & The Brain cover the fascinating ways that sex affects our minds and learn how to enhance yo	our coyual ovporion	cos Plus co		aro thoir	cocrote fr
	asure and romance.		665. Flus, 66			Secrets it
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
Focu	us: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	us: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Me		Johnson 3. S	Scoliosis i	n Teens	- Nicklaus
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
	us: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and diovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. As rcise - Ginelle Ruffa					
				(CC)	N/A	#406H
	Smartlife	SFPBS	(S)	(00)		
Exe	Smartlife Smartlife	SFPBS	(S) (S)	(CC)	N/A	#407H
Exei 16:08:00					N/A N/A	#407H #408H

Learn about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental discovery of penicillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.

Sat, Apr 08, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#103H
he w	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost te vas going to tell his family. In episode 3 of Hope is Here we meet Hank a th with a hopeful attitude and mission that his cancer journey would be,	ind his family and learn how				
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#210
	The Henley Family - Coral Springs					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the o	ast cancer is the most common cancer among women worldwide, and th tional and psychological challenges, as well. It is something no one wan diagnosis, and their support can be crucial to recovery. The couple goes cer Spouse."	ts to face alone. The spouse	of the cance	er patient	feels the	e impact of
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H
	Data					
	rn about the surprisingly recent invention of medicine that combats illnes cillin to today's hunt for antivirals, this history underpins work to find CO'		s. From the a	ccidental	discove	ry of
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele men	ough an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issue ameab. The hour-long program focuses on the four M's framework: "Mo nory), "Medication" and "what Matters" to older adults. The program offer g and improve one's quality of life.	bility," "Mentation" (or more	commonly th	ought of a	as mood	and
22:00:00	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H
	sover the fascinating ways that sex affects our minds and learn how to er sure and romance.	nhance your sexual experien	ces. Plus, co	ouples sha	are their	secrets for
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
Foci	us: Stroke, teens and mental health, bladder pain syndrome					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
All a	cross America, there are large and persistent racial differences in health	and accessing healthcare	People of co	lor aet sic	k at vou	nder ades

All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number o	h an in-depth descri ealthcare digital serv	ption of the vices includir	different s	ervices	
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	rest-Acute Covid-19 Syndrome (racs) re continue to track "long-haulers," we are learning more about the long-term hea -COVID symptoms.	Ith effects of the peo	ople who are	e suffering	from de	ebilitating
01:00:00	Nutrition & Health (Food As Medicine)	SFPBS	(S)	(CC)	N/A	#848H
Amy	Kimberlain explains her approach to healthy eating and ways to use food as me	dicine.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number o	ealthcare digital serv	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome					
stage this e	163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss.	rent reasons for war	nting to lose	weight an	id keep	it off, and
03:00:00	Heart Health (Female Heart Issues)	SFPBS	(S)	(CC)	N/A	#1338H
n 4	Alvaro Gomez discusses heart disease in women.					
Dr. A	avait Comez discusses near discuse in women.					
Dr. A 04:00:00	Living Well (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#849H
04:00:00 Expe				. ,		
04:00:00 Expe	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In			. ,		
04:00:00 Expe servi 05:00:00 This the s	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International.	SFPBS sh an in-depth descri ealthcare digital serv	(S) ption of the rices includir	Cayman Is (CC) different s	slands; a N/A services	and other #0H
04:00:00 Expe servi 05:00:00 This the s	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden	SFPBS sh an in-depth descri ealthcare digital serv	(S) ption of the rices includir	Cayman Is (CC) different s	slands; a N/A services dicine	and other #0H
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity	SFPBS ch an in-depth descri ealthcare digital serv f tools to manage m APTEX	(S) ption of the rices includir edical costs (S)	Cayman Is (CC) different s ng teleme (CC)	N/A N/A services dicine N/A	#0H included i #1705H
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden	SFPBS h an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor	(S) ption of the rices includir edical costs (S) rease in chro nen. The da	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h	slands; a N/A services dicine N/A se. It is nealth is	#0H included i #1705H estimated
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ	SFPBS h an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor	(S) ption of the rices includir edical costs (S) rease in chro nen. The da	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h	N/A N/A services dicine N/A se. It is nealth is id keep	#0H included i #1705H estimated
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage this e	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss.	SFPBS h an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor rent reasons for war	(S) ption of the vices includir edical costs (S) rease in chro nen. The da nting to lose	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h weight an	N/A N/A services dicine N/A se. It is nealth is id keep	#0H included i #1705H estimated it off, and
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage this e	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss. Alma's Way	SFPBS h an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor rent reasons for war	(S) ption of the vices includir edical costs (S) rease in chro nen. The da nting to lose	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h weight an	N/A N/A services dicine N/A se. It is nealth is id keep	#0H included i #1705H estimated it off, and
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage this e	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and me gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss. Alma's Way Alma's Way	SFPBS th an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor rent reasons for war PBS	(S) ption of the rices includir edical costs (S) rease in chro nen. The da nting to lose (S)	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h weight an (CC)	slands; a N/A services dicine N/A se. It is nealth is id keep DVI	#0H included i #1705H estimated it off, and #127H
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage this e	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss. Alma's Way Alma's Best Friend/Steggie Gets Lost Scigirls	SFPBS th an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor rent reasons for war PBS	(S) ption of the rices includir edical costs (S) rease in chro nen. The da nting to lose (S)	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h weight an (CC)	slands; a N/A services dicine N/A se. It is nealth is id keep DVI	#0H included i #1705H estimated it off, and #127H
04:00:00 Expe servi 05:00:00 This the s cons 05:30:00 Adult that stage this e 06:00:00 06:30:00	Living Well (Healthy Lifestyle) erts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT In ices provided by BH International. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo gering, but people still struggle every day to drop the pounds. Everyone has differ episode discusses the challenges and solutions for sustained weight loss. Alma's Way Alma's Best Friend/Steggie Gets Lost Scigirls High Tech Tide	SFPBS th an in-depth descri- ealthcare digital serv f tools to manage m APTEX en, as well as an inc ore than 60% of wor rent reasons for war PBS PBSPL	(S) ption of the rices includir edical costs (S) rease in chro nen. The da nting to lose (S) (S)	Cayman Is (CC) different s ng teleme (CC) onic disea mage to h weight an (CC) (CC)	N/A N/A eervices dicine N/A se. It is nealth is id keep DVI DVI	#0H included i #1705H estimated it off, and #127H #501

07:30:00 Doctor Q & A NETA (S) (CC) N/A #101H Stomach Pain, Reflux Disease and Ibs

Sun, Apr 09, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#4701H
	eeping with the Health Chan	nel's spirit of innovative programming, Vio turing groundbreaking medical breakthron					
08:12:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#4702H
08:24:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#4703H
08:34:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#4704H
08:46:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#4705H
08:57:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#4706H
09:08:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#4707H
09:21:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#4708H
09:32:00	Vida Y Salud Segment 9		SFPBS	(S)	(CC)	N/A	#4709H
09:45:00	Vida Y Salud Segment 10		SFPBS	(S)	(CC)	N/A	#4710H
10:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#7601H
In ke shov	eeping with the Health Chan v (with English subtitles) fea	nel's spirit of innovative programming, Vio turing groundbreaking medical breakthro	da y Salud is a fast-paced, fun a ughs that help families find solu	and informati tions to diffic	ve Spanis ult health	sh-langu problem	age health ns.
10:13:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#7602H
10:24:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#7603H
10:35:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#7604H
10:47:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#7605H
10:58:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#7606H
11:10:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#7607H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
11:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	re in the Turners' emotions over May's impending adoption. S e must testify in a grueling court case. Fred and Reggie keep		ly ill patient h	ier final wi	ish. Vale	rie and
13:00:00	Call The Midwife Episode One	PBS	(S)	(CC)	N/A	#901H
	Furner and Nurse Crane must deal with an alarming outbreak locate its mother.	x of diphtheria. Fred finds an abandoned	d baby in a d	ustbin, an	d the tea	am must
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and ce	Il phones				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
Focu	is: Stress, burn first aid, emergency prep					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoid erick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fi			nen and H	leart Dis	ease - Dr.
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational z-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5.					eana
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING lo ameab. The hour-long program focuses on the four M's fram nory), "Medication" and "what Matters" to older adults. The pr g and improve one's quality of life.	ework: "Mobility," "Mentation" (or more	commonly th	ought of a	as mood	and
18:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
	IERATION A: Portraits of Autism & the Arts" takes a close lo		. ,	. ,		

GENERATION A: Portraits of Autism & the Arts" takes a close look at creative therapies and art programs which young people on the autism spectrum are utilizing to reach their highest potential. The film provides a platform for youths with autism to speak frankly about their challenges and their dreams; and to showcase their talents which include dancing, singing, painting and animated filmmaking. Interwoven are interviews with experts in the field, some of whom are also on the spectrum such as autism role models, Dr. Temple Grandin and Dr. Stephen Shore, who offer their frank and moving insight. Winner, The Raising Autism Awareness Award - Golden Door Intl. Film Festival.

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<b>.</b>	Title			-		
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term health effe -COVID symptoms.	ects of the pe	ople who are	suffering	from de	ebilitating
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Char	nges in education and the effects of the pandemic have increased anxiety, depression, nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers of e issues affecting our children and offer practical advice based on research.					
21:00:00	Eat to Sleep	FRP	(S)	(CC)	N/A	#0(
refre	fact that today many people aren't getting enough quality sleep. Eat To Sleep shows h shed with a step-by-step program that teaches what to eat and when to eat it. With info	rmation on e	asy ways to i	ncorporat	e "sleep	oy" foods
refre into Base sleep		rmation on ea ram reveals t iber, why it's ie luminaries	asy ways to i he all-natura essential, ho	ncorporat I path to c w to avoi	e "sleep optimal s d obsta	by" foods shuteye. cles to
refre into Base sleep	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slun o and new ways it can even supercharge your waking life. Interviews with sleep medicir	rmation on ea ram reveals t iber, why it's ie luminaries	asy ways to i he all-natura essential, ho	ncorporat I path to c w to avoi	e "sleep optimal s d obsta	by" foods shuteye. cles to
refre into o Base sleep heigl	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slun o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so	rmation on ea ram reveals t aber, why it's le luminaries much more.	asy ways to i he all-natura essential, ho explain how	ncorporat I path to c w to avoid sleep car	e "sleep optimal s d obsta n transfo	by" foods shuteye. cles to orm lives,
refre into o Base sleep heigl 22:00:00 How	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slun o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so Sex Talk with Dr. Lia	rmation on ea ram reveals t aber, why it's e luminaries nuch more. SFPBS	asy ways to i he all-natura essential, hc explain how (S)	ncorporat I path to c ow to avoid sleep car (CC)	e "sleep optimal s d obsta n transfo N/A	by" foods shuteye cles to orm lives, #221H
refre into o Base sleep heigl 22:00:00 How	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slun o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? stress can ruin romance plus does sex qualify as "exercise". Then medications that can	rmation on ea ram reveals t aber, why it's e luminaries nuch more. SFPBS	asy ways to i he all-natura essential, hc explain how (S)	ncorporat I path to c ow to avoid sleep car (CC)	e "sleep optimal s d obsta n transfo N/A	by" foods shuteye cles to orm lives, #221H
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refre into 6 Base sleep heigt 22:00:00 How partr 22:30:00	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slun o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so to Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? stress can ruin romance plus does sex qualify as "exercise". Then medications that can her more interested in foreplay. Health Insiders	rmation on ea ram reveals t aber, why it's e luminaries much more. SFPBS a help contro	asy ways to i he all-natura essential, ho explain how (S) I genital herp	ncorporat I path to c w to avoid sleep car (CC) es and wa	e "sleep optimal s d obstan n transfo N/A ays to g	by" foods shuteye. cles to prm lives, #221H et your
refre into 6 Base sleeµ heigl 22:00:00 How partr 22:30:00 Focu	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slum o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so in Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? stress can ruin romance plus does sex qualify as "exercise". Then medications that can her more interested in foreplay. Health Insiders us: Food as medicine, Skin cancer safety, How to find a plastic surgeon	rmation on ea ram reveals t aber, why it's le luminaries nuch more. SFPBS a help contro SFPBS	asy ways to i he all-natura essential, ho explain how (S) I genital herp (S)	ncorporat I path to c w to avoid sleep car (CC) es and wa (CC)	e "sleep optimal s d obstan transfo N/A ays to g N/A	y" foods shuteye. cles to orm lives, #221H et your #1054H
refre into 6 Base sleeµ heigl 22:00:00 How partr 22:30:00 Focu	shed with a step-by-step program that teaches what to eat and when to eat it. With info our diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ed on the latest scientific research, Eat to Sleep explains the five keys to improving slum o and new ways it can even supercharge your waking life. Interviews with sleep medicir hten focus, improve memory, strengthen heart and brain health, build immunity and so the Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? stress can ruin romance plus does sex qualify as "exercise". Then medications that can her more interested in foreplay. Health Insiders us: Food as medicine, Skin cancer safety, How to find a plastic surgeon Doctor Q & A	rmation on ea ram reveals t aber, why it's le luminaries nuch more. SFPBS a help contro SFPBS	asy ways to i he all-natura essential, ho explain how (S) I genital herp (S)	ncorporat I path to c w to avoid sleep car (CC) es and wa (CC)	e "sleep optimal s d obstan transfo N/A ays to g N/A	y" foods shuteye. cles to orm lives, #221H et your #1054H

Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

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Ctort	Title	Distrik	Stores	0.07	100	Enica
Start	Subtitle	Distrib	Stereo	Cap		Episod
00:00:00 Thia	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	rices includir	ng teleme		Included
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from co er high-income countries in the world. And behind these statistics lie startling r nen of color.					
01:00:00	Healthy Living (Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#850H
Med	dical experts and host Henry Guzman share the essential factors of a healthy	lifestyle.				
02.00.00		erdde			N1/A	#011
02:00:00	All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers	SFPBS	(S)	(CC) difforant a	N/A	#0H
the s	subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	rices includir	ng teleme		Included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706F
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americ tives at the same time. Today, millions of families are facing the dual challeng having children later. This episode focuses on these caregivers.					
03:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342ŀ
Mica	ah Kurtz discusses youth strength and conditioning.					
04:00:00	Pain Management (Dealing with Chronic Pain)	SFPBS	(S)	(CC)	N/A	#852H
	rn from the experts about approaches for controlling chronic pain to improve of st medical techniques dealing with chronic pain.	quality of life. Focus: Dr.		· · /	dgson c	liscuss th
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	ices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americ tives at the same time. Today, millions of families are facing the dual challeng having children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1113H
	Bone Strengthening					
	nis episode of Classical Stretch, join Miranda Esmonde-White at the Kantun C r bones and prevent osteoporosis.	hi Eco Park. This all-sta:	nding worko	ut is desi	gned to	strength
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#320H
	Cooling Breath					
		PBS	(S)	(CC)	N/A	#104H
07:00:00	The Mysteries of Mental Illness		(-)	()		
07:00:00	The Mysteries of Mental Illness The New Frontiers					
Lool	-		ofiles of pat	ents unde	ergoing	deep bra
Lool	The New Frontiers k at today's most cutting-edge treatments, based on the latest understanding		ofiles of pati	ents unde	ergoing N/A	deep bra #808H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
chen patie	ew drug jointly developed by Japanese and US pharmaceutical compar notherapy drug linked to an antibody. In a clinical study, cancer shrank ents struggling with changes in appearance due to treatment, and a che treatment, but ways to cope with the disease.	or disappeared in 60 percent	of subjects.	We also i	ntroduce	e care for
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwheln sequences. Stress in all ages, as well as pandemic-related stress, affect as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continucine. Childhood vaccine rates continue to decrease in certain areas of t eback.					
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
chen patie	ew drug jointly developed by Japanese and US pharmaceutical compare motherapy drug linked to an antibody. In a clinical study, cancer shrank ents struggling with changes in appearance due to treatment, and a che treatment, but ways to cope with the disease.	or disappeared in 60 percent	of subjects.	We also i	ntroduce	e care for
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#901H
	Episode One					
	Furner and Nurse Crane must deal with an alarming outbreak of diphthe locate its mother.	eria. Fred finds an abandoned	baby in a di	ustbin, and	d the tea	am must
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					
Fred mate	l and Sister Monica Joan catch a woman stealing the team's milk. Whe ernity home. Romance blooms between Miss Higgins and Sergeant Wo	n they learn she's pregnant, th polf.	ney bring hei	r into the c	are of th	ne
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Ove metic procedures)	er-the-counter medication safe	ty 3. Dr. Joh	n Martin:	Types o	f fillers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	us- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylews wer questions)	ki: Lung cancer screenings 3.	Dr. Gosha I	Brusovanil	k: Back	pain
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. I ) 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr.		Building Bod	y Image -	Melissa	Spann,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:54:00	Smartlife	SFPBS	(S)	(CC)	N/A	#805H
	us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechte rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons,		ment - Dr. M	ichael Go	nzalez F	Ramos 4.
16:07:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	lerstand the importance of persuading the public to protect themselves during ancing and grassroots campaigning all play important roles in helping to shift			ndwashin	ıg, socia	I
18:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H
	ieving father must set aside his own beliefs to honor his son Joe's last wish t mal" in Joe's legacy of service to others.	o be an organ donor. As	. ,	. ,	a callin	g and nev
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		. /	. ,		
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from core rhigh-income countries in the world. And behind these statistics lie startling nen of color.					
20:00:00	The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H
	k at today's most cutting-edge treatments, based on the latest understanding ulation surgery, infusions of ketamine and modern electro-convulsive therapy		ofiles of pati	ents unde	ergoing	deep brai
21:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
	is full of joys and struggles. But the experiences of individuals living with inte erstood or appreciated by everyone. A GOOD LIFE is an hour-long documen I/DD and their families. The film shares the challenges and opportunities the orians in the field. The film's producers embedded themselves with these adu	ntary that takes an intima ay face as well as insights	te look into t s from leadin	he lives of g nationa	f six adu I experts eir every	ılts living s and /day lives
histo and that from Deve socio	providing the opportunity to share their stories from a first-person perspectiv is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop	e. Viewers see each fam film also offers professior Flores, an advocacy spe and Human Development Planning; professor Jorge	ily dealing w nal perspecti cialist with th ; Dr. Allison	ve and his ne Strong Carey, dis	storical o Center sability a	for activism
histo and that from Deve socio	is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop Medical Frontiers	e. Viewers see each fam film also offers professior Flores, an advocacy spe and Human Development Planning; professor Jorge	ily dealing w nal perspecti cialist with th ; Dr. Allison	ve and his ne Strong Carey, dis	storical o Center sability a	for activism
histo and that from Deve socie Cent 22:00:00	is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop Medical Frontiers Groundbreaking New Drug for Breast Cancer	e. Viewers see each fam film also offers professior Flores, an advocacy spe and Human Development Planning; professor Jorge mental Disabilities. APTEX	ily dealing w hal perspecti cialist with th ; Dr. Allison Matos of Ci (S)	ve and his ne Strong Carey, dis ty Univers (CC)	storical o Center sability a sity of N N/A	context for activism ew York #129H
histo and that from Deve socie Cent 22:00:00 A ne cher patie	is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop Medical Frontiers	e. Viewers see each fam film also offers profession Flores, an advocacy spe and Human Development Planning; professor Jorge mental Disabilities. APTEX argets HER2-positive bre sappeared in 60 percent	ily dealing w hal perspecti cialist with th ; Dr. Allison Matos of Ci (S) ast cancers. of subjects.	ve and his ne Strong Carey, dis ty Univers (CC) It consists We also in	storical of Center sability a sity of N N/A s of a po ntroduce	context for activism ew York #129H owerful e care for
histo and that from Deve socie Cent 22:00:00 A ne cher patie	is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F iter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop Medical Frontiers Groundbreaking New Drug for Breast Cancer ew drug jointly developed by Japanese and US pharmaceutical companies ta motherapy drug linked to an antibody. In a clinical study, cancer shrank or dis ents struggling with changes in appearance due to treatment, and a cheerdan	e. Viewers see each fam film also offers profession Flores, an advocacy spe and Human Development Planning; professor Jorge mental Disabilities. APTEX argets HER2-positive bre sappeared in 60 percent	ily dealing w hal perspecti cialist with th ; Dr. Allison Matos of Ci (S) ast cancers. of subjects.	ve and his ne Strong Carey, dis ty Univers (CC) It consists We also in	storical of Center sability a sity of N N/A s of a po ntroduce	context for activism ew York #129H owerful e care for
histo and that from Deve socie Cent 22:00:00 A ne cher patie just t	is specific to the time period and constructs into which they were born. The f n experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri elopmental Disabilities; professor Tamar Heller of the Institute on Disability a ologist, professor, and author; Nicole VanGorder of Upstate Special Needs F iter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Develop Medical Frontiers Groundbreaking New Drug for Breast Cancer ew drug jointly developed by Japanese and US pharmaceutical companies ta motherapy drug linked to an antibody. In a clinical study, cancer shrank or dis ents struggling with changes in appearance due to treatment, and a cheerdan treatment, but ways to cope with the disease.	e. Viewers see each fam film also offers profession Flores, an advocacy spe and Human Development Planning; professor Jorge imental Disabilities. APTEX argets HER2-positive bre sappeared in 60 percent nce team made up of can	ily dealing w hal perspecti cialist with th ; Dr. Allison (S) (S) ast cancers. of subjects. ncer survivor	ve and his ne Strong Carey, dis ty Univers (CC) It consist: We also in s. The pro	storical of Center sability a sity of N N/A s of a pontroduce ogram lo	context for activism ew York #129H bwerful e care for boks at no

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Mon, Apr	10, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	ices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great advance effective and can drastically increase the life expectancy of the patient.	ements and is a very comn	non procedu	re. This p	rocedure	e is 94-
01:00:00	Mental Health #858 (Eating Disorders)	SFPBS	(S)	(CC)	N/A	#858H
anxie	nette Alonso discusses disordered eating, a different type of eating disorde ety, food avoidance, and a negative relationship with food. She explains l atients' relationship and struggles with food.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital serv	ices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	kinson's Disease is the fastest growing neurological disorder in the world. six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression tments of Parkinson's Disease, and the search for a cure.	er years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
03:00:00	Nutrition & Health (Maxing Flavor & Benefits)	SFPBS	(S)	(CC)	N/A	#1343H
Chef	f Adrianne Calvo and Cathy Clark-Reyes discuss maximizing flavor and h	ealth benefits with meals ar	nd foods you	ı eat.		
04:00:00	Plastic/Cosmetic Surgery (General Info)	SFPBS	(S)	(CC)	N/A	#859H
	eral information on cosmetic surgery. Focus: Dr. Ricardo Castrellon has tl trellon	he latest on medical update	s on cosme	tic surgery	/. Dr. Rie	cardo
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital serv	ices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression ments of Parkinson's Disease, and the search for a cure.	er years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1114H
- · ·	Spine Flexibility		• •			
	is episode of Classical Stretch, join Miranda Esmonde-White at the Sassil will increase the flexibility in your back and improve your posture in this st		. Miranda w	ill take yo	u throug	n stretche
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#321H
	Stretch Your Legs					

seated and standing postures designed to create more balance and strength in the lower body, combined with core work, creating greater ease of movement and better posture in your daily life.

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer		(-)	()		
08:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H
	ieving father must set aside his own beliefs to honor his son Joe's mal" in Joe's legacy of service to others.	s last wish to be an organ donor. As	time goes b	y he finds	a calling	g and ne
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809F
10.00.00	Alopecia Areata	AFTEX	(3)	(00)	N/A	#10091
•	ecia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye	•	roughly 6.8	million peo	ople in th	ne Unite
10:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810
ways	number of Americans living with Alzheimer's is growing. So many s they can prevent developing memory issues of any kind. There ing at what we can do to keep our brain healthy.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#401H
	ragun - Percussive Therapy, Innovation: avocado & cholesterol, Nelift Dentistry.	Aedical emergency transport, New b	blood test for	heart atta	ack: Trop	oonin,
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#104H
	Gina Hollenbeck					
diag	a Hollenbeck is positive about life. Every day she lives with an opt nosis. As a young mother of two boys, she forges ahead towards herself but for others who suffer from this deadly disease.					
			(S)	(CC)		#129H
12:00:00	Medical Frontiers	APTEX	(0)	(UU)	N/A	#1290
12:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(3)	(00)	N/A	#1290
A ne cher patie		ompanies targets HER2-positive bre hrank or disappeared in 60 percent	ast cancers. of subjects.	It consist We also i	s of a po ntroduce	owerful e care fo
A ne cher patie just t	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and	ompanies targets HER2-positive bre hrank or disappeared in 60 percent	ast cancers. of subjects.	It consist We also i	s of a po ntroduce	owerful e care fo
A ne cher patie just t 12:30:00	Groundbreaking New Drug for Breast Cancer ew drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease.	ompanies targets HER2-positive bre hrank or disappeared in 60 percent l a cheerdance team made up of ca	ast cancers of subjects. ncer survivo	It consist We also i rs. The pro	s of a po ntroduce ogram lo	owerful e care fo ooks at r
A ne cher patie	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers	ompanies targets HER2-positive bre hrank or disappeared in 60 percent I a cheerdance team made up of ca APTEX	ast cancers. of subjects. ncer survivo (S)	It consist We also i rs. The pro (CC)	s of a po ntroduce ogram lo N/A	owerful e care fc ooks at r #130H
A ne cher patie just 1 12:30:00 13:00:00 Chai Chai	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers Finding Hope-Town Hall	ompanies targets HER2-positive bre hrank or disappeared in 60 percent I a cheerdance team made up of ca APTEX SFPBS d anxiety, depression, and post-trau h Crisis in Teenagers & Young Adu	ast cancers. of subjects. ncer survivo (S) (S) umatic stress	It consist We also i rs. The pro (CC) (CC)	s of a po ntroduce ogram lo N/A N/A uth. In th	werful care fc poks at r #130H #103H me Healt
A ne cher patie just 1 12:30:00 13:00:00 Chai Chai these	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased nnel's one-hour virtual town hall, Finding Hope: The Mental Healt e issues affecting our children and offer practical advice based of Sex Talk with Dr. Lia	ompanies targets HER2-positive bre hrank or disappeared in 60 percent I a cheerdance team made up of ca APTEX SFPBS d anxiety, depression, and post-trau h Crisis in Teenagers & Young Adu	ast cancers. of subjects. ncer survivo (S) (S) umatic stress	It consist We also i rs. The pro (CC) (CC)	s of a po ntroduce ogram lo N/A N/A uth. In tr experts	werful care fo ooks at r #130H #103H ne Healt
A ne cher just 1 12:30:00 13:00:00 Char Char these 14:00:00	Groundbreaking New Drug for Breast Cancer ew drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increase nnel's one-hour virtual town hall, Finding Hope: The Mental Health e issues affecting our children and offer practical advice based of Sex Talk with Dr. Lia Is Stress Killing Your Sex Life?	ompanies targets HER2-positive bre hrank or disappeared in 60 percent l a cheerdance team made up of ca APTEX SFPBS d anxiety, depression, and post-trau h Crisis in Teenagers & Young Adu n research. SFPBS	ast cancers. of subjects. ncer survivo (S) (S) Imatic stress Its Town Ha (S)	It consist We also i rs. The pro (CC) (CC) in our you II, medical (CC)	s of a po ntroduce ogram lo N/A N/A uth. In tr experts N/A	werful e care fo poks at r #130H #103H he Healti tackle #221H
A ne cher just 1 12:30:00 13:00:00 Char Char thes 14:00:00 How	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased nnel's one-hour virtual town hall, Finding Hope: The Mental Healt e issues affecting our children and offer practical advice based of Sex Talk with Dr. Lia	ompanies targets HER2-positive bre hrank or disappeared in 60 percent l a cheerdance team made up of ca APTEX SFPBS d anxiety, depression, and post-trau h Crisis in Teenagers & Young Adu n research. SFPBS	ast cancers. of subjects. ncer survivo (S) (S) Imatic stress Its Town Ha (S)	It consist We also i rs. The pro (CC) (CC) in our you II, medical (CC)	s of a po ntroduce ogram lo N/A N/A uth. In tr experts N/A	werful e care fo poks at r #130H #103H he Healti tackle #221H
A ne cher just 1 12:30:00 13:00:00 Char Char thes 14:00:00 How	Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical co notherapy drug linked to an antibody. In a clinical study, cancer s ents struggling with changes in appearance due to treatment, and treatment, but ways to cope with the disease. Medical Frontiers Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased nnel's one-hour virtual town hall, Finding Hope: The Mental Health e issues affecting our children and offer practical advice based of Sex Talk with Dr. Lia Is Stress Killing Your Sex Life?	ompanies targets HER2-positive bre hrank or disappeared in 60 percent l a cheerdance team made up of ca APTEX SFPBS d anxiety, depression, and post-trau h Crisis in Teenagers & Young Adu n research. SFPBS	ast cancers. of subjects. ncer survivo (S) (S) Imatic stress Its Town Ha (S)	It consist We also i rs. The pro (CC) (CC) in our you II, medical (CC)	s of a po ntroduce ogram lo N/A N/A uth. In tr experts N/A	werful e care fo poks at r #130H #103H he Healti tackle #221H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lum ses, Dr. Lisa Corsa 4. Living with a Family Member with Auti t		an Gottlieb 3	. Scoliosis		
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	Is: 1. Joint Replacement & Getting Back to Normal Life, Dr. I Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyar				. Ask the	e Experts
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
their	erts in the field, some of whom are also on the spectrum such frank and moving insight. Winner, The Raising Autism Awar			. etophon	enere,	
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#201H
18:00:00 18:30:00	Hip My Florida Yard Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	WUCF	(S) (S)	(N) (CC)	N/A N/A	#201H #104H
18:30:00 Gina diagi	Oviedo Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S) ve despite a	(CC) stage 4 lui	N/A ng canc	#104H er
18:30:00 Gina diagi only	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow	SFPBS	(S) ve despite a vith a mission	(CC) stage 4 lui n to help fi	N/A ng canc	#104H er
18:30:00 Gina diagi only	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w	(S) ve despite a	(CC) stage 4 lui	N/A ng canca ind a cui	#104H er re for no
18:30:00 Gina diagr only 19:00:00	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w	(S) ve despite a vith a mission	(CC) stage 4 lui n to help fi	N/A ng canca ind a cui	#104H er re for no #106H
18:30:00 Gina diagi only 19:00:00 19:30:00 Hear	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey v NETA APTEX great advancements and is a very comr	(S) ve despite a vith a mission (S) (S)	(CC) stage 4 lun n to help fi (CC) (CC)	N/A ng canc ind a cui N/A N/A	#104H er re for no #106H #1803F
18:30:00 Gina diagr only 19:00:00 19:30:00 Hear	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden Heart Valve Replacement t valve replacement is an area in medicine which has made	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey v NETA APTEX great advancements and is a very comr	(S) ve despite a vith a mission (S) (S)	(CC) stage 4 lun n to help fi (CC) (CC)	N/A ng canc ind a cui N/A N/A	#104H er re for no #106H #1803F
18:30:00 Gina diagr only 19:00:00 19:30:00 Hear 97% 20:00:00 A gri	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden Heart Valve Replacement t valve replacement is an area in medicine which has made effective and can drastically increase the life expectancy of	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w NETA APTEX great advancements and is a very comm the patient. NETA	(S) ve despite a vith a mission (S) (S) mon procedu (S)	(CC) stage 4 lun n to help fi (CC) (CC) ure. This pr (CC)	N/A ng canc ind a cui N/A N/A rocedure N/A	#104H er re for not #106H #1803F e is 94- #0H
18:30:00 Gina diagr only 19:00:00 19:30:00 Hear 97% 20:00:00 A gri	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a nosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden Heart Valve Replacement t valve replacement is an area in medicine which has made effective and can drastically increase the life expectancy of Joe 238 eving father must set aside his own beliefs to honor his son	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w NETA APTEX great advancements and is a very comm the patient. NETA	(S) ve despite a vith a mission (S) (S) mon procedu (S)	(CC) stage 4 lun n to help fi (CC) (CC) ure. This pr (CC)	N/A ng canc ind a cui N/A N/A rocedure N/A	#104H er re for not #106H #1803F e is 94- #0H
18:30:00 Gina diagr only 19:00:00 19:30:00 Hear 97% 20:00:00 A gri "norr 21:00:00 Unde	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a hosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden Heart Valve Replacement t valve replacement is an area in medicine which has made effective and can drastically increase the life expectancy of Joe 238 eving father must set aside his own beliefs to honor his son mal" in Joe's legacy of service to others. Extra Life: A Short History of Living Longer	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w NETA APTEX great advancements and is a very comm the patient. NETA Joe's last wish to be an organ donor. As NPS emselves during health crises. History s	(S) ve despite a vith a mission (S) (S) mon procedu (S) s time goes b (S) shows that ha	(CC) stage 4 lun n to help fi (CC) (CC) ure. This pl (CC) oy he finds (CC)	N/A ng canc ind a cur N/A N/A rocedure N/A a callin N/A	#104H er re for no #106H #1803F e is 94- #0H g and ne #104H
18:30:00 Gina diagr only 19:00:00 19:30:00 Hear 97% 20:00:00 A gri "norr 21:00:00 Unde	Oviedo Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with a hosis. As a young mother of two boys, she forges ahead tow herself but for others who suffer from this deadly disease Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden Heart Valve Replacement t valve replacement is an area in medicine which has made effective and can drastically increase the life expectancy of Joe 238 eving father must set aside his own beliefs to honor his son mal" in Joe's legacy of service to others. Extra Life: A Short History of Living Longer Behavior erstand the importance of persuading the public to protect th	SFPBS n optimistic desire to overcome and thriv vards a vibrant and meaningful journey w NETA APTEX great advancements and is a very comm the patient. NETA Joe's last wish to be an organ donor. As NPS emselves during health crises. History s	(S) ve despite a vith a mission (S) (S) mon procedu (S) s time goes b (S) shows that ha	(CC) stage 4 lun n to help fi (CC) (CC) ure. This pl (CC) oy he finds (CC)	N/A ng canc ind a cur N/A N/A rocedure N/A a callin N/A	#104H er re for not #106H #1803F e is 94- #0H g and ne #104H

Tue, Apr 11, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	us- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (To upational therapy for children	orre Washingt	on's story) 3.	Vickie Za	amora:	
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H

Conquering Obesity

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

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Wed, Apr 12, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital serv	ption of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most h er screening guidelines allow for the screening for younger individu onger a death sentence.					
01:00:00	Maternity Care (Pregnancy Updates)	SFPBS	(S)	(CC)	N/A	#860H
Focu	us: Dr.Alberto Sirven fills us in on current maternity care to get your	safely thru your pregnancy.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital serv	ption of the vices includi	different s		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ist cancer is the most common cancer among women worldwide, ar tional and psychological challenges, as well. It is something no one diagnosis, and their support can be crucial to recovery. The couple g cer Spouse."	wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals)	SFPBS	(S)	(CC)	N/A	#1345H
	a Duenas discusses trending topics such as meal delivery servies a ar, artificial sweetners and natural sweetners.	ind supermarket pre-made, ready	-to-cook me	als. Focus	s: The sl	kinny on
04:00:00	Women's Health (Pelvic Issues)	SFPBS	(S)	(CC)	N/A	#862H
Focu	us: Dr. Jaime Sepulveda discusses female pelvic medicine and shar	res information on pelvic reconstr	uction.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital serv	ption of the vices includi	different s		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ist cancer is the most common cancer among women worldwide, ar tional and psychological challenges, as well. It is something no one diagnosis, and their support can be crucial to recovery. The couple g cer Spouse."	wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1115H
	Arthritis Relief and Pain Prevention					
	is episode of Classical Stretch, join Miranda Esmonde-White at the gned to liberate and rebalance all your joints.	beautiful beach in Mexico. This e	ntry level sta	anding and	d barre v	workout is
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#322H
00.30.00	Yoga at the Office		·			
00.30.00						
07:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H

GENERATION A: Portraits of Autism & the Arts" takes a close look at creative therapies and art programs which young people on the autism spectrum are utilizing to reach their highest potential. The film provides a platform for youths with autism to speak frankly about their challenges and their dreams; and to showcase their talents which include dancing, singing, painting and animated filmmaking. Interwoven are interviews with experts in the field, some of whom are also on the spectrum such as autism role models, Dr. Temple Grandin and Dr. Stephen Shore, who offer their frank and moving insight. Winner, The Raising Autism Awareness Award - Golden Door Intl. Film Festival.

**WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 46 of 337 Wed, Apr 12, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #808H Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other. 09.00.00 APTEX Medical Frontiers (S) (CC)N/A #129H Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease. 09:30:00 Medical Frontiers APTEX (S) (CC) N/A #130H 10:00:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1702H Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S. 10:30:00 Second Opinion with Joan Lunden APTEX (CC) N/A #1703H (S) Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective. 11:00:00 Conscious Living NETA (S) (CC) N/A #205H Ode to the Road Trip Hop in for a trip to remember, as we hit the road for a wellness journey into the heart of the desert. Start with a relaxing dip in the mineral waters of Desert Hot Springs, where a group of First Responders are working to mindfully heal PTSD from years on the emergency front lines. Next stop: hipster haven Joshua Tree, where Michael learns the art of vegan pie-making while Bianca balances hormones with a transcendental acupuncture session. Renewed and energized, we join a drum circle to get our groove on at the desert's best kept secret. The Joshua Tree Music Festival. 11:30:00 Flip My Florida Yard WUCF (S) (N) N/A #201H Oviedo PBS 12:00:00 Call The Midwife (S) (CC) N/A #901H Episode One Dr. Turner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds an abandoned baby in a dustbin, and the team must help locate its mother. 13:00:00 Call The Midwife PBS (S) (CC) N/A #902H Episode Two Fred and Sister Monica Joan catch a woman stealing the team's milk. When they learn she's pregnant, they bring her into the care of the maternity home. Romance blooms between Miss Higgins and Sergeant Woolf. 14:00:00 SEPBS #1008H Health Insiders (S) (CC)N/A Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety SEPBS 14:30:00 Health Insiders (S) (CC) N/A #1004H Focus- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy 15:00:00 Smartlife SFPBS (CC) #1101H (S) N/A

Daily Program Listing II

Focus: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Julia E. 3. Risk Factors for Diabetes - Lois Exelbert, RN 4. Body, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna Werner, RD

Wed, Apr 12, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understa ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety a					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
6:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
7:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
patie	ginalized patients around the world, from Uganda to the Philippines. Learn about the ents with devastating injuries and conditions, despite having limited resources to ca	re for those despe	erately in nee	ed.		0
8:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#104H
	Behavior erstand the importance of persuading the public to protect themselves during health incing and grassroots campaigning all play important roles in helping to shift behav			andwashir	ıg, socia	I
9:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	
	Getting A Good Night's Sleep					#107H
						#107H
9:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#107H #1804H
	Lung Cancer					#1804H
The		s in medicine over	the past se	veral year	s. The r	#1804H new lung
cano	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advance er screening guidelines allow for the screening for younger individuals with less of	s in medicine over	the past se	veral year	s. The r	#1804H new lung

21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Medical Frontiers Groundbroaking New Drug for Broast Cancor	APTEX	(S)	(CC)	N/A	#129H

Groundbreaking New Drug for Breast Cancer

A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.

Wed, Apr 12, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				i ug	0 10 01	007
Thu, Apr						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant basis and entry and antibiotic resistance is a threat to global health and food set of the next pandemic, antibiotic resistance is a threat to global health and food set of the next pandemic.		dangering th	e efficacy	of antib	iotics.
01:00:00	Health Trends (Cholesterol Update)	SFPBS	(S)	(CC)	N/A	#863H
Find avai	out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Dr. Del Co lable to patients besides statins: benefits & risks. They will discuss the importance of gr mation it provides.		the new tren	ds in chol	esterol r	nedication
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term health eff -COVID symptoms.	fects of the pe	ople who are	e suffering	from de	ebilitating
03:00:00	Health Trends (Emergency Aid)	SFPBS	(S)	(CC)	N/A	#1346H
	Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and kits for er flooding.	mergency pre	paredness. F	Focus: Ho	me fire,	hurricanes
04:00:00	Heart Health (Cardiovascular Tips)	SFPBS	(S)	(CC)	N/A	#864H
Hea	Ith is where the heart is. Focus: Dr. Athanassios Tsoukas has some practical information	on that can lea	ad to a long l	nealthy life	Э.	
05.00.00	All Health Go	SFPBS			N1/A	#011
05:00:00 This	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i		(S)	(CC)	N/A	#0H
the	subtraction plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term health eff -COVID symptoms.	fects of the pe	ople who are	e suffering	from de	ebilitating
06:00:00	Classical Stretch: By Essentrics Posture	APTEX	(S)	(CC)	DVI	#1116H
	is episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pat mediate workout is designed to stretch and strengthen your entire body while improvin			um Hotel.	This all	-standing
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#323H
	Terrific Triangle					
07:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08.00.00			(8)		NI/A	#0H
08:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H

A grieving father must set aside his own beliefs to honor his son Joe's last wish to be an organ donor. As time goes by he finds a calling and new "normal" in Joe's legacy of service to others.

15:15:00

Smartlife

Thu, Apr 13, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	 #131H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II		(-)	()		
They are e	ennials were born between the years 1981 and 1996. At 73 million, they are y make up the greatest percentage of the population and the labor force. Th experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of Mi	ey are also the least heal them. How their health p	thy generation	on in rece	nt times	and the
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705F
that stag	Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and 163 million adults in the U.S. are overweight or obese - two thirds of men, a gering, but people still struggle every day to drop the pounds. Everyone has episode discusses the challenges and solutions for sustained weight loss.	ind more than 60% of wor	men. The da	mage to I	nealth is	
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#401H
	ragun - Percussive Therapy, Innovation: avocado & cholesterol, Medical em elift Dentistry.	ergency transport, New b	lood test for	heart atta	ack: Troj	oonin,
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#104H
-	Gina Hollenbeck					
diag	a Hollenbeck is positive about life. Every day she lives with an optimistic des nosis. As a young mother of two boys, she forges ahead towards a vibrant a herself but for others who suffer from this deadly disease.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher patie	ew drug jointly developed by Japanese and US pharmaceutical companies t motherapy drug linked to an antibody. In a clinical study, cancer shrank or d ents struggling with changes in appearance due to treatment, and a cheerda treatment, but ways to cope with the disease.	isappeared in 60 percent	of subjects.	We also i	ntroduce	e care fo
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
13:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plag Taki	takes for someone to become dependent on opioids is seven days of use. uing the United States. 7 DAYS is an empathic, delicate look at some of the ing a macro perspective on the issue, the film explores how addiction is rare underserved.	individuals who have be	come the fac	e of this	national	tragedy.
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience					
	at to do when stress is getting in the way of romance. And can CBD oil impro	ove your love life? And a	woman's sex	ual healt	h coach	offers
	ce to women and their partners to help improve the sexual experience.					
	ce to women and their partners to help improve the sexual experience. Health Insiders	SFPBS	(S)	(CC)	N/A	#1005H
advi 14:30:00 Focu				. ,		
advi 14:30:00 Focu	Health Insiders us- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer p			. ,		

SFPBS (S) (CC) N/A #1002H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
						· _ · _ ·
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
Hair	us: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans C Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understandin nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
18:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	nory), "Medication" and "what Matters" to older adults. The program offers viewers insig g and improve one's quality of life. Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba sidered the next pandemic, antibiotic resistance is a threat to global health and food set		idangering th	e efficacy	of antib	oiotics.
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#104H
	Behavior erstand the importance of persuading the public to protect themselves during health cris nncing and grassroots campaigning all play important roles in helping to shift behavior a			Indwashir	ng, socia	al
21:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
spec and f expe	IERATION A: Portraits of Autism & the Arts" takes a close look at creative therapies an ctrum are utilizing to reach their highest potential. The film provides a platform for youth their dreams; and to showcase their talents which include dancing, singing, painting an erts in the field, some of whom are also on the spectrum such as autism role models, De frank and moving insight. Winner, The Raising Autism Awareness Award - Golden Door	s with autism d animated fi . Temple Gra	to speak frai Immaking. In andin and Dr.	nkly abou terwoven	t their ch are inte	nallenges rviews w
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience					
	t to do when stress is getting in the way of romance. And can CBD oil improve your lov ce to women and their partners to help improve the sexual experience.	e life? And a	woman's sex	kual healt	h coach	offers
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1005H
			x - 7	( )		

Focus- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2. Wilbert Fuerte, Mayret Gonzalez: Antibiotic safety 3. Dr. Jose Llach: ER vs. Urgent Care

23:00:00 Doctor Q & A NETA (S) (CC) N/A #109H Dealing with Mental Health Issues In Children

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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# Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H

#### Anxiety

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.

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Fri, Apr 14, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a ne sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critica etes.	l areas of work is to stop pre-c	liabetes from	n turning ir	nto full-fl	edged
01:00:00	Healthy Living (Home Healthcare)	SFPBS	(S)	(CC)	N/A	#865H
	ical experts share the essential factors of a healthy lifestyle. Focus: Ti itals and rehab facilities.	na Jacamino discusses coordi	nation of hor	me care w	ith phys	icians,
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a negativations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie sta en of color.					
03:00:00	Health Trends(Tattoo Correct./Fillers/Injections)	SFPBS	(S)	(CC)	N/A	#1347H
	ical experts share advice and information about the best treatments a erficial to the in-depth.Caleb McGrew	nd care of diseases dealing wi	th the skin, r	ails, and I	nair, fror	n the
04:00:00	Pain Management (Medical Marijuana)	SFPBS	(S)	(CC)	N/A	#866H
	n from the experts about approaches for controlling chronic pain to im in healthcare.	prove quality of life. Focus: Dr	Michelle W	einer discu	usses ca	annabis
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
05:00:00 This the s	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	viewers with an in-depth descu umber of healthcare digital ser	iption of the vices includi	different s	services	
05:00:00 This the s cons	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealthGo has created to offer users access to a new subscription plan AllHealth plan AllHealthGo has created to a new subscription pla	viewers with an in-depth descu umber of healthcare digital ser	iption of the vices includi	different s	services	
05:00:00 This the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a ni sultations, emotional advice, second-opinion consultations, as well as	viewers with an in-depth descu umber of healthcare digital ser a number of tools to manage n	ription of the vices includi nedical costs	different s ng teleme s	services dicine	included in
05:00:00 This the s cons 05:30:00 Preg othe	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a ni sultations, emotional advice, second-opinion consultations, as well as Second Opinion with Joan Lunden	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX rom complications related to p	iption of the vices includi nedical costs (S) regnancy or	different s ng teleme (CC) childbirth	ervices dicine N/A than thc	included in #1802H ose in mos
05:00:00 This the s cons 05:30:00 Preg othe	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a nu- sultations, emotional advice, second-opinion consultations, as well as Second Opinion with Joan Lunden Racial Disparities In Maternal Health Inant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie sta	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX rom complications related to p	iption of the vices includi nedical costs (S) regnancy or	different s ng teleme (CC) childbirth	ervices dicine N/A than thc	included in #1802H ose in mos
05:00:00 This the s cons 05:30:00 Preg othe wom 06:00:00 In th	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie state and f color. Classical Stretch: By Essentrics	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX from complications related to p artling racial disparities in the c APTEX	iption of the vices includi nedical costs (S) regnancy or are, treatme (S)	different s ng teleme (CC) childbirth ent, and he (CC)	ervices dicine N/A than tho ealth out DVI	#1802H bse in mos comes for #1117H
05:00:00 This the s cons 05:30:00 Preg othe wom 06:00:00 In th	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie staten of color. Classical Stretch: By Essentrics Toning and Slenderizing is episode of Classical Stretch, join Miranda Esmonde-White in the Ma	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX from complications related to p artling racial disparities in the c APTEX	iption of the vices includi nedical costs (S) regnancy or are, treatme (S)	different s ng teleme (CC) childbirth ent, and he (CC)	ervices dicine N/A than tho ealth out DVI	#1802H bse in mos comes for #1117H
05:00:00 This the s cons 05:30:00 Preg othe wom 06:00:00 In th tone	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a ne- sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie state are of color. Classical Stretch: By Essentrics Toning and Slenderizing is episode of Classical Stretch, join Miranda Esmonde-White in the Ma your body from head to toe in this standing and floor workout.	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX from complications related to p artling racial disparities in the c APTEX ayan Riviera, Mexico. Miranda	iption of the vices includi nedical costs (S) regnancy or are, treatme (S) will take you	different s ng teleme (CC) childbirth ent, and he (CC) u through e	ervices dicine N/A than tho ealth out DVI exercise	included in #1802H ose in mos comes for #1117H as that will
05:00:00 This the s cons 05:30:00 Preg othe wom 06:00:00 In th tone	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a ne- sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die f r high-income countries in the world. And behind these statistics lie staten of color. Classical Stretch: By Essentrics Toning and Slenderizing is episode of Classical Stretch, join Miranda Esmonde-White in the Ma your body from head to toe in this standing and floor workout. Wai Lana Yoga	viewers with an in-depth desci umber of healthcare digital ser a number of tools to manage n APTEX from complications related to p artling racial disparities in the c APTEX ayan Riviera, Mexico. Miranda	iption of the vices includi nedical costs (S) regnancy or are, treatme (S) will take you	different s ng teleme (CC) childbirth ent, and he (CC) u through e	ervices dicine N/A than tho ealth out DVI exercise	included in #1802H ose in mos comes for #1117H as that will

spectrum are utilizing to reach their highest potential. The film provides a platform for youths with autism to speak frankly about their challenges and their dreams; and to showcase their talents which include dancing, singing, painting and animated filmmaking. Interwoven are interviews with experts in the field, some of whom are also on the spectrum such as autism role models, Dr. Temple Grandin and Dr. Stephen Shore, who offer their frank and moving insight. Winner, The Raising Autism Awareness Award - Golden Door Intl. Film Festival. Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

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				i ag	0 0 - 0	557
Fri, Apr 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#808H
	re in the Turners' emotions over May's impending adoption. Sister Hilda digs de e must testify in a grueling court case. Fred and Reggie keep secrets from eacl		y ill patient h	er final wi	sh. Vale	rie and
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
cher patie	Groundbreaking New Drug for Breast Cancer ew drug jointly developed by Japanese and US pharmaceutical companies target notherapy drug linked to an antibody. In a clinical study, cancer shrank or disap ents struggling with changes in appearance due to treatment, and a cheerdance treatment, but ways to cope with the disease.	ppeared in 60 percent	of subjects.	We also in	ntroduce	e care for
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	081 the term "sandwich generation" was coined to describe a group of America ives at the same time. Today, millions of families are facing the dual challenge having children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting r research, millennials have become the most anxious generation in history. This be treated.					
11:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher patie	ew drug jointly developed by Japanese and US pharmaceutical companies targe notherapy drug linked to an antibody. In a clinical study, cancer shrank or disap ents struggling with changes in appearance due to treatment, and a cheerdance treatment, but ways to cope with the disease.	opeared in 60 percent	of subjects.	We also in	ntroduce	e care for
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#901H
	Episode One					
	Furner and Nurse Crane must deal with an alarming outbreak of diphtheria. Free locate its mother.	d finds an abandoned	baby in a di	ustbin, and	d the tea	am must
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two I and Sister Monica Joan catch a woman stealing the team's milk. When they le ernity home. Romance blooms between Miss Higgins and Sergeant Woolf.	earn she's pregnant, th	ney bring hei	r into the c	are of th	ne
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1006H
	us- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL SWAR SCARLET CONSTANT: Tantrums & giving your kids shots	TZON, PATIENT: PRI	P/Stem cell i	njections f	for knee	arthritis 3
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
heal	Ith Insiders 1007 Why is the measles vaccine so important for children these da th and ways to detect heart disease long before a potentially devastating heart th insiders					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	us: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carl endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths -		Pain - Dr. Go	sha Bruso	ovanik 4.	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H

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Date: 07/06/2023

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choice				oarthritis	s- Ron
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Eat to Sleep	FRP	(S)	(CC)	N/A	#0(
Base sleej	bur diets and how to prepare food to increase its sleep-inducing effectiveness, the prog ad on the latest scientific research, Eat to Sleep explains the five keys to improving slur o and new ways it can even supercharge your waking life. Interviews with sleep medicin oten focus, improve memory, strengthen heart and brain health, build immunity and so	nber, why it's ne luminaries	essential, ho	ow to avoi	d obsta	cles to
18:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H
	eving father must set aside his own beliefs to honor his son Joe's last wish to be an org nal" in Joe's legacy of service to others.	an donor. As	s time goes b	y he finds	a callin	g and ne
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is	to stop pre-d	liabetes from	ı turning ir	nto full-fl	edged
20:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and help	in five Americans are physically dependent on, not heroin or cocaine, but commonly prinvestigative journalism, MEDICATING NORMAL follows the stories of five ordinary per with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This i can occur when profit-driven medicine intersects with human beings in distress.	ple whose d	octors presci	ribed psyc	chiatric c	lrugs to
21:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#104H
	Behavior erstand the importance of persuading the public to protect themselves during health cris ncing and grassroots campaigning all play important roles in helping to shift behavior a			andwashir	ng, socia	al
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
chen patie	w drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ints struggling with changes in appearance due to treatment, and a cheerdance team n reatment, but ways to cope with the disease.	in 60 percent	of subjects.	We also i	ntroduce	e care for
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H

The Battle Against Breast Cancer

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Fri, Apr 1	4, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H

Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.

Sat, Apr 15, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, p subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as	ss to a number of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling of sequences. Stress in all ages, as well as pandemic-related str as depression and anxiety.					issues
01:00:00	Staying Healthy (New Year Nutrition Tips)	SFPBS	(S)	(CC)	N/A	#867H
	ase prevention and healthy lifestyle info. Focus: Susan Nown sharing tips on nutrition and acupuncture.	ouzi and Stacey Whitelocke discuss rea	setting your	goals and	body fo	r the new
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, p subscription plan AllHealthGo has created to offer users acces sultations, emotional advice, second-opinion consultations, as	ss to a number of healthcare digital ser	ription of the vices includi	different s		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made g effective and can drastically increase the life expectancy of t		mon procedu	ıre. This p	rocedur	e is 94-
03:00:00	Heart Health (Female Heart Issues)	SFPBS	(S)	(CC)	N/A	#1338H
Dr. A	Alvaro Gomez discusses heart disease in women.					
04:00:00	Mental Health (Life Balance)	SFPBS	(S)	(CC)	N/A	#868H
Exur	ything you need to know to enjoy life - from balancing activitie n and Nicole Rodriguez discuss decluttering your life and star lutions for the year.	es and efforts - to achieving psychologi rting the New Year with a bright dispos	cal and emo ition and set	tional well ting the rig	ness. Fo ht type	ocus: Amy of
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, p subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as	ss to a number of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement			<b>T</b> I: 1		
	rt valve replacement is an area in medicine which has made g effective and can drastically increase the life expectancy of t		non proceau	ire. This p	roceaur	e IS 94-
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#123H
	Alma's Book Swap/Finders Keepers					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#502
	Game Changers					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#307H
	Osprey					
	ny accidentally drops the keys to the Tortuga into the ocean. keys before they disappear forever!	Chris, Martin and Aviva on are a race to	o develop os	prey creat	ture pow	vers to find
	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
07:30:00			(0)	(00)		110011

Sat, Apr 15, 2023

Segment 4

Vida Y Salud

Segment 5

10:47:00

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Start	Title Subti	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud	 SFPBS	(S)	(CC)	- <u> </u>	 #4701H
00.00.00	Segment 1	011 00	(0)	(00)		# <b>1</b> 0111
	eeping with the Health Channel's spirit of innov v (with English subtitles) featuring groundbrea					
08:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4702H
	Segment 2					
08:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4703H
	Segment 3					
08:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4704H
	Segment 4			<b>、</b> ,		
08:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4705H
	Segment 5			<b>、</b> ,		
08:57:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4706H
	Segment 6		. ,			
09:08:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4707H
	Segment 7					
09:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4708H
	Segment 8					
09:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4709H
	Segment 9					
09:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4710H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7601H
	Segment 1					
	eeping with the Health Channel's spirit of innov v (with English subtitles) featuring groundbrea					
10:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7602H
	Segment 2					
10:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7603H
	Segment 3					
10:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7604H
	Cormont 4					

10:58:00 Vida Y Salud SFPBS (S) (CC) N/A Segment 6 11:10:00 Vida Y Salud SFPBS (S) (CC) N/A #7607H Segment 7

SFPBS

(S)

(CC)

N/A

#7605H

#7606H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
11.24.00	ů –				N1/A	#700011
11:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7610H
	Segment 10					
12:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
13:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
com Harv med marg	tment free of charge to the patient, the doctors' care allows these individu imunities. TRAUMA HEALERS profiles the work of some of these top med vard's Global Surgery and Social Change program, and Partners in Healt! dical solutions. An engaging and educational documentary, TRAUMA HEA ginalized patients around the world, from Uganda to the Philippines. Lear ents with devastating injuries and conditions, despite having limited resou	dical professionals, includin h, another Boston-based or ALERS explores the practice n about the ways internatior	g four physic ganization co es employed nal medical p	ians conr ommitted to heal tr profession	ected w to provid auma fo	rith ling r
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#221H
	Is Stress Killing Your Sex Life? v stress can ruin romance plus does sex qualify as "exercise". Then medio ner more interested in foreplay.	cations that can help control	genital herp	es and w	ays to g	et your
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	us- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Boc upational therapy for children	dy building (Torre Washingto	on's story) 3.	Vickie Za	imora:	
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compresises, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira T st					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Seles Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. '				. Ask the	e Experts,
51.1		SFPBS	(S)	(CC)	N/A	#1206H
	Smartlife					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:13:00 16:26:00 16:45:00		SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1207H #1208H

Understand the importance of persuading the public to protect themselves during health crises. History shows that handwashing, social distancing and grassroots campaigning all play important roles in helping to shift behavior and save lives.

Sat, Apr 15, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	 N/A	#104H
	Gina Hollenbeck		(-)	()		
diag	a Hollenbeck is positive about life. Every day she lives with an optimis nosis. As a young mother of two boys, she forges ahead towards a v herself but for others who suffer from this deadly disease					
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#201H
	Oviedo			( )		
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
	Stress					
cons	ss is a word that people throw around when they are feeling overwhe sequences. Stress in all ages, as well as pandemic-related stress, aff as depression and anxiety.					issues
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#104H
	Behavior					
	erstand the importance of persuading the public to protect themselve ancing and grassroots campaigning all play important roles in helping			Indwashin	ıg, socia	I
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#221H
	Is Stress Killing Your Sex Life?					
	r stress can ruin romance plus does sex qualify as "exercise". Then n ner more interested in foreplay.	nedications that can help contro	l genital herp	es and wa	ays to g	et your
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	us- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: upational therapy for children	Body building (Torre Washingt	on's story) 3.	Vickie Za	amora:	
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
Park	inson's Disease is the fastest growing neurological disorder in the wo	orld. It affects nearly one million	people in the	e United S	States ar	nd more

than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

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Sun, Apr 16, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	iption of the vices includir	different s	services	included in
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually be cine. Childhood vaccine rates continue to decrease in certain areas of the cou eback.					
01:00:00 Focu	Maternity Care (Pregnancy Updates) us: Dr.Alberto Sirven fills us in on current maternity care to get your safely thr	SFPBS u your pregnancy.	(S)	(CC)	N/A	#860H
02.00.00		SEDDS			NI/A	#0U
02:00:00 This	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers	SFPBS	(S)	(CC) different c	N/A	#0H
the s	subtription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	vices includii	ng teleme		
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
_	The Cancer Spouse					
emo the c	ast cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to diagnosis, and their support can be crucial to recovery. The couple goes throu cer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact of
03:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
Mica	ah Kurtz discusses youth strength and conditioning.					
04:00:00	Women's Health (Pelvic Issues)	SFPBS	(S)	(CC)	N/A	#862H
Focu	us: Dr. Jaime Sepulveda discusses female pelvic medicine and shares inform	ation on pelvic reconstr	uction.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	s with an in-depth descr	iption of the vices includir	different s	services	
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to diagnosis, and their support can be crucial to recovery. The couple goes throu cer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#136H
	Lost in the Bronx/New Neighbors					
Man mov	en Alma and Uncle Nestor get separated from the rest of the family on the sub ni. Can she and Uncle Nestor reunite with the rest of the family before their sp e in next door, Alma and Beto hit it off straight away. Junior and Beto's little s a and Beto figure out what keeps driving them apart?	pecial dinner reservation	n? When nev	v neighbo	rs Beto a	and Emi
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#503
	Super Sensors					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#111H
	Bass Class		X - 7	( = - )	-	-
Mart	in and Chris are in the middle of a friendly competition to find Small-mouth ar	nd Large-mouth Bass w	hen they me	et Wild Kı	atts Kid	, Gavin,

Martin and Chris are in the middle of a friendly competition to find Small-mouth and Large-mouth Bass when they meet Wild Kratts Kid, Gavin, who is fishing. Before they can join him, Zach Varmitech arrives and challenges them to a fishing contest. The Wild Kratts team must use their knowledge of bass biology to win the tournament fair and square. Science Concepts: Species differentiation.

Sun, Apr 16, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
08:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
09:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
09:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
10:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
10:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
10:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, Apr 16, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
11:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
12:00:00	Call The Midwife Episode One	PBS	(S)	(CC)	N/A	#901H
	urner and Nurse Crane must deal with an alarming outbreak of locate its mother.	diphtheria. Fred finds an abandoned	i baby in a d	ustbin, and	d the tea	am must
13:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
	and Sister Monica Joan catch a woman stealing the team's mil rnity home. Romance blooms between Miss Higgins and Serge		ney bring he	r into the c	care of th	ne
14:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	t to do when stress is getting in the way of romance. And can C ce to women and their partners to help improve the sexual expe		woman's se	xual health	h coach	offers
	Health Insiders Is- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR ICIO FAGUNDES: Proton therapy	SFPBS R. ALVARO GOMEZ, ANN DEVELAS	(S) CO: Womer	(CC) n & heart d	N/A lisease (	#1004H 3. DR.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
Focu	is: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. I ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrit	Basic Oral Care - Dr. Julia E. 3. Risk				
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	is: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dy					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H

Daily Program Listing II **WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 64 of 337 Sun, Apr 16, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 17:00:00 **Birthing Justice** PBSPL (S) (CC) N/A #0H Giving birth has turned into a battleground for too many Black women and their babies. Going behind the statistics and beyond grief, Birthing Justice places Black women at the center of the fight to fix a broken system as they transform the future for all women in this country. The documentary focuses on the progress being made by those on the frontline of this crisis and highlights solutions that can be replicated in communities across the country. In order to assure a broad spectrum of experiences, we focus on Missouri, Georgia, California and the District of Columbia and elevate the lived experiences of Black women including 11-time Olympic champion, Allyson Felix and advocates like Dr. Joia Crear-Perry, founder of the National Black Equity Collaborative. Birthing Justice combines expert interviews with very personal pregnancy and birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes. 18:30:00 Medical Stories EPS (S) (CC) N/A #401H Out of Mind Multiple Sclerosis has often been called the disease of young white women, but new studies have produced some startling information about the previously unrecognized impact of MS on African Americans. In this episode of Medical Stories, we follow two extraordinary people through their challenges in coping with MS. Dawn, a brilliant student with plans to earn her PhD, left her studies behind over 20 years ago. Tyler, son of NFL hall of famer Earl Campbell, had his own NFL dream cut short when his health took a turn no one saw coming. Their stories of determination and hope will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams from Joi Life Wellness Group in Atlanta, GA, and nurse practitioner, Sophia D. Woodson from University Hospitals in Cleveland, OH. 19:00:00 Doctor Q & A NETA (CC)N/A #107H (S) Getting A Good Night's Sleep 19:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) #1808H N/A Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback 20:00:00 Joe 238 NETA (S) (CC) N/A #0H A grieving father must set aside his own beliefs to honor his son Joe's last wish to be an organ donor. As time goes by he finds a calling and new "normal" in Joe's legacy of service to others. 21:00:00 Finding Hope: SFPBS (S) (CC)N/A #101H Preventing Disease and Staying Healthy Town Hall 22:00:00 SFPBS Sex Talk with Dr. Lia (S) (CC) N/A #201H Helping Women Improve The Sexual Experience What to do when stress is getting in the way of romance. And can CBD oil improve your love life? And a woman's sexual health coach offers advice to women and their partners to help improve the sexual experience. 22:30:00 Health Insiders SFPBS (S) (CC) N/A #1005H Focus- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2. Wilbert Fuerte, Mayret Gonzalez: Antibiotic safety 3. Dr. Jose Llach: ER vs. Urgent Care 23:00:00 Doctor Q & A NETA (S) (CC) N/A #107H Getting A Good Night's Sleep 23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1710H The Cancer Spouse

Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."

Mon, Apr 17, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number of the subscription of the second	of healthcare digital serv	/ices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictates and is one of the most requested topics from viewers every year.	able hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
01:00:00	Health Trends (Cholesterol Update)	SFPBS	(S)	(CC)	N/A	#863H
avail	out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and I lable to patients besides statins: benefits & risks. They will discuss the importamation it provides.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital serv	ices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term -COVID symptoms.	health effects of the pe	ople who are	e suffering	from de	ebilitating
03:00:00	All About Cancer (Blood Cancers)	SFPBS	(S)	(CC)	N/A	#1348H
Dr. N	Marco Ruiz discusses hematologic cancers, those cancers combined with HIV	and treatments such a	s bone marr	ow transp	lantatio	n.
04:00:00	Heart Health (Cardiovascular Tips)	SFPBS	(S)	(CC)	N/A	#864H
Heal	Ith is where the heart is. Focus: Dr. Athanassios Tsoukas has some practical i	information that can lea	d to a long h	ealthy life	e.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital serv	ices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-term -COVID symptoms.	health effects of the pe	ople who are	e suffering	from de	ebilitating
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1118H
	Boost Your Energy is episode of Classical Stretch, join Miranda Esmonde-White at the beautiful t oly stretch your entire body leaving you feeling reenergized.	beach in the Rivera Mag	ya Mexico. T	his all bar	re work	out will
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#325H
	Get The Kinks Out			( )		
07:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and help	in five Americans are physically dependent on, not heroin or cocaine, but con investigative journalism, MEDICATING NORMAL follows the stories of five or with familiar problems such as stress, mild depression, sleeplessness, grief, can occur when profit-driven medicine intersects with human beings in distress	dinary people whose do etc. This is the untold s	octors presci	ibed psyc	chiatric d	Irugs to
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#901H
			. ,	. ,		

Dr. Turner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds an abandoned baby in a dustbin, and the team must help locate its mother.

16:25:00

Smartlife

Mon, Apr 17, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United State or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and he omen every year. That's more than all cancers combined. But 80% of cardiac and state e of heart disease in women and how we can lower cardiac risk and death.	eart disease and	stroke comb	ined caus	se the de	eath of 1 i
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects n six million people worldwide. The symptoms generally develop slowly over years, s hand. While tremors are common in Parkinson's, the disease progression is unique ments of Parkinson's Disease, and the search for a cure.	ometimes startin	g with a bare	ely noticea	able tren	nor in just
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
12:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
mate	and Sister Monica Joan catch a woman stealing the team's milk. When they learn s ernity home. Romance blooms between Miss Higgins and Sergeant Woolf.					
13:00:00	Call The Midwife Episode Three	PBS	(S)	(CC)	N/A	#903H
	lle is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane go e, Sister Frances and Valerie put on a charity fashion show for the community.	es to a school to	give vaccine	s to new	students	s. Violet,
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	us: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation f anoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5.					i, iMatter 3
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart D n, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5.					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H

SFPBS

(S)

(CC) N/A #1707H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Ctort	Title	Diatrib	Stores	Can	460	Frieda
Start	Subtitle	Distrib	Stereo	Сар	<u>AS2</u>	Episode
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Going Blind	NETA	(S)	(CC)	DVI	#0
with	the vision loss caused by sight-robbing diseases, infections and accidents. Going Blind	a interweaves	JOE S STORY N	with that o	t nis tell	
subj infor	ects and invites us into the intimate spaces of the visually impaired and blind. As a film mation, to connect with individuals and to find answers to share with the world.	,			C	ather
subj	ects and invites us into the intimate spaces of the visually impaired and blind. As a film mation, to connect with individuals and to find answers to share with the world. Medical Stories	maker, Joe us EPS	ses the tool h (S)	ne knows l (CC)	best to g N/A	
subj infor 18:30:00	ects and invites us into the intimate spaces of the visually impaired and blind. As a film mation, to connect with individuals and to find answers to share with the world.	EPS	(S)	(CC)	N/A	ather #402H

19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H

Alopecia Areata

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

20:00:00	Birthing Justice	PBSPL	(S)	(CC)	N/A	#0H

Giving birth has turned into a battleground for too many Black women and their babies. Going behind the statistics and beyond grief, Birthing Justice places Black women at the center of the fight to fix a broken system as they transform the future for all women in this country. The documentary focuses on the progress being made by those on the frontline of this crisis and highlights solutions that can be replicated in communities across the country. In order to assure a broad spectrum of experiences, we focus on Missouri, Georgia, California and the District of Columbia and elevate the lived experiences of Black women including 11-time Olympic champion, Allyson Felix and advocates like Dr. Joia Crear-Perry, founder of the National Black Equity Collaborative. Birthing Justice combines expert interviews with very personal pregnancy and birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes.

21:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#401H	
	Out of Mind						

Multiple Sclerosis has often been called the disease of young white women, but new studies have produced some startling information about the previously unrecognized impact of MS on African Americans. In this episode of Medical Stories, we follow two extraordinary people through their challenges in coping with MS. Dawn, a brilliant student with plans to earn her PhD, left her studies behind over 20 years ago. Tyler, son of NFL hall of famer Earl Campbell, had his own NFL dream cut short when his health took a turn no one saw coming. Their stories of determination and hope will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams from Joi Life Wellness Group in Atlanta, GA, and nurse practitioner, Sophia D. Woodson from University Hospitals in Cleveland, OH.

22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H

As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital serv	iption of the vices includi	different s		included
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans they can prevent developing memory issues of any kind. There is a promising at what we can do to keep our brain healthy.					
01:00:00	Nutrition & Health (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#871H
	best foods, diets and exercise routines trending now for a healthy life. Focu thy lifestyle.	us: Terry Ochoa from Bap	tist Health ha	as the late	est guide	lines for a
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital serv	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from or er high-income countries in the world. And behind these statistics lie startling nen of color.					
03:00:00	Healthy Living (Pregnancy Recovery)	SFPBS	(S)	(CC)	N/A	#1350H
Hen	ry Guzman & Melanie Rinaldi discuss exercise and well-being before, during	g and after pregnancy.				
04:00:00	Healthy Living (Healthy Connection)	SFPBS	(S)	(CC)	N/A	#870H
	lical experts share the essential factors of a healthy lifestyle. Focus: Host He			` '		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital service	iption of the vices includi	different s		included
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from c er high-income countries in the world. And behind these statistics lie startling nen of color.					
06:00:00	Classical Stretch: By Essentrics Feet and Calf Workout	APTEX	(S)	(CC)	DVI	#1119H
	is episode of Classical Stretch, join Miranda Esmonde-White and the Kantu elp relieve foot pain and shin splints.	ın Chi Eco Park. This gen	tle standing	and bar w	orkout i	s designe
06:30:00	Wai Lana Yoga Soothing Twist	APTEX	(S)	(CC)	N/A	#326H
	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#609H
07:00:00	Island Breeze					
Allov						g seated
Allov	Island Breeze w the ocean breeze and setting sun to inspire your practice as we enjoy a m					g seated #101H

15:47:00

Smartlife

Daily Program Listing II WPBTHC ~~~

N/A

(CC)

(S)

SFPBS

#1604H

Date: 07/06	6/2023 04/01/2023 - 06/30	)/2023		Pag	e 69 of	337
Tue, Apr	18, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and hel	e in five Americans are physically dependent on, not heroin or cocaine, I d investigative journalism, MEDICATING NORMAL follows the stories of p with familiar problems such as stress, mild depression, sleeplessness, t can occur when profit-driven medicine intersects with human beings in	five ordinary people whose do, grief, etc. This is the untold s	octors prescr	ibed psyc	chiatric d	rugs to
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
	Second Opinion with Joan Lunden The Cancer Spouse east cancer is the most common cancer among women worldwide, and the					
the	otional and psychological challenges, as well. It is something no one wa diagnosis, and their support can be crucial to recovery. The couple goe ncer Spouse."					
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	we continue to track "long-haulers," we are learning more about the long st-COVID symptoms.	y-term health effects of the pe	ople who are	e suffering	ı from de	bilitating
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#402H
	Impics: Addiction recovery with Gary Tsai, MD & Danny Trejo, Innovation ure & exercise, Living longer in mobile home communities, Reliable Hos		tia, Life after	a stroke,	Innovatio	on: Heart
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
rais	ily Bennett Taylor and her husband Miles were newlyweds with a bright sing a family Emily received the news that she had stage 4 lung cancer. ermination to live life to its fullest while fighting for the chance to have ch	She and her husband recall th	neir cancer jo			
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
13:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	O year old Vietnam War veteran decides to walk across New York State e their first step toward healing.	to confront his demons while	helping walk	w other s	survivors	s of PTSD
14:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	at to do when stress is getting in the way of romance. And can CBD oil i vice to women and their partners to help improve the sexual experience.		woman's sex	kual health	h coach	offers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Bea	cus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Dise atriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. F tructor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Ma vard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	artha Viera 3. The Power of Macc			Dental	Myths - Di
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased a nnel's one-hour virtual town hall, Finding Hope: The Mental Health ( e issues affecting our children and offer practical advice based on re	Crisis in Teenagers & Young Adul				
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip dreams. A front yard deck surrounded by Florida Friendly plants is to improper stormwater runoff.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor					
raisi	ly Bennett Taylor and her husband Miles were newlyweds with a brig ng a family Emily received the news that she had stage 4 lung canc ermination to live life to its fullest while fighting for the chance to have	er. She and her husband recall the	eir cancer jo	ourney and	d taiking d recour	t their
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local)	NETA SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#102H #101H
19:30:00 Res PBS	Caring for Your Back	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming	(S) os Institute, guez gives v	(CC) and airing	N/A on Sout	#101H th Florida
19:30:00 Res PBS fasc	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming	(S) os Institute, guez gives v	(CC) and airing	N/A on Sout	#101H th Florida
19:30:00 Res PBS fasc	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D	(S) os Institute, a guez gives v isease.	(CC) and airing viewers ar	N/A on Sout	#101H th Florida look at th
PBS	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D	(S) os Institute, a guez gives v isease.	(CC) and airing viewers ar	N/A on Sout	#101H th Florida look at th
19:30:00 Res PBS fasc 20:00:00 21:00:00 All it plag Taki	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D SFPBS NETA of use. Legal prescriptions have p ne of the individuals who have bed	(S) os Institute, i guez gives v isease. (S) (S) (S) oaved the w come the fac	(CC) and airing viewers ar (CC) (CC) ay for the ce of this r	N/A on South ninside h N/A N/A addiction	#101H th Florida look at th #102H #0H n epidem tragedy.
19:30:00 Res PBS fasc 20:00:00 21:00:00 All it plag Taki and	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall 7 Days: The Opioid Crisis takes for someone to become dependent on opioids is seven days uing the United States. 7 DAYS is an empathic, delicate look at som ng a macro perspective on the issue, the film explores how addictio underserved. Sex Talk with Dr. Lia	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D SFPBS NETA of use. Legal prescriptions have p ne of the individuals who have bed	(S) os Institute, i guez gives v isease. (S) (S) (S) oaved the w come the fac	(CC) and airing viewers ar (CC) (CC) ay for the ce of this r	N/A on South ninside h N/A N/A addiction	#101H th Florida look at th #102H #0H n epidem tragedy.
19:30:00 Res PBS fasc 20:00:00 21:00:00 All it plag Taki and 22:00:00 Wha	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall 7 Days: The Opioid Crisis takes for someone to become dependent on opioids is seven days uing the United States. 7 DAYS is an empathic, delicate look at som ing a macro perspective on the issue, the film explores how addictio underserved.	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D SFPBS NETA of use. Legal prescriptions have p he of the individuals who have been n is rarely a choice, but a vicious of SFPBS oil improve your love life? And a v	(S) os Institute, i guez gives v isease. (S) (S) oaved the w come the fac cycle that pr (S)	(CC) and airing viewers ar (CC) (CC) ay for the ce of this r reys on the (CC)	N/A on South ninside I N/A N/A addictional e disenfit N/A	#101H th Florida look at th #102H #0H n epidem tragedy. ranchised #201H
19:30:00 Res PBS fasc 20:00:00 21:00:00 All it plag Taki and 22:00:00 Wha	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall 7 Days: The Opioid Crisis takes for someone to become dependent on opioids is seven days uing the United States. 7 DAYS is an empathic, delicate look at som ing a macro perspective on the issue, the film explores how addictio underserved. Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience at to do when stress is getting in the way of romance. And can CBD	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D SFPBS NETA of use. Legal prescriptions have p he of the individuals who have been n is rarely a choice, but a vicious of SFPBS oil improve your love life? And a v	(S) os Institute, i guez gives v isease. (S) (S) oaved the w come the fac cycle that pr (S)	(CC) and airing viewers ar (CC) (CC) ay for the ce of this r reys on the (CC)	N/A on South ninside I N/A N/A addictional e disenfit N/A	#101H th Florida look at th #102H #0H n epidem tragedy. ranchised #201H
19:30:00 Res PBS fasc 20:00:00 21:00:00 All it plag Taki and 22:00:00 Wha advi	Caring for Your Back Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall 7 Days: The Opioid Crisis takes for someone to become dependent on opioids is seven days uing the United States. 7 DAYS is an empathic, delicate look at som ing a macro perspective on the issue, the film explores how addictio underserved. Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience at to do when stress is getting in the way of romance. And can CBD ce to women and their partners to help improve the sexual experience	SFPBS ship with The Wertheim UF Scripp Lost Memory," host Trace Doming s for Dementia and Alzheimer's D SFPBS NETA of use. Legal prescriptions have p he of the individuals who have been n is rarely a choice, but a vicious of SFPBS oil improve your love life? And a vice.	(S) os Institute, i guez gives v isease. (S) (S) oaved the w come the fac cycle that pr (S) voman's sec	(CC) and airing viewers ar (CC) (CC) ay for the ce of this r reys on the (CC) (CC)	N/A on Sour ninside N/A N/A addictio national e disenfi N/A n coach	#101H th Florida look at th #102H #0H n epiden tragedy. ranchiser #201H offers

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H

Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.

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				i ug	01201	001
Wed, Apr						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healtho sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and o servi Neve	cross America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic mi ices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande arities that exist in health and healthcare in the U.S.	norities are les important as c	ss likely to re our populatio	ceive pre n become	ventive l s more	nealth diverse.
01:00:00	All About Cancer (Cancer Update)	SFPBS	(S)	(CC)	N/A	#873H
	us: Dr. Lauren Carcas explains ways to prevent some cancers, and how the disease ca ent some cancers; lifestyle, family history and more.	an link to your		. ,	story. Wa	ays to
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	in-depth descr are digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	t valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	is a very comr	non procedu	ire. This p	rocedur	e is 94-
03:00:00	Living Well (Swimming Safety)	SFPBS	(S)	(CC)	N/A	#1351H
Mirei	n Oca discusses swimming safety tips.					
04:00:00	Pain Management (Back Pain & Mri Exams)	SFPBS	(S)	(CC)	N/A	#872H
	n from the experts about approaches for controlling chronic pain to improve quality of niques to treat chronic pain.	life. Focus: Dr.		has an up	odate on	latest
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healtho sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	is a very comr	non procedu	ıre. This p	rocedur	e is 94-
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1120H
	Quad Lengthening & Strengthening					
	is episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The leaving you with longer leaner legs.	he workout is a	aimed at stre	engthening	g your lo	wer body
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#401H
	Bye Bye Bulges					
07:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#901H
	Episode One					

Dr. Turner and Nurse Crane must deal with an alarming outbreak of diphtheria. Fred finds an abandoned baby in a dustbin, and the team must help locate its mother.

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SFPBS (S) (CC) N/A #1504H

Wed, Apr Start	19, 2023					
Start	<b>T</b> :41 a					
	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from complications r high-income countries in the world. And behind these statistics lie startling racial dispa en of color.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	t valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	a very comn	non procedu	re. This p	rocedure	e is 94-
11:00:00	Conscious Living India's Magic Carpet Ride	NETA	(S)	(CC)	N/A	#206H
wate stop cliffs	and calls of vendors hawking spicy dhal. Just in time for Hindu festival season, we bow r raft on the holy river Ganges in Rishikesh and kneel with reverence during an explosive to patch a flat tire and load up on cardamom sweets, we wind fourteen hours to an altitude and rogue tribes of sheep and monkeys, we search for ancient meditation caves in Back aming hot spring on the chilly border of Tibet.	ve sunset fire ude of 10,800	ceremony ir feet. Throug	n Varanas gh treach	ii. Then, erous Hi	after a pi malayan
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre dreams. A front yard deck surrounded by Florida Friendly plants is built and a new perr to improper stormwater runoff.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#00211
	Episode Two					#902H
	and Sister Monica Joan catch a woman stealing the team's milk. When they learn she's ernity home. Romance blooms between Miss Higgins and Sergeant Woolf.	s pregnant, tr	ley bring her	into the o	are of th	
mate	call The Midwife	PBS	ey bring her (S)	r into the o	care of th N/A	
mate 13:00:00	call The Midwife Episode Three	PBS	(S)	(CC)	N/A	ne #903H
mate 13:00:00 Lucii	call The Midwife	PBS	(S)	(CC)	N/A	ne #903H
mate 13:00:00 Lucii	call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to	PBS	(S)	(CC)	N/A students	ne #903H
mate 13:00:00 Lucil Trixi 14:00:00 Focu	Call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to e, Sister Frances and Valerie put on a charity fashion show for the community.	PBS o a school to SFPBS	(S) give vaccine (S)	(CC) to new (CC)	N/A students N/A	#903H 5. Violet, #1012H
mate 13:00:00 Lucii Trixi 14:00:00 Focu DR.	Call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to e, Sister Frances and Valerie put on a charity fashion show for the community. Health Insiders Is- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN	PBS o a school to SFPBS	(S) give vaccine (S)	(CC) to new (CC)	N/A students N/A	ne #903H 5. Violet, #1012H
mate 13:00:00 Lucii Trixi 14:00:00 Focu DR. 14:30:00	Call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to a, Sister Frances and Valerie put on a charity fashion show for the community. Health Insiders Is- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN MARCIO FAGUNDES Proton therapy & clinical trials Health Insiders Smartlife	PBS o a school to SFPBS IK, patient: S SFPBS SFPBS	(S) give vaccine (S) pine surgery (S) (S)	(CC) es to new (CC) r (Patient (CC) (CC)	N/A students N/A story – F N/A N/A	me #903H 5. Violet, #1012H Paola) 3. #1013H #1501H
mate 13:00:00 Lucii Trixi 14:00:00 Focu DR. 14:30:00 15:00:00 Focu Stab	Call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to e, Sister Frances and Valerie put on a charity fashion show for the community. Health Insiders Is- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN MARCIO FAGUNDES Proton therapy & clinical trials Health Insiders	PBS o a school to SFPBS IK, patient: S SFPBS SFPBS nstant 3. Wor	(S) give vaccine (S) pine surgery (S) (S) king with Ho	(CC) s to new (CC) r (Patient (CC) (CC) rses, Dr. 5	N/A students N/A story – F N/A N/A Shelley (	#903H #903H 5. Violet, #1012H Paola) 3. #1013H #1501H Greene,
mate 13:00:00 Lucii Trixi 14:00:00 Focu DR. 14:30:00 15:00:00 Focu Stab	Call The Midwife Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to a, Sister Frances and Valerie put on a charity fashion show for the community. Health Insiders Is- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN MARCIO FAGUNDES Proton therapy & clinical trials Health Insiders Smartlife Is: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Cor le Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Fai	PBS o a school to SFPBS IK, patient: S SFPBS SFPBS nstant 3. Wor	(S) give vaccine (S) pine surgery (S) (S) king with Ho	(CC) s to new (CC) r (Patient (CC) (CC) rses, Dr. 5	N/A students N/A story – F N/A N/A Shelley (	#903H #903H 5. Violet, #1012H Paola) 3. #1013H #1501H Greene,

15:45:00 Smartlife

Wed, Apr 19, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Sto Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cos rcises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Gut Check: Hope for Ultimate Health with Brenda Watson	FRP	(S)	(CC)	N/A	#0(
prog on se stage	more important than ever, and her message will educate and empower ram presents the new science supporting The H.O.P.E. Formula throu et and graphically) of the key components of the dietary approach. As e in front of a live audience, along with field interviews with other media es, this program offers H.O.P.E to viewers interested in utilizing dietary	gh entertaining and engaging a hybrid studio-documentary p cal experts. Through enlighter	storytelling, production, E ning research	with visua Brenda hos and insp	il examp sts segn	les (both nents on
18:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New York State their first step toward healing.	to confront his demons while	helping wall	k w other	survivor	s of PTSD
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
10.00.00	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and servi Neve	cross America, there are large and persistent racial differences in heal die sooner than white people. Compared with whites, members of raci- ices and often receive lower-quality care. Addressing health disparities er has the disparity in access to healthcare become more obvious than arities that exist in health and healthcare in the U.S.	al and ethnic minorities are les is increasingly important as c	ss likely to re our populatio	ceive pre	ventive l s more o	health diverse.
20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3406H
	Dr. Tony Fauci					
a de	ow Dr. Fauci across fourteen months, showing a rarely seen side of this vastating pandemic while confronting a political onslaught that calls int ic health.	•	,			
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future		. /	( - )		
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H

Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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10. 01/00/2				- 3	01001	
Thu, Apr 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis	an a ula a fuil ( a a f		A		h
other cost	simer's Disease is an under-recognized public health crisis. And while the word Alzhei word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their loo sses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer'	s come wi	ith a trer	nendous
01:00:00	Spine & Back Care #875 (Spondylolisthesis)	SFPBS	(S)	(CC)	N/A	#875H
Dr. B	rusovanik discusses back pain and a spine condition called Spondylolisthesis.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This	30-minute informational program, hosted by Sasha Rionda, presents viewers with an	n-depth desci			services	included i
the s	ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a singer a death sentence.					
03:00:00	Primary Care (Diabetes Help)	SFPBS	(S)	(CC)	N/A	#1352H
Dr. Y	eisel Barquin discusses the relationship between diabetes and hypertension and high	cholesterol.				
04:00:00	Health Trends (Hospice Information)	SFPBS	(S)	(CC)	N/A	#874H
	out the latest trends that contribute to a healthy life. Focus: Dr. Viamonte Ros and Benhospice provider for your loved ones.	ta discuss wa	ys to know h	iow to cho	ose and	l select the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a singler a death sentence.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1121H
	Arm Toning Workout					
	s episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace gh easy-to-follow arm toning exercises to increase your overall strength and flexibility				nda will t	ake your
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#402H
	Yaga Glow		. /	. ,		
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					

Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Antuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.

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				, ag	,0 , 0 0.	001
Thu, Apr 2	20, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		(-)	()		
08:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
One and help	in five Americans are physically dependent on, not heroin or cocaine, but commonly prinvestigative journalism, MEDICATING NORMAL follows the stories of five ordinary pewith familiar problems such as stress, mild depression, sleeplessness, grief, etc. This i can occur when profit-driven medicine intersects with human beings in distress.	rescribed psy ople whose d	chiatric drug octors presc	s. Combir ribed psyc	ning cine chiatric c	ma verite Irugs to
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a sn onger a death sentence.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba sidered the next pandemic, antibiotic resistance is a threat to global health and food se		idangering th	ne efficacy	/ of antib	piotics.
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#402H
	npics: Addiction recovery with Gary Tsai, MD & Danny Trejo, Innovation: Hearing aids = re & exercise, Living longer in mobile home communities, Reliable Hospice.	less dement	tia, Life after	a stroke,	Innovati	on: Heart
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisir	y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Ing a family Emily received the news that she had stage 4 lung cancer. She and her hus rmination to live life to its fullest while fighting for the chance to have children despite a	sband recall th	heir cancer jo			
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
13:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	t happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing?	ot your partne	r. And how u	ising emo	jis in you	ır
14:30:00 Focu addie	Health Insiders is- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINE ction	SFPBS Z Erectile Dy	(S) /sfunction 3.	(CC) DR. DAN	n/a Iel Boe	#1015H BER Opioio
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	is: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healtl ty for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimb				RD 4. Ho	liday
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
			(-)	(		

20:00:00

21:30:00

Medical Stories

Thu, Apr 20, 2023

#### Daily Program Listing II **WPBTHC** 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
	is: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Heal					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H

#### 17:00:00 **Birthing Justice** PBSPL (S) (CC)N/A #0H Giving birth has turned into a battleground for too many Black women and their babies. Going behind the statistics and beyond grief, Birthing Justice places Black women at the center of the fight to fix a broken system as they transform the future for all women in this country. The documentary focuses on the progress being made by those on the frontline of this crisis and highlights solutions that can be replicated in communities across the country. In order to assure a broad spectrum of experiences, we focus on Missouri, Georgia, California and the District of Columbia and elevate the lived experiences of Black women including 11-time Olympic champion, Allyson Felix and advocates like Dr. Joia Crear-Perry, founder of the National Black Equity Collaborative. Birthing Justice combines expert interviews with very personal pregnancy and

18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#401H
	Out of Mind					

birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes.

Multiple Sclerosis has often been called the disease of young white women, but new studies have produced some startling information about the previously unrecognized impact of MS on African Americans. In this episode of Medical Stories, we follow two extraordinary people through their challenges in coping with MS. Dawn, a brilliant student with plans to earn her PhD, left her studies behind over 20 years ago. Tyler, son of NFL hall of famer Earl Campbell, had his own NFL dream cut short when his health took a turn no one saw coming. Their stories of determination and hope will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams from Joi Life Wellness Group in Atlanta, GA, and nurse practitioner, Sophia D. Woodson from University Hospitals in Cleveland, OH.

19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H

Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

NETA

EPS

(S)

(S)

(CC)

(CC)

DVI #0

N/A

#402H

Going Blind GOING BLIND is a unique documentary film that increases public awareness of sight loss and low vision issues profoundly affecting the lives of more and more people around the world by Peabody Award winning director Joseph Lovett. Director Joseph Lovett has glaucoma, a disease that robs 4.5 million people worldwide of their vision. After years of slowly losing his sight, Joe decides to take action: to investigate how people all over the country respond to vision-loss. His search begins small, with people Joe meets on the streets of his hometown New York City and gradually leads him to places and people around the country, of all different ages and backgrounds. Each has a fascinating story about dealing with the vision loss caused by sight-robbing diseases, infections and accidents. Going Blind interweaves Joe's story with that of his fellow subjects and invites us into the intimate spaces of the visually impaired and blind. As a filmmaker, Joe uses the tool he knows best to gather information, to connect with individuals and to find answers to share with the world.

Bonded Hope A family in Utah spends every possible minute they can outdoors, enjoying nature together and testing themselves physically. They are a family bonded in hope, overcoming the tremendous challenges of a rare genetic disease called Primarily Hyperoxaluria Type 1 where liver malfunction causes severe damage to the kidneys and can lead to the need for liver and kidney transplants. Three of the four children in the family have PH1. Featuring renowned experts: Dr. David J. Sas and Dr. John C. Lieske from the Mayo Clinic in Rochester, Minnesota.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
	What Happens In Sex Therapy?					
	t happens in sex therapy. Plus, what to do when you're attracted to someone who is not sages can make you more appealing?	your partne	r. And how u	sing emoj	is in yo	ır
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1015H
	us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINE. ction	Z Erectile Dy	sfunction 3.	DR. DANI	EL BO	BER Opioio
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
The	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advances in r	nedicine ove	r the past se	veral yea	rs. Tł	ne r

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	imber of healthcare digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, the y make up the greatest percentage of the population and the labor force experiencing declining health faster than any other recent generation b rmine the overall health of America. This episode discusses the issue	e. They are also the least hea efore them. How their health	Ithy generati	on in rece	ent times	and the
01:00:00	Sports Medicine (Pro Sports Partnership)	SFPBS	(S)	(CC)	N/A	#877H
	Derek Papp, Dr. Harlan Selesnick & Nelson Lazo discuss the Miami HE T will impact the services offered to our sports partners, patients and o		partnership b	etween th	ne Institu	ute and th
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents of subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	imber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global he		idangering th	e efficacy	of antib	iotics.
03:00:00	Living Well (Massage Help)	SFPBS	(S)	(CC)	N/A	#1354H
Gary	r Galasso describes the benefits of massage therapy in the clinical set	ting and for overall wellness.				
04:00:00	Orthopedics (Female Athletic Issues)	SFPBS	(S)	(CC)	N/A	#876H
	n surgical to nonsurgical procedures, learn the treatments that will rest Rodriguez discusses female athletic triad.	ore your body back to health a	after it has su	iffered tra	uma. Fo	cus: Dr.
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents of subscription plan AllHealthGo has created to offer users access to a nu- sultations, emotional advice, second-opinion consultations, as well as a	imber of healthcare digital ser	vices includir	ng teleme		includeo
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global he		idangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics Spine Strengthening Workout	APTEX	(S)	(CC)	DVI	#1122H
	is episode of Classical Stretch, join Miranda Esmonde-White at a gorg core with a variety of dynamic standing and floor exercises.	eous, Zen spa pool in Mexico	. Work on str	engthenin	ig your e	entire sp
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#403H
	Stand Tall					
07:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New York State their first step toward healing.	e to confront his demons while	helping walk	w other s	survivors	s of PTS
08:00:00	Call The Midwife Episode One	PBS	(S)	(CC)	N/A	#901H
	Furner and Nurse Crane must deal with an alarming outbreak of diphth locate its mother.	eria. Fred finds an abandoned	d baby in a du	ustbin, an	d the tea	am must

16:15:00

Smartlife

Fri, Apr 21, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
Case diab	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the crit etes.	ical areas of work is to stop pre-d	iabetes from	turning ir	nto full-fle	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwh sequences. Stress in all ages, as well as pandemic-related stress, a n as depression and anxiety.					issues
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip dreams. A front yard deck surrounded by Florida Friendly plants is to improper stormwater runoff.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					
	and Sister Monica Joan catch a woman stealing the team's milk. V ernity home. Romance blooms between Miss Higgins and Sergeant		ney bring her	into the c	are of th	ne
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#903H
	Episode Three					
	lle is seconded to St. Cuthbert's and delivers a baby in an elevator. e, Sister Frances and Valerie put on a charity fashion show for the		give vaccine	s to new	students	s. Violet,
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
	us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR ction	R. DANIEL MARTINEZ Erectile Dy	sfunction 3.	DR. DANI	EL BOB	BER Opio
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1018H
	us - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEB RANY Self love	A ORUETA Postpartum depression	on & massag	je therapy	/ 3. JASI	MIN
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatm Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J.,		isovanik 3. B	aptist Ho	me Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H

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#### Fri, Apr 21, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Going Blind	NETA	(S)	(CC)	DVI	#0

GOING BLIND is a unique documentary film that increases public awareness of sight loss and low vision issues profoundly affecting the lives of more and more people around the world by Peabody Award winning director Joseph Lovett. Director Joseph Lovett has glaucoma, a disease that robs 4.5 million people worldwide of their vision. After years of slowly losing his sight, Joe decides to take action: to investigate how people all over the country respond to vision-loss. His search begins small, with people Joe meets on the streets of his hometown New York City and gradually leads him to places and people around the country, of all different ages and backgrounds. Each has a fascinating story about dealing with the vision loss caused by sight-robbing diseases, infections and accidents. Going Blind interweaves Joe's story with that of his fellow subjects and invites us into the intimate spaces of the visually impaired and blind. As a filmmaker, Joe uses the tool he knows best to gather information, to connect with individuals and to find answers to share with the world.

18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#402H
	Bonded Hope					

A family in Utah spends every possible minute they can outdoors, enjoying nature together and testing themselves physically. They are a family bonded in hope, overcoming the tremendous challenges of a rare genetic disease called Primarily Hyperoxaluria Type 1 where liver malfunction causes severe damage to the kidneys and can lead to the need for liver and kidney transplants. Three of the four children in the family have PH1. Featuring renowned experts: Dr. David J. Sas and Dr. John C. Lieske from the Mayo Clinic in Rochester, Minnesota.

19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

#### 19:30:00 Second Opinion with Joan Lunden Millennial Health II

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

APTEX

(S)

(CC)

N/A

#1704H

20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3406H
	Dr. Tony Fauci					

Follow Dr. Fauci across fourteen months, showing a rarely seen side of this passionate scientist, husband, father and public servant as he battles a devastating pandemic while confronting a political onslaught that calls into question his 50-year career as this country's leading advocate for public health.

22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H

The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.

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Sat, Apr 22, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as w	to a number of healthcare digital service	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stag	Conquering Obesity t obesity is associated with a decrease in life expectancy for bo 163 million adults in the U.S. are overweight or obese - two thin gering, but people still struggle every day to drop the pounds. E episode discusses the challenges and solutions for sustained w	ds of men, and more than 60% of wo veryone has different reasons for wa	men. The da	mage to h	nealth is	
01:00:00	Nutrition & Health (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#871H
	best foods, diets and exercise routines trending now for a healt thy lifestyle.	hy life. Focus: Terry Ochoa from Bap	tist Health ha	as the late	est guide	lines for a
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as w	to a number of healthcare digital service	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the etes.	critical areas of work is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
03:00:00	Spine & Back Care (Common Back/Neck Pain Reflief)	SFPBS	(S)	(CC)	N/A	#1355H
	Brusovanik discusses the different minimally invasive surgery of spine.	otions for spine & back care, as well a	as the import	ance of ke	eeping n	notion in
04:00:00	Health Trends (Blood Sugar Warnings)	SFPBS	(S)	(CC)	N/A	#878H
	out the latest trends that contribute to a healthy life. Focus: Loi tained too high.	s Exelbert discusses possible compli	cations of blo	ood sugar	when it	is
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as w	to a number of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the etes.	critical areas of work is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#137H
unha	Alma Town/An Alma Kind of Day on Alma is elected mayor of Cardboard City, she promises to he appy with Alma's rule-making, she has to figure out how to make but, after trial and error, they discover it's the little acts of kindr	e rules that are fair to everyone./Alma	and Junior			
06:30:00	Scigirls Cartoon Coders	PBSPL	(S)	(CC)	DVI	#504H
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#117H
	Elephant in the Room					

The brothers come across a lone baby elephant and bring him back to the Tortuga HQ for safety until they can find his mom. But they learn how mischievous baby elephants can be and get more than they bargained for when it almost destroys the Tortuga! As they rush to get the baby elephant home, the WildKratts team realizes that animals have different structures that serve various functions in growth and survival. And an elephant's trunk is like the multipurpose tool of "creature features" with hundreds of uses, including: showering, blasting water, grabbing, lifting, communicating, "hearing", pushing and pulling.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
08:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
09:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
09:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
10:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
10:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
10:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#507H
	Segment 7			. ,		
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#508H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#509H
	Segment 9					
11:42:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#510H
	Segment 10					
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Cris e issues affecting our children and offer practical advice based on rese	is in Teenagers & Young Adu				
13:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
com	uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrinsi dying process really entails, and why dying has been misunderstood for	c to the process of dying. film				
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience					
	It to do when stress is getting in the way of romance. And can CBD oil i ce to women and their partners to help improve the sexual experience.	mprove your love life? And a	woman's se	kual healt	n coach	offers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Bea	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Dise triz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Fo uctor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
	Smartlife Smartlife	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	
15:33:00						#1603H
15:13:00 15:33:00 15:47:00 15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H #1604H
15:33:00 15:47:00 15:59:00 Foci	Smartlife Smartlife	SFPBS SFPBS SFPBS	(S) (S) (S)	(CC) (CC) (CC)	N/A N/A N/A	#1603H #1604H #1605H
15:33:00 15:47:00 15:59:00 Foci	Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Marth	SFPBS SFPBS SFPBS	(S) (S) (S)	(CC) (CC) (CC)	N/A N/A N/A	#1603H #1604H #1605H Myths - E
15:33:00 15:47:00 15:59:00 Foci How 16:13:00	Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Marth rard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS SFPBS SFPBS a Viera 3. The Power of Maco	(S) (S) (S) ca - Dr. Lia J	(CC) (CC) (CC) iannine 4.	N/A N/A N/A Dental I	#1603⊢ #1604⊢ #1605⊢ Myths - ⊑ #1606⊢
15:33:00 15:47:00 15:59:00 Foce How 16:13:00 16:25:00	Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Marth rard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician Smartlife	SFPBS SFPBS a Viera 3. The Power of Maco SFPBS	(S) (S) (S) ca - Dr. Lia J (S)	(CC) (CC) (CC) iannine 4. (CC)	N/A N/A N/A Dental I N/A	#1603H #1604H #1605H
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All it takes for someone to become dependent on opioids is seven days of use. Legal prescriptions have paved the way for the addiction epidemic plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisi	y Bennett Taylor and her husband Miles were newlyweds with a bright ng a family Emily received the news that she had stage 4 lung cancer. rmination to live life to its fullest while fighting for the chance to have ch	She and her husband recall the	neir cancer jo			
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My dreams. A front yard deck surrounded by Florida Friendly plants is buil to improper stormwater runoff.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	It obesity is associated with a decrease in life expectancy for both men 163 million adults in the U.S. are overweight or obese - two thirds of me gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight lo	en, and more than 60% of wo e has different reasons for wa	men. The da	amage to h	nealth is	
20:00:00	Birthing Justice	PBSPL	(S)	(CC)	N/A	#0H
Just docu	ice places Black women at the center of the fight to fix a broken system umentary focuses on the progress being made by those on the frontline	of this crisis and highlights so	for all wome plutions that	n in this co can be re	ountry. 7 plicated	he in
Just docu com Colu Crea	ice places Black women at the center of the fight to fix a broken system	a as they transform the future of this crisis and highlights so periences, we focus on Misso me Olympic champion, Allyso stice combines expert intervie	for all wome olutions that uri, Georgia, n Felix and	n in this co can be re California advocates	puntry. To plicated a and the blike Dr.	The in e District Joia
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Just docu com Colu Crea birth 21:30:00 Mult prev chal hall	ice places Black women at the center of the fight to fix a broken system umentary focuses on the progress being made by those on the frontline munities across the country. In order to assure a broad spectrum of exp imbia and elevate the lived experiences of Black women including 11-ti ar-Perry, founder of the National Black Equity Collaborative. Birthing Jus stories that emphasize the dangerous terrain many traverse while cele Medical Stories	a as they transform the future of this crisis and highlights so periences, we focus on Misso me Olympic champion, Allyso stice combines expert intervie brating their joyful outcomes. EPS , but new studies have produce of Medical Stories, we follow er PhD, left her studies behim alth took a turn no one saw co	for all wome blutions that uri, Georgia, n Felix and ws with very (S) ced some st v two extrao d over 20 ye oming. Their	n in this co can be re California advocates personal (CC) artling info rdinary pe ars ago. T stories of	ountry. T plicated a and the like Dr. pregnar N/A mmation ople thro yler, so determin	The in e District Joia ney and #401H about the ough the n of NFL nation an
Just docu com Colu Crea birth 21:30:00 Mult prev chal hall	ice places Black women at the center of the fight to fix a broken system umentary focuses on the progress being made by those on the frontline munities across the country. In order to assure a broad spectrum of exp imbia and elevate the lived experiences of Black women including 11-ti ar-Perry, founder of the National Black Equity Collaborative. Birthing Jus stories that emphasize the dangerous terrain many traverse while cele Medical Stories Out of Mind iple Sclerosis has often been called the disease of young white women iously unrecognized impact of MS on African Americans. In this episod lenges in coping with MS. Dawn, a brilliant student with plans to earn h of famer Earl Campbell, had his own NFL dream cut short when his hear e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williar	a as they transform the future of this crisis and highlights so periences, we focus on Misso me Olympic champion, Allyso stice combines expert intervie brating their joyful outcomes. EPS , but new studies have produce of Medical Stories, we follow er PhD, left her studies behim alth took a turn no one saw co	for all wome blutions that uri, Georgia, n Felix and ws with very (S) ced some st v two extrao d over 20 ye oming. Their	n in this co can be re California advocates personal (CC) artling info rdinary pe ars ago. T stories of	ountry. T plicated a and the like Dr. pregnar N/A mmation ople thro yler, so determin	The in e District Joia ney and #401H about the ough the n of NFL nation an
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Just docu com Colu Crea birth 21:30:00 Mult prev chal hall hope Sopl 22:00:00 Wha	ice places Black women at the center of the fight to fix a broken system umentary focuses on the progress being made by those on the frontline munities across the country. In order to assure a broad spectrum of exp imbia and elevate the lived experiences of Black women including 11-ti ar-Perry, founder of the National Black Equity Collaborative. Birthing Jus stories that emphasize the dangerous terrain many traverse while cele Medical Stories Out of Mind iple Sclerosis has often been called the disease of young white women iously unrecognized impact of MS on African Americans. In this episod lenges in coping with MS. Dawn, a brilliant student with plans to earn ho of famer Earl Campbell, had his own NFL dream cut short when his hea e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williar hia D. Woodson from University Hospitals in Cleveland, OH. Sex Talk with Dr. Lia	a as they transform the future of this crisis and highlights so periences, we focus on Misso me Olympic champion, Allyso stice combines expert intervie brating their joyful outcomes. EPS , but new studies have produce of Medical Stories, we follow er PhD, left her studies behind alth took a turn no one saw co ns from Joi Life Wellness Gro SFPBS	for all wome blutions that uri, Georgia, n Felix and ws with very (S) ced some sta v two extrao d over 20 ye ming. Their up in Atlanta (S)	n in this co can be rep California advocates personal (CC) artling info rdinary pe ars ago. T stories of a, GA, and (CC)	N/A N/A N/A	The in District Joia ncy and #401H about the or of NFL nation ar practition #201H
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Just docu com Colu Crea birth 21:30:00 Mult prev chal hall hope Sopi 22:00:00 Wha advi 22:30:00	ice places Black women at the center of the fight to fix a broken system umentary focuses on the progress being made by those on the frontline munities across the country. In order to assure a broad spectrum of exp imbia and elevate the lived experiences of Black women including 11-ti ar-Perry, founder of the National Black Equity Collaborative. Birthing Just stories that emphasize the dangerous terrain many traverse while cele Medical Stories Out of Mind iple Sclerosis has often been called the disease of young white women iously unrecognized impact of MS on African Americans. In this episod lenges in coping with MS. Dawn, a brilliant student with plans to earn ho of famer Earl Campbell, had his own NFL dream cut short when his hea e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williar hia D. Woodson from University Hospitals in Cleveland, OH. Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience it to do when stress is getting in the way of romance. And can CBD oil i ce to women and their partners to help improve the sexual experience. Health Insiders	a as they transform the future of this crisis and highlights so periences, we focus on Misso me Olympic champion, Allyso stice combines expert intervise brating their joyful outcomes. EPS , but new studies have produce e of Medical Stories, we follow er PhD, left her studies behim alth took a turn no one saw co ns from Joi Life Wellness Gro SFPBS mprove your love life? And a SFPBS	for all wome blutions that uri, Georgia, n Felix and ws with very (S) ced some sta v two extrao d over 20 ye oming. Their up in Atlanta (S) woman's se (S)	n in this co can be rep . California advocates / personal (CC) artling info rdinary pe ars ago. T stories of a, GA, and (CC) xual health (CC)	N/A N/A N/A N/A N/A	The in District Joia control of the Joia control of the sector of the se

Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.

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Sun, Apr 23, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	081 the term "sandwich generation" was coined to describe a group of Americos at the same time. Today, millions of families are facing the dual challer having children later. This episode focuses on these caregivers.					
01:00:00	All About Cancer (Cancer Update)	SFPBS	(S)	(CC)	N/A	#873H
	us: Dr. Lauren Carcas explains ways to prevent some cancers, and how the ent some cancers; lifestyle, family history and more.	disease can link to your	lifestyle and	family his	tory. Wa	ays to
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advances effective and can drastically increase the life expectancy of the patient.	ments and is a very comr	non procedı	ıre. This p	rocedure	e is 94-
03:00:00	Living Well (Health and Wellness)	SFPBS	(S)	(CC)	N/A	#1356H
Jasr	nine Terrany discusses Life Therapy, which combines Psychotherapy Coac	hing, Mindfulness & Med	itation.			
04:00:00	Pain Management (Back Pain & Mri Exams)	SFPBS	(S)	(CC)	N/A	#872H
	n from the experts about approaches for controlling chronic pain to improve niques to treat chronic pain.	quality of life. Focus: Dr	Jose Mena	has an up	odate on	latest
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advances effective and can drastically increase the life expectancy of the patient.	ments and is a very comr	non procedı	ıre. This p	rocedure	e is 94-
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#116H
	Granny on the Go/Chacho's Day Out					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#505H
	Code Concert					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#312H
	The Amazing Creature Race					
The	Wild Kratts Team decides to have a Creature Power Running Race to help	them figure out who are	the greatest	running c	reatures	of all!
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1601H
	Segment 1		(-)	( )		
In ke	eeping with the Health Channel's spirit of innovative programming, Vida y Sa	alud is a fast-paced, fun a	and informat	ive Spanis	sh-langu	age healtl

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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# Sun, Apr 23, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
08:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1604H
	Segment 4					
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H
09:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H
	eping with the Health Channel's spirit of innovative programmi / (with English subtitles) featuring groundbreaking medical brea					
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
11:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H

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Sun, Apr 23, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9					
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					
	d and Sister Monica Joan catch a woman stealing the team's milk. When they ernity home. Romance blooms between Miss Higgins and Sergeant Woolf.	/ learn she's pregnant, th	ney bring her	into the c	are of th	ne
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#903H
	Episode Three					
	ille is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Cra ie, Sister Frances and Valerie put on a charity fashion show for the communit		give vaccine	s to new s	students	. Violet,
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
	What Happens In Sex Therapy?					
	at happens in sex therapy. Plus, what to do when you're attracted to someone sages can make you more appealing?	e who is not your partne	r. And how u	sing emoj	is in you	ır
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
Foci	us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. 3	Scarlet Constant 3. Wor	kina with Ho	rses. Dr. S	Shelley (	Greene,
Stab	ole Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Cou alona	Inseling Families when I				rmo
Stab		Inseling Families when H SFPBS				rmo #1502H
Stab Esca 15:13:00	alona	Ū	Kids are Sick	, Reveren	nd Guille	
Stab Esca	alona Smartlife	SFPBS	Kids are Sick (S)	(CC)	nd Guille N/A	#1502H
Stab Esca 15:13:00 15:31:00 15:45:00	alona Smartlife Smartlife	SFPBS	(ids are Sick (S) (S)	(CC) (CC)	nd Guille N/A N/A	#1502H #1503H
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	Date:	07/06/2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Start		DISUID	316160	Cap	<u>A32</u>	Episoue
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americans who a tives at the same time. Today, millions of families are facing the dual challenge of sandw having children later. This episode focuses on these caregivers.					
20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3406H
	Dr. Tony Fauci					
	vastating pandemic while confronting a political onslaught that calls into question his 50 ic health.			iry 3 icauli	ig aavo	
publ 22:00:00	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
publ 22:00:00 Wha	ic health. Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
publ 22:00:00 Wha	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to someone who is no	SFPBS	(S)	(CC)	N/A	#202H
publ 22:00:00 Wha mes 22:30:00 Focu	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing?	SFPBS your partne	(S) r. And how u (S)	(CC) sing emoj (CC)	N/A is in you N/A	#202H ır #1015H
publ 22:00:00 Wha mes 22:30:00 Focu addi	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing? Health Insiders us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINE	SFPBS your partne	(S) r. And how u (S)	(CC) sing emoj (CC)	N/A is in you N/A	#202H ır #1015H
publ 22:00:00 Wha mes 22:30:00 Focu	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing? Health Insiders us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINE ction	SFPBS syour partne SFPBS Z Erectile Dy	(S) r. And how u (S) sfunction 3. I	(CC) sing emoj (CC) DR. DANI	N/A is in you N/A EL BOB	#202H Ir #1015H BER Opioi
publ 22:00:00 Wha mes 22:30:00 Focu addi	ic health. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing? Health Insiders us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINE ction	SFPBS syour partne SFPBS Z Erectile Dy	(S) r. And how u (S) sfunction 3. I	(CC) sing emoj (CC) DR. DANI	N/A is in you N/A EL BOB	#202H ir #1015H BER Opio

Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.

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Mon, Apr 24, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	iption of the vices includir	different s		included
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affectin research, millennials have become the most anxious generation in history. be treated.					
01:00:00	All About Cancer (Cancer Update)	SFPBS	(S)	(CC)	N/A	#873H
	us: Dr. Lauren Carcas explains ways to prevent some cancers, and how the rent some cancers; lifestyle, family history and more.	disease can link to your	lifestyle and	family his	tory. Wa	ays to
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	vices includii	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful ac cer screening guidelines allow for the screening for younger individuals with longer a death sentence.					
03:00:00	Sports Medicine (Knee Issues)	SFPBS	(S)	(CC)	N/A	#1357H
Dr. [	DerekPapp and Dr. Harlan Selesnick discuss knee injuries, pain and various	treatments. Focus: Tota	l knee replac	cements.		
04:00:00	Health Trends (Hospice Information)	SFPBS	(S)	(CC)	N/A	#874H
	out the latest trends that contribute to a healthy life. Focus: Dr. Viamonte Re hospice provider for your loved ones.	os and Berta discuss wa	ys to know h	ow to cho	ose and	I select th
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful ac cer screening guidelines allow for the screening for younger individuals with longer a death sentence.					
06:00:00	Classical Stretch: By Essentrics Shoulder Pain Workout	APTEX	(S)	(CC)	DVI	#1123H
stiffr	is episode of Classical Stretch, Miranda Esmonde-White will show you how ness, stress or injury, with a full-body, all-standing workout. Filmed at a wond ugh a series of easy-to-follow exercise sequences to improve mobility and fle	Irous chapel fountain in F				
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#404H
	Chin Lock					
07:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	· · · · · · · · · · · · · · · · · · ·	stood. This film is adapte	. ,	. ,		

demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.

Mon, Apr 24, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					
	I and Sister Monica Joan catch a woman stealing the team's milk. ernity home. Romance blooms between Miss Higgins and Sergea		ney bring her	into the c	are of th	ne
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine Hesitancy					
vacc	cine hesitancy continues to be an issue in the U.S., with COVID c cine. Childhood vaccine rates continue to decrease in certain area eback.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
Alon	Alopecia Areata	in unpredictable bair less. It offects	roughly 6.9	million nor	nla in th	o Unitod
	ecia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye		rougniy 6.6 i	ninion pec	pie in tr	
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#903H
	Episode Three lle is seconded to St. Cuthbert's and delivers a baby in an elevato		give vaccine	es to new s	students	. Violet,
I rixi	e, Sister Frances and Valerie put on a charity fashion show for th	e community.				
13:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	er Julienne volunteers Nonnatus House to take part in an obstetri- tement among the midwives. Fred makes a discovery while on his		octors. Their	arrival ca	iuses a l	ot of
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEB/ ants	A ORUETA Exercises to prepare for		. ,	OB STE	IGER Chir
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHON e surgery risks	Y GONZALEZ Life after weight loss	surgery 3. D	R. GOSH	A BRUS	OVANIK
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exerc ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional					sha
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:58:00	Smartlife	SFPBS			NI/A	#1905LI
10.00.00		SFPBS	(S)	(CC)	N/A	#1805H

Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root

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Out of Mind

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Birthing Justice	PBSPL	(S)	(CC)	N/A	#0H
Justi docu com Colu Crea	ng birth has turned into a battleground for too many Black women and their babies. Goi ice places Black women at the center of the fight to fix a broken system as they transforumentary focuses on the progress being made by those on the frontline of this crisis and munities across the country. In order to assure a broad spectrum of experiences, we for imbia and elevate the lived experiences of Black women including 11-time Olympic char ar-Perry, founder of the National Black Equity Collaborative. Birthing Justice combines errors stories that emphasize the dangerous terrain many traverse while celebrating their joy	the future to d highlights so cus on Misso mpion, Allyso expert intervie	for all women olutions that uri, Georgia, n Felix and a	n in this co can be re California advocates	ountry plicated a and the like Dr	The in e District of Joia
18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#401H

Multiple Sclerosis has often been called the disease of young white women, but new studies have produced some startling information about the previously unrecognized impact of MS on African Americans. In this episode of Medical Stories, we follow two extraordinary people through their challenges in coping with MS. Dawn, a brilliant student with plans to earn her PhD, left her studies behind over 20 years ago. Tyler, son of NFL hall of famer Earl Campbell, had his own NFL dream cut short when his health took a turn no one saw coming. Their stories of determination and hope will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams from Joi Life Wellness Group in Atlanta, GA, and nurse practitioner, Sophia D. Woodson from University Hospitals in Cleveland, OH.

19:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101
	Treating Hand Pain					

#### 20:00:00 Gut Check: Hope for Ultimate Health with Brenda Watson

For more than 25 years, Brenda Watson - the "Diva of Digestion" and a naturally gifted teacher - has dedicated her life to helping people achieve vibrant health. Throughout her career, she has communicated a message of H.O.P.E. (High fiber, Omega 3s, Probiotics, Enzymes), helping tens of thousands of people transform their health and live a vital lifestyle. She has long advocated for simple, accessible changes people can make to improve their metabolic health and decrease their biological age and risk of chronic disease. Her formula for health and enhanced quality of life is now more important than ever, and her message will educate and empower viewers with information to make transformative changes. This program presents the new science supporting The H.O.P.E. Formula through entertaining and engaging storytelling, with visual examples (both on set and graphically) of the key components of the dietary approach. As a hybrid studio-documentary production, Brenda hosts segments on stage in front of a live audience, along with field interviews with other medical experts. Through enlightening research and inspiring success stories, this program offers H.O.P.E to viewers interested in utilizing dietary tools to realize true health and vitality.

FRP

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21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					

Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.

22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Tue, Apr 2	25, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital service	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United State or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and he men every year. That's more than all cancers combined. But 80% of cardiac and str e of heart disease in women and how we can lower cardiac risk and death.	eart disease and	stroke comb	ined caus	se the de	eath of 1 i
01:00:00	Emergency Medicine (Urgent Medical Update)	SFPBS	(S)	(CC)	N/A	#879H
	is: Dr. Andres Soto has some tips for the best care of illnesses and injuries requiring care of illnesses and injuries requiring immediate medical attention.	g immediate med	ical attentior	n.Medical	experts	tell you the
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital service	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ess is a word that people throw around when they are feeling overwhelmed, but stres equences. Stress in all ages, as well as pandemic-related stress, affects our overall as depression and anxiety.					issues
03:00:00	Plastic/Cosmetic Surgery (Buttocks Update)	SFPBS	(S)	(CC)	N/A	#1358H
Dr. C	Castrellon discusses surgical complications with a focus on butt augmentation, brazi	lian butt lift & but	t injections c	omplicatio	ons.	
04:00:00	All About Cancer (Cervical Cancer Care)	SFPBS	(S)	(CC)	N/A	#880H
	Salazar discusses overall cervical health and the need for women to be screened an ical cancer.	id learn more abo	. ,	ition and h	how to h	elp preve
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stres equences. Stress in all ages, as well as pandemic-related stress, affects our overall as depression and anxiety.					issues
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1124H
	Knee Strengthening Workout					
as sl	is episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel te ne takes you through a gentle sequence of standing and barre exercises aimed at si oving overall mobility.					
06:30:00	Wai Lana Yoga Lift and Tone	APTEX	(S)	(CC)	N/A	#405H
07:00:00	Happy Yoga with Sarah Starr Sunflowers Galore	NETA	(S)	(CC)	N/A	#610H
-	our your practice with the bountiful sunflewer energy as we focus on intermediate ve		с и			

Renew your practice with the bountiful sunflower energy as we focus on intermediate yoga sequences to fire up the core. Including supine, plank and standing core strengthening moves that challenge your balance and focus.

Tue, Apr 25, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New York their first step toward healing.	State to confront his demons while	helping wal	k w other :	survivors	s of PTSI
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many s they can prevent developing memory issues of any kind. There i ing at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in die sooner than white people. Compared with whites, members of ices and often receive lower-quality care. Addressing health dispa er has the disparity in access to healthcare become more obvious arities that exist in health and healthcare in the U.S.	f racial and ethnic minorities are les arities is increasingly important as c	ss likely to re our population	eceive prev n become	ventive h s more o	nealth diverse.
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#403H
Sten Cano	n Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So cer.	Clean CPAP, Fecal Transplantatio	on, Pot Prote	ects the Br	ain, Pro	state
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Daymara's Determination	SFPBS	(S)	(CC)	N/A	#201H
out c an u imme cell p insu	mara had big plans in 2020. Trips, work goals and family outings work goals and family outings work bed one morning, all those plans on the horizon were immediate nexpected diagnosis. She had acute myeloid leukemia, a type of lediately began an intensive chemotherapy regime and a groundbip procedure however would force her into isolation as her immune strmountable challenge, Daymara persevered and her determination mara says gave her hope and the ability to get well again.	ely put on hold. After being rushed blood cancer. As this type of Leuke reaking stem cell procedure that we system was weakened. Regardless	to the hospit mia can be ould eventua of what mag	al Dayma terribly ag Illy save h y have see	ra was f gressive er life. T emed lik	aced with e, Dayma his stem e an
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
13:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	It happens in sex therapy. Plus, what to do when you're attracted t sages can make you more appealing?	to someone who is not your partne	r. And how ι	using emo	is in you	ır
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
-	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY e surgery risks	GONZALEZ Life after weight loss	surgery 3. E	R. GOSH	A BRUS	SOVANI
	Smartlife	SFPBS	(S)	(CC)	N/A	#1901F

Tue, Apr 25, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
Dr. J	s: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Luc ane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adu ay Epstein					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908F
17:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
and p	onstrates the power of communicating about illness, a medical team's sustained ability to possibilities for improving patient outcomes. This documentary is designed to raise public se fields of education, and stimulate critical discussions about the ongoing need for enhiber.	c awareness	s, provide an	innovativ	e resour	ce acros
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
battli	Beth Reynolds - St. Petersburg ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersbur ng weeds and sandspurs in her front yard. The team of landscape professionals work to will serve as an example for her friends and neighbors to follow.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Daymara's Determination	SFPBS	(S)	(CC)	N/A	#201H
out o an ui imme cell p insur	hara had big plans in 2020. Trips, work goals and family outings were a few items on Da f bed one morning, all those plans on the horizon were immediately put on hold. After be nexpected diagnosis. She had acute myeloid leukemia, a type of blood cancer. As this ty ediately began an intensive chemotherapy regime and a groundbreaking stem cell proce procedure however would force her into isolation as her immune system was weakened. mountable challenge, Daymara persevered and her determination to leave the hospital hara says gave her hope and the ability to get well again.	eing rushed t ype of Leuke edure that wo Regardless	to the hospit mia can be to ould eventua of what may	al Dayma terribly ag Ily save h / have see	ra was f gressive er life. T emed lik	aced with e, Dayma his stem e an
19:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102
demo and p	Journey Through Breast Cancer munication throughout cancer care is increasingly important but little understood. This fi postrates the power of communicating about illness, a medical team's sustained ability to possibilities for improving patient outcomes. This documentary is designed to raise public se fields of education, and stimulate critical discussions about the ongoing need for enhipse.	o rely on con c awareness	nmunication s, provide an	when pro innovativ	viding q e resour	ce acros
	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	Preventing Disease and Staying Healthy Town Hall					

Tue, Apr 25, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life afte the surgery risks	r weight loss s	surgery 3. D	R. GOSH	A BRUS	OVANIK
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

Wed, Apr 26, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pr subscription plan AllHealthGo has created to offer users access ultations, emotional advice, second-opinion consultations, as v	s to a number of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	inson's Disease is the fastest growing neurological disorder in six million people worldwide. The symptoms generally develop hand. While tremors are common in Parkinson's, the disease p ments of Parkinson's Disease, and the search for a cure.	o slowly over years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
01:00:00	Pain Management #881 (Cannabis Use In Healthcare)	SFPBS	(S)	(CC)	N/A	#881H
	Veiner and Azlina Goldstein discuss cannabis use in healthcar ensary, the process of getting a card, the substitute ion effect o			bd hemp	vs cann	abis in
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pr subscription plan AllHealthGo has created to offer users access ultations, emotional advice, second-opinion consultations, as v	s to a number of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	ine hesitancy continues to be an issue in the U.S., with COVIE ine. Childhood vaccine rates continue to decrease in certain a eback.					
03:00:00	Staying Healthy (Sleep Benefits)	SFPBS	(S)	(CC)	N/A	#1359H
Nath	an Burandt discusses sleep health.					
04:00:00	Staying Healthy (Skincare/Tattoo Care)	SFPBS	(S)	(CC)	N/A	#882H
Dise	ase prevention and healthy lifestyle info. Focus: Caleb McGrev	w discusses recent trends in skincare	and cosmeti	c tattoo se	ervices.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pr subscription plan AllHealthGo has created to offer users access ultations, emotional advice, second-opinion consultations, as v	s to a number of healthcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	ine hesitancy continues to be an issue in the U.S., with COVIE ine. Childhood vaccine rates continue to decrease in certain a eback.	D continually bringing this topic to light reas of the country, setting us up for fo	. But it's not ormerly erad	just about icated dise	t the CO eases to	VID make a
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1125H
	Spine Strengthening & Pain-Relief Workout					
entry	is episode of Classical Stretch, join Miranda Esmonde-White a <i>i</i> -level, standing and barre workout that will provide you with a rebalance your entire body.					
06:30:00	Wai Lana Yoga Yoga for Vitality	APTEX	(S)	(CC)	N/A	#406H
07:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New Yo their first step toward healing.	ork State to confront his demons while	helping wall	k w other s	survivor	s of PTSE
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					

Fred and Sister Monica Joan catch a woman stealing the team's milk. When they learn she's pregnant, they bring her into the care of the maternity home. Romance blooms between Miss Higgins and Sergeant Woolf.

15:46:00

Smartlife

Wed, Apr 26, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzheir r word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their low usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come wi	th a tren	nendous
10:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, a make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea	the least hea	Ithy generation	on in rece	nt times	and they
11:00:00	Conscious Living Miraval Magic In Arizona	NETA	(S)	(CC)	N/A	#207H
	ael whipped up with the head chef. From hanging meditations to crystal bowl sound im healing tools to the test to process grief from her mother's passing. Flip My Florida Yard (Sfpbs)	SFPBS	(S)	ару, Віал (CC)	ca put N N/A	liraval's #203H
battl	Beth Reynolds - St. Petersburg ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersbuing weeds and sandspurs in her front yard. The team of landscape professionals work will serve as an example for her friends and neighbors to follow.					
12:00:00	Call The Midwife Episode Three	PBS	(S)	(CC)	N/A	#903H
	le is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes e, Sister Frances and Valerie put on a charity fashion show for the community.	to a school to	give vaccine	es to new	students	s. Violet,
13:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	er Julienne volunteers Nonnatus House to take part in an obstetrics training initiative for ement among the midwives. Fred makes a discovery while on his CDC rounds.	r four young d	octors. Their	arrival ca	auses a	lot of
	Health Insiders is: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEI O LINFANTE Brain aneurysms	SFPBS GER Tech ne	(S) ck/aging neo	(CC) ck (plastic	N/A surgery	#1023H ) 3. DR.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
Over	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for ( rall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD oid Nodules - Dr. Robert Udelsman	Obesity - Dr. I 5. Gua Sha -	₋uciano Fisze Sandy Root,	er 3. Dent acupunct	al Healtl ture phy	h and sician 6.
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H

SFPBS

(S)

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Wed, Apr 26, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2005H
	us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration ortance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts		nd Leg Pair		nie Ferna	andez 4.
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration ortance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Exper			n - Dr. Berr	nie Ferna	andez 10
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Birthing Justice	PBSPL	(S)	(CC)	N/A	#0H
Colu Crea birth	munities across the country. In order to assure a broad spectrum of exper imbia and elevate the lived experiences of Black women including 11-time ar-Perry, founder of the National Black Equity Collaborative. Birthing Justic stories that emphasize the dangerous terrain many traverse while celebra	e Olympic champion, Allysc ce combines expert intervie ating their joyful outcomes.	on Felix and ws with ver	advocates y personal	ike Dr. pregnar	Joia ncy and
18:30:00	Medical Stories Out of Mind	EPS	(S)	(CC)	N/A	#401H
previ chall hall o	iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode c lenges in coping with MS. Dawn, a brilliant student with plans to earn her of famer Earl Campbell, had his own NFL dream cut short when his health	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co	w two extrac d over 20 ye oming. Their	ordinary pe ears ago. T stories of	ople thre yler, sor determin	ough thei n of NFL nation an
previ chall hall o hope Soph	iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode of lenges in coping with MS. Dawn, a brilliant student with plans to earn her of famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH.	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co from Joi Life Wellness Gro	w two extrac d over 20 ye oming. Their oup in Atlant	ordinary pe ears ago. T stories of a, GA, and	ople thro yler, sor determin nurse p	ough thei n of NFL nation an practitione
previ chall hall o hope	iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode c lenges in coping with MS. Dawn, a brilliant student with plans to earn her of famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co	w two extrac d over 20 ye oming. Their	ordinary pe ears ago. T stories of	ople thre yler, sor determin	ough thei n of NFL nation an
previ chall hall o hope Soph	<ul> <li>iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode clenges in coping with MS. Dawn, a brilliant student with plans to earn her of famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH.</li> <li>Doctor Q &amp; A</li> <li>The Battle Against Breast Cancer</li> <li>Second Opinion with Joan Lunden</li> </ul>	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co from Joi Life Wellness Gro	w two extrac d over 20 ye oming. Their oup in Atlant	ordinary pe ears ago. T stories of a, GA, and	ople thro yler, sor determin nurse p	ough thei n of NFL nation an practitione
prev chall hall o hope Sopt 19:00:00 19:30:00 Park than one	iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode of lenges in coping with MS. Dawn, a brilliant student with plans to earn her of famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH. Doctor Q & A The Battle Against Breast Cancer	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co from Joi Life Wellness Gro NETA APTEX It affects nearly one million er years, sometimes startin	w two extract d over 20 ye oming. Their up in Atlant (S) (S) people in th g with a bar	ordinary pe ears ago. T stories of a, GA, and (CC) (CC) ne United S rely noticea	ople thro yler, sor determin nurse p N/A N/A States ar able tren	ough thei n of NFL nation an oractition #110H #1709H nd more nor in jus
prev chall hall o hope Sopt 19:00:00 19:30:00 Park than one	<ul> <li>iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode of lenges in coping with MS. Dawn, a brilliant student with plans to earn her lof famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH.</li> <li>Doctor Q &amp; A</li> <li>The Battle Against Breast Cancer</li> <li>Second Opinion with Joan Lunden</li> <li>Parkinson's Disease</li> <li>kinson's Disease is the fastest growing neurological disorder in the world. It is million people worldwide. The symptoms generally develop slowly own hand. While tremors are common in Parkinson's, the disease progression timents of Parkinson's Disease, and the search for a cure.</li> </ul>	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co from Joi Life Wellness Gro NETA APTEX It affects nearly one million er years, sometimes startin	w two extract d over 20 ye oming. Their up in Atlant (S) (S) people in th g with a bar	ordinary pe ears ago. T stories of a, GA, and (CC) (CC) ne United S rely noticea	ople thro yler, sor determin nurse p N/A N/A States ar able tren	ough thei n of NFL nation an oractition #110H #1709H nd more nor in jus
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prev chall hall o hope Soph 19:00:00 19:30:00 Park than one treat 20:00:00 Folic a de	<ul> <li>iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode of lenges in coping with MS. Dawn, a brilliant student with plans to earn her lof famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH.</li> <li>Doctor Q &amp; A The Battle Against Breast Cancer Second Opinion with Joan Lunden Parkinson's Disease cinson's Disease is the fastest growing neurological disorder in the world. I six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression tments of Parkinson's Disease, and the search for a cure. American Masters Dr. Tony Fauci Dw Dr. Fauci across fourteen months, showing a rarely seen side of this paratement of the paratement of the confronting a political onslaught that calls into q</li></ul>	of Medical Stories, we follow PhD, left her studies behind n took a turn no one saw co from Joi Life Wellness Gro NETA APTEX It affects nearly one million er years, sometimes startin is unique to each person. PBS assionate scientist, husban	w two extract d over 20 ye oming. Their up in Atlant (S) (S) people in th g with a bar This episod (S) d, father and	ordinary pe ears ago. T stories of a, GA, and (CC) (CC) ne United S rely noticea e looks at (CC) d public se	N/A N/A N/A N/A N/A N/A N/A N/A N/A N/A	bugh thei n of NFL nation an practition #110H #1709H nd more por in jus ses and #3406H s he battle
prev chall hall o hope Soph 19:00:00 19:30:00 Park than one treat 20:00:00 Follc a de publi	<ul> <li>iple Sclerosis has often been called the disease of young white women, b iously unrecognized impact of MS on African Americans. In this episode of lenges in coping with MS. Dawn, a brilliant student with plans to earn her lof famer Earl Campbell, had his own NFL dream cut short when his health e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williams hia D. Woodson from University Hospitals in Cleveland, OH.</li> <li>Doctor Q &amp; A <ul> <li>The Battle Against Breast Cancer</li> </ul> </li> <li>Second Opinion with Joan Lunden <ul> <li>Parkinson's Disease</li> <li>kinson's Disease is the fastest growing neurological disorder in the world. If it is is million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression trents of Parkinson's Disease, and the search for a cure.</li> <li>American Masters <ul> <li>Dr. Tony Fauci</li> <li>Dw Dr. Fauci across fourteen months, showing a rarely seen side of this particular to a cure in the confronting a political onslaught that calls into q ic health.</li> </ul> </li> </ul></li></ul>	of Medical Stories, we follow PhD, left her studies behind h took a turn no one saw co from Joi Life Wellness Gro NETA APTEX It affects nearly one million er years, sometimes startin h is unique to each person. PBS assionate scientist, husban uestion his 50-year career	w two extract d over 20 ye ming. Their up in Atlant (S) (S) people in th g with a bar This episod (S) d, father and as this cour	ordinary pe ears ago. T stories of a, GA, and (CC) (CC) ne United S rely noticea e looks at (CC) d public se ntry's leadii	vople thro yler, sor determin I nurse p N/A N/A States ar able tren the caus DVI ervant as ng advor	ough the n of NFL nation ar ractition #110H #1709H nd more nor in jus ses and #3406H she battli cate for
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The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, Apr 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
emo the c	The Cancer Spouse st cancer is the most common cancer among women worldwide, and this diagnosis no tional and psychological challenges, as well. It is something no one wants to face alone iagnosis, and their support can be crucial to recovery. The couple goes through cance per Spouse."	e. The spouse	e of the canc	er patient	feels the	e impact of
01:00:00	Kids & Teens (Latest Childcare Tips)	SFPBS	(S)	(CC)	N/A	#883H
Focu	s: Dr. Javier Hiriart has updated information on caring for children from birth thru youn	g adulthood.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair less and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8	million peo	ople in th	ne United
03:00:00	Mental Health (Forced Labor Issues)	SFPBS	(S)	(CC)	N/A	#1361H
Cora	lie Patterson, Kathy Andersen and Marya Meyer discuss human trafficking.					
04:00:00	Pain Management (Chronic Pain Help)	SFPBS	(S)	(CC)	N/A	#884H
injur	n from the experts about approaches for controlling chronic pain to improve quality of li / and rehabilitation care: Demographics, causes, types of injuries, anatomy and clinica lation, and TEAM approach. Also an update on outpatient long-term care, follow-ups a	I presentation	along with c			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair less and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8	million peo	ople in th	ne United
06:00:00	Classical Stretch: By Essentrics Hips & Hamstring Workout	APTEX	(S)	(CC)	DVI	#1126H
work	s episode of Classical Stretch, join Miranda Esmonde-White at the calming and peace out will help you strengthen and stretch all 650 muscles in your body and release any j namstrings.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#407H
	Back Relief					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersbu	una cola correcte				

Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.

15:00:00

Smartlife

Thu, Apr 27, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as v					
that stag	163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different rea episode discusses the challenges and solutions for sustained weight loss.	n 60% of wo	men. The da	mage to h	health is	
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	181 the term "sandwich generation" was coined to describe a group of Americans who a lives at the same time. Today, millions of families are facing the dual challenge of sandw having children later. This episode focuses on these caregivers.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#403H
Sten Can	n Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So Clean CPAP, Fecal T cer.	ransplantatio	on, Pot Prote	cts the Br	rain, Pro	ostate
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#201H
	Daymara's Determination					
out c an u imm cell p insu	nara had big plans in 2020. Trips, work goals and family outings were a few items on Da of bed one morning, all those plans on the horizon were immediately put on hold. After be nexpected diagnosis. She had acute myeloid leukemia, a type of blood cancer. As this t ediately began an intensive chemotherapy regime and a groundbreaking stem cell proce procedure however would force her into isolation as her immune system was weakened mountable challenge, Daymara persevered and her determination to leave the hospital nara says gave her hope and the ability to get well again.	eing rushed ype of Leuke edure that wo . Regardless	to the hospit mia can be to ould eventua of what may	al Dayma erribly ag lly save h v have see	ra was f gressive er life. T emed lik	aced with e, Dayman his stem e an
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
13:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and	munication throughout cancer care is increasingly important but little understood. This f constrates the power of communicating about illness, a medical team's sustained ability t possibilities for improving patient outcomes. This documentary is designed to raise publ rse fields of education, and stimulate critical discussions about the ongoing need for enhase.	o rely on cor ic awareness	nmunication s, provide an	when pro innovativ	viding q e resou	rce across
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#203H
	Science & Sex many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-ter	m relationsh	ips and a me	en's sexua	al health	expert
	about recovery from prostate cancer.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	is: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
15.00.00	Smartlifo	SEDBS	(8)	(CC)	NI/A	#2101U

Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind.

SFPBS

(S)

(CC)

N/A

#2101H

Thu, Apr 27, 2023

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

# 18:00:00 Gut Check: Hope for Ultimate Health with Brenda Watson FRP (S) (CC) N/A #0(

For more than 25 years, Brenda Watson - the "Diva of Digestion" and a naturally gifted teacher - has dedicated her life to helping people achieve vibrant health. Throughout her career, she has communicated a message of H.O.P.E. (High fiber, Omega 3s, Probiotics, Enzymes), helping tens of thousands of people transform their health and live a vital lifestyle. She has long advocated for simple, accessible changes people can make to improve their metabolic health and decrease their biological age and risk of chronic disease. Her formula for health and enhanced quality of life is now more important than ever, and her message will educate and empower viewers with information to make transformative changes. This program presents the new science supporting The H.O.P.E. Formula through entertaining and engaging storytelling, with visual examples (both on set and graphically) of the key components of the dietary approach. As a hybrid studio-documentary production, Brenda hosts segments on stage in front of a live audience, along with field interviews with other medical experts. Through enlightening research and inspiring success stories, this program offers H.O.P.E. to viewers interested in utilizing dietary tools to realize true health and vitality.

19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H	
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H	

The Cancer Spouse

21:3

Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."

20:00:00 Birthing Justice PBSPL (S) (CC) N/A #0H Giving birth has turned into a battleground for too many Black women and their babies. Going behind the statistics and beyond grief, Birthing Justice places Black women at the center of the fight to fix a broken system as they transform the future for all women in this country. The documentary focuses on the progress being made by those on the frontline of this crisis and highlights solutions that can be replicated in communities across the country. In order to assure a broad spectrum of experiences, we focus on Missouri, Georgia, California and the District of Columbia and elevate the lived experiences of Black women including 11-time Olympic champion, Allyson Felix and advocates like Dr. Joia Crear-Perry, founder of the National Black Equity Collaborative. Birthing Justice combines expert interviews with very personal pregnancy and birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes.

0:00	Medical Stories	EPS	(S)	(CC)	N/A	#402H
	Bonded Hope					

A family in Utah spends every possible minute they can outdoors, enjoying nature together and testing themselves physically. They are a family bonded in hope, overcoming the tremendous challenges of a rare genetic disease called Primarily Hyperoxaluria Type 1 where liver malfunction causes severe damage to the kidneys and can lead to the need for liver and kidney transplants. Three of the four children in the family have PH1. Featuring renowned experts: Dr. David J. Sas and Dr. John C. Lieske from the Mayo Clinic in Rochester, Minnesota.

22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#203H
	Science & Sex					

The many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-term relationships and a men's sexual health expert talks about recovery from prostate cancer.

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## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Foc	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health		. ,	. ,		

All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital service	ices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-term heal -COVID symptoms.	th effects of the pe	ople who are	e suffering	g from de	ebilitating
01:00:00	Staying Healthy#885 (Heart Health)	SFPBS	(S)	(CC)	N/A	#885H
Heal	th is where the heart is. Focus: Dr.Juan Carlos Pereda has some practical information	ation that can lead	to a long hea	althy life.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital service	iption of the /ices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are is s they can prevent developing memory issues of any kind. There is a promising boing at what we can do to keep our brain healthy.					
03:00:00	Maternity Care (Sexually Transmitted Infections)	SFPBS	(S)	(CC)	N/A	#1362H
Drs.	Bedell discuss sexually transmitted infections.					
04:00:00	Healthy Living (Lifestyle Update)	SFPBS	(S)	(CC)	N/A	#886H
Focu	us: Dr. Arnoldo Lopez shares the essential factors of a healthy lifestyle.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital service	ices includir	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are is they can prevent developing memory issues of any kind. There is a promising boing at what we can do to keep our brain healthy.	increasingly interes ody of evidence, an	ted in their b d medical ce	orain heal enters aro	th and lo ound the	ooking for country
06:00:00	Classical Stretch: By Essentrics Bone Strength Workout	APTEX	(S)	(CC)	DVI	#1127H
stror	is episode of Classical Stretch, Miranda Esmonde-White will show you how to include and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-state that will keep you young and healthy.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#408H
	Shake A Leg					
07:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
Com	munication throughout cancer care is increasingly important but little understood.	This film is adapte	d from years	of resear	rch and	

Communication throughout cancer care is increasingly important but little understood. This film is adapted from years of research and demonstrates the power of communicating about illness, a medical team's sustained ability to rely on communication when providing quality care, and possibilities for improving patient outcomes. This documentary is designed to raise public awareness, provide an innovative resource across diverse fields of education, and stimulate critical discussions about the ongoing need for enhanced health communication when facing illness and disease.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#902H
	Episode Two					
	a and Sister Monica Joan catch a woman stealing the team's milk. Where the second strain the second se		ney bring he	r into the o	care of t	ne
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
10:00:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, a research, millennials have become the most anxious generation in his be treated.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in th or women's health issue. It is the cause of death for 1 in 5 women in th omen every year. That's more than all cancers combined. But 80% of e of heart disease in women and how we can lower cardiac risk and d	e U.S., and heart disease and cardiac and stroke events can I	stroke comb	pined caus	se the de	eath of 1 in
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg					
battli	code #203 BETH REYNOLDS – ST. PETERSBURG The flip crew hea ling weeds and sandspurs in her front yard. The team of landscape pro- will serve as an example for her friends and neighbors to follow.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#903H
	Episode Three					
	lle is seconded to St. Cuthbert's and delivers a baby in an elevator. Note, Sister Frances and Valerie put on a charity fashion show for the co		give vaccine	es to new	students	s. Violet,
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#904H
	Episode Four er Julienne volunteers Nonnatus House to take part in an obstetrics tra tement among the midwives. Fred makes a discovery while on his CD		octors. Thei	r arrival ca	auses a	lot of
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Focu	us: The flu, What causes Scoliosis, Exercise and arthritis					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	us: Heart disease myths, Living with Arthritis, Psychotherapy for chron	ic pain				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
Way	nour: Choices after Breast Cancer Surgery; Medicare Update, Pregna rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exe Habits that Wreck Your Teeth					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205
	to Manage Work Stress, Exercises to Prevent & Treat Tech Nec					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207F
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208ŀ
17:00:00	American Masters Dr. Tony Fauci	PBS	(S)	(CC)	DVI	#3406I
a de	w Dr. Fauci across fourteen months, showing a rarely seen side vastating pandemic while confronting a political onslaught that ca ic health.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801
	Post-Acute Covid-19 Syndrome (Pacs)					
	e continue to track "long-haulers," we are learning more about th COVID symptoms.	ne long-term health effects of the pe	ople who are	suffering	from de	ebilitatin
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Char	nges in education and the effects of the pandemic have increase nnel's one-hour virtual town hall, Finding Hope: The Mental Heal e issues affecting our children and offer practical advice based o	th Crisis in Teenagers & Young Adu				
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and	munication throughout cancer care is increasingly important but onstrates the power of communicating about illness, a medical te possibilities for improving patient outcomes. This documentary is se fields of education, and stimulate critical discussions about the ase.	eam's sustained ability to rely on cor designed to raise public awareness	nmunication s, provide an	when pro innovativ	viding q e resoui	rce acro
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132 <b>⊢</b>
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703

Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital service	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from com r high-income countries in the world. And behind these statistics lie startling rac then of color.					
01:00:00	Mental Health (Addiction/Drug Update)	SFPBS	(S)	(CC)	N/A	#887H
Bren	rything you need to know to enjoy life - from balancing activities and efforts - to ida lliff & Dan Simmons discuss how various drugs benefit patients suffering fro t to watch for. They also explains what basic signs to look out for regarding add	om different mental dis				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital service	iption of the vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and are die sooner than white people. Compared with whites, members of racial and et ices and often receive lower-quality care. Addressing health disparities is increa- er has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	hnic minorities are les asingly important as o	s likely to re ur populatio	eceive prev n become	ventive l s more	nealth diverse.
03:00:00	Living Well (Mall Walking Wellness)	SFPBS	(S)	(CC)	N/A	#1363H
Lour	des Rodriguez talks about the benefit of walking programs in local malls.					
04:00:00	Dermatology (Overall Skincare)	SFPBS	(S)	(CC)	N/A	#888H
	us: Dr. Flor Mayoral shares advice and information about the best treatments a superficial to the in-depth.	nd care of diseases de	ealing with th	ne skin, na	ails, and	hair, from
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital service	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and servi Neve	cross America, there are large and persistent racial differences in health and are die sooner than white people. Compared with whites, members of racial and et ices and often receive lower-quality care. Addressing health disparities is increater are has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	hnic minorities are les asingly important as o	s likely to re ur populatio	eceive prev n become	ventive l s more	nealth diverse.
06:00:00	Alma's Way Alma On Ice/Junior's Lost Tooth	PBS	(S)	(CC)	DVI	#109H
find a But v	Rafia's first time ice skating, and Alma is sure she'll find it easy since she's so go a way to help her friend learn without making her feel self-conscious. When Jur with Junior still bummed out after she gives him all his favorite things, Alma rea him find it.	nior loses his first toot	h, Alma tries	s everythir	ng to che	er him up
06:30:00	Scigirls Turtle Mania	PBSPL	(S)	(CC)	N/A	#101H

SciGirl Annie and her friends make a local wetland more attractive to turtles.

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ate: 07/06/	/2023	WPBTHC 04/01/2023 - 06/30/2023	3		Page	108 of	337
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out, , pr 1	20, 2020	Title					
Start	_	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:00:00	Wild Kratts Let The Rhinos Roll!		PBS	(S)	(CC)	N/A	#118H
disc then and	over that Zach Varmitech has n - and it just might work! Alor	portant mission to unearth why Rhinos are myste been kidnapping them to create a new super R ing the way, they explore the nature of symbiotic and themselves. Rhinos use their size, sharp hor	hino Dozers so the crea relationships and learn t	ture adventu hat animals	urers devi have diff	se a pla erent str	n to rescue uctures
07:30:00	Doctor Q & A		NETA	(S)	(CC)	N/A	#108H
	All About Your Skin			(0)	(00)		
08:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1601H
ln k	Segment 1	ol'a anirit of innovativo programming Vidov Salu	ud is a fast passed fun a	nd informati	vo Spania	h longu	ago boolth
		el's spirit of innovative programming, Vida y Salu uring groundbreaking medical breakthroughs tha					
08:12:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1602H
	Segment 2						
08:23:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1603H
	Segment 3			(-)	()		
08:34:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1604H
	Segment 4						
08:46:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1605H
	Segment 5						
08:57:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1606H
	Segment 6						
09:09:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1607H
	Segment 7						
09:21:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1608H
	Segment 8						
09:32:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1609H
	Segment 9						
09:44:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#1610H
	Segment 10						
10:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2501H
	Segment 1				. ,		
		el's spirit of innovative programming, Vida y Salu ring groundbreaking medical breakthroughs tha					
10:12:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2502H
	Sogmont 2						

	Segment 2					
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H

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# Sat, Apr 29, 2023

10:34:00	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2504H
	Segment 4					
10:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2505H
	Segment 5					
10:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2506H
	Segment 6					
11:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2507H
	Segment 7					
11:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2508H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9					
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10					
12:00:00	American Masters	PBS	(S)	(CC)	DVI	#3406H
	Dr. Tony Fauci					
a dev	ow Dr. Fauci across fourteen months, showing a rarely seen side vastating pandemic while confronting a political onslaught that c ic health.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
	What Happens In Sex Therapy?					
	t happens in sex therapy. Plus, what to do when you're attracted sages can make you more appealing?	d to someone who is not your partne	. And how u	ising emoj	is in you	Ir
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHON e surgery risks	IY GONZALEZ Life after weight loss	surgery 3. D	R. GOSH	A BRUS	OVANIK
Spin	Smartlife	SFPBS	(S)			
Spin 15:00:00		0.1.20	(0)	(CC)	N/A	#1901H
15:00:00 Focu	us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera	Michael Gonzalez-Ramos 3. Genito-	urinary Syn			
15:00:00 Focu Debr		Michael Gonzalez-Ramos 3. Genito-	urinary Syn			
15:00:00 Focu	ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera	Michael Gonzalez-Ramos 3. Genito- 5. Exercise and Sex - Lia Jiannine, F	urinary Syn PHD	drome of N	Menopai	use - Dr.
15:00:00 Focu Debr 15:15:00 15:29:00	ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera Smartlife	Michael Gonzalez-Ramos 3. Genito- 5. Exercise and Sex - Lia Jiannine, F SFPBS	urinary Syn PHD (S)	drome of M	Menopat N/A	use - Dr. #1902H
15:00:00 Focu Debr 15:15:00	ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera Smartlife Smartlife	Michael Gonzalez-Ramos 3. Genito- 5. Exercise and Sex - Lia Jiannine, R SFPBS SFPBS SFPBS	urinary Syn PHD (S) (S) (S)	drome of f (CC) (CC) (CC)	Menopai N/A N/A N/A	use - Dr. #1902H #1903H #1904H
15:00:00 Focu Debr 15:15:00 15:29:00 15:46:00 16:00:00 Focu Dr. J	ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera Smartlife Smartlife Smartlife	Michael Gonzalez-Ramos 3. Genito 5. Exercise and Sex - Lia Jiannine, F SFPBS SFPBS SFPBS SFPBS ctors for Stroke - Dr. Lucinda Adriana	urinary Syn PHD (S) (S) (S) (S) Arenas 3. A	drome of N (CC) (CC) (CC) (CC) vsk the Ex	Menopau N/A N/A N/A N/A perts Se	use - Dr. #1902H #1903H #1904H #1905H egment -
15:00:00 Focu Debr 15:15:00 15:29:00 15:46:00 16:00:00 Focu Dr. J	ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera Smartlife Smartlife Smartlife us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Fac lane Mendez 4. Caring for the Caregivers of Alzheimer's - Andra	Michael Gonzalez-Ramos 3. Genito 5. Exercise and Sex - Lia Jiannine, F SFPBS SFPBS SFPBS SFPBS ctors for Stroke - Dr. Lucinda Adriana	urinary Syn PHD (S) (S) (S) (S) Arenas 3. A	drome of N (CC) (CC) (CC) (CC) vsk the Ex	Menopau N/A N/A N/A N/A perts Se	use - Dr. #1902H #1903H #1904H #1905H egment -

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and	nmunication throughout cancer care is increasingly important but little unonstrates the power of communicating about illness, a medical team's a possibilities for improving patient outcomes. This documentary is design rse fields of education, and stimulate critical discussions about the ong ase.	sustained ability to rely on cor ned to raise public awareness	nmunication s, provide an	when pro	viding q e resoui	ce acros
18:00:00	Medical Stories	EPS	(S)	(CC)	N/A	#401H
	Out of Mind					
prev chal hall hope	iple Sclerosis has often been called the disease of young white women riously unrecognized impact of MS on African Americans. In this episod lenges in coping with MS. Dawn, a brilliant student with plans to earn h of famer Earl Campbell, had his own NFL dream cut short when his he e will bring you to tears. Featuring renowned experts: Dr. Mitzi J. Williar hia D. Woodson from University Hospitals in Cleveland, OH.	e of Medical Stories, we follow er PhD, left her studies behind alth took a turn no one saw co	v two extrao d over 20 yea ming. Their	rdinary pe ars ago. T stories of	ople thre yler, sor determin	ough the n of NFL nation ar
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg					
battl	ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew head ing weeds and sandspurs in her front yard. The team of landscape pro- will serve as an example for her friends and neighbors to follow.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children			~ /		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802F
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die fr er high-income countries in the world. And behind these statistics lie sta nen of color.					
20:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
	ACE TO BREATHE is a 90-minute documentary that explores the univ gee healthcare practitioners and patients. The film intertwines the perso rs.					
21:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#403H
	Strong Hearted					
	is special episode of Medical Stories, we travel into the world of heart t	ransplants and follow two fam	ilies through	their nerv	e-wrack	king
jouri doin expe	neys. Both Glenn and Jordan went from being very sick with mere mon g today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY.	ths to live, to becoming heart me with the news, "We have	transplant re a heart for y	cipients. L ou." Featu	iring ren	owned
jouri doin expe Univ	neys. Both Glenn and Jordan went from being very sick with mere mon g today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY. Sex Talk with Dr. Lia	ths to live, to becoming heart me with the news, "We have	transplant re a heart for y	cipients. L ou." Featu	iring ren	owned
jouri doin expe	neys. Both Glenn and Jordan went from being very sick with mere mon g today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY.	ths to live, to becoming heart ime with the news, "We have urham, North Carolina, and D	transplant re a heart for y r. Maryjane l	cipients. L ou." Featu Farr from (	ıring ren Columbi	owned a
journ doin expe Univ 22:00:00 Wha	neys. Both Glenn and Jordan went from being very sick with mere mon g today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY. Sex Talk with Dr. Lia	ths to live, to becoming heart ime with the news, "We have urham, North Carolina, and D SFPBS	transplant re a heart for y r. Maryjane l (S)	cipients. L ou." Featu Farr from ( (CC)	ıring ren Columbi N/A	owned a #202H
journ doin expe Univ 22:00:00 Wha	neys. Both Glenn and Jordan went from being very sick with mere moning today, and what they and their families went through when the call carts: Dr. Jacob Schroder, from Duke University School of Medicine in Diversity in New York, NY. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to so	ths to live, to becoming heart ime with the news, "We have urham, North Carolina, and D SFPBS	transplant re a heart for y r. Maryjane l (S)	cipients. L ou." Featu Farr from ( (CC)	iring ren Columbi N/A iis in you	owned a #202H ır
journ doin expe Univ 22:00:00 Wha mes 22:30:00 Focu	neys. Both Glenn and Jordan went from being very sick with mere mon ig today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to so isages can make you more appealing?	ths to live, to becoming heart ime with the news, "We have urham, North Carolina, and D SFPBS neone who is not your partne SFPBS	transplant re a heart for y r. Maryjane I (S) r. And how u (S)	cipients. L ou." Featu Farr from ( (CC) Ising emoj (CC)	iring ren Columbi N/A jis in you N/A	owned a #202H ir #1022F
journ doin expe Univ 22:00:00 Wha mes 22:30:00 Focu	neys. Both Glenn and Jordan went from being very sick with mere mon g today, and what they and their families went through when the call ca erts: Dr. Jacob Schroder, from Duke University School of Medicine in D versity in New York, NY. Sex Talk with Dr. Lia What Happens In Sex Therapy? at happens in sex therapy. Plus, what to do when you're attracted to so isages can make you more appealing? Health Insiders us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GON	ths to live, to becoming heart ime with the news, "We have urham, North Carolina, and D SFPBS neone who is not your partne SFPBS	transplant re a heart for y r. Maryjane I (S) r. And how u (S)	cipients. L ou." Featu Farr from ( (CC) Ising emoj (CC)	iring ren Columbi N/A jis in you N/A	owned a #202H ir #1022F

Date: 07/06/2023

# Sat, Apr 29, 2023

Date:	07/06/2023	
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Sat, Apr 2	29, 2023					
	Title		_	_		
Start	Subtitle	 Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	iption of the vices includir	different s	services	included
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Int valve replacement is an area in medicine which has made great advan 6 effective and can drastically increase the life expectancy of the patient.	cements and is a very comr	non procedu	re. This p	rocedure	e is 94-
01:00:00	Pain Management #881 (Cannabis Use In Healthcare)	SFPBS	(S)	(CC)	N/A	#881H
	Weiner and Azlina Goldstein discuss cannabis use in healthcare. They sh pensary, the process of getting a card, the substitute ion effect decreasing			bd hemp	vs cann	abis in
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vac	cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the neback.					
03:00:00	Women's Health (Infertility Issues)	SFPBS	(S)	(CC)	N/A	#1118H
kno	Eisermann discusses general concerns surrounding infertility issues . For w that it's time to see a reproductive endocrinologist? Does it make sense functional uterine bleeding have anything to do with your fertility?					out or
04:00:00	Staying Healthy (Skincare/Tattoo Care)	SFPBS	(S)	(CC)	N/A	#882H
Dise	ease prevention and healthy lifestyle info. Focus: Caleb McGrew discusse	s recent trends in skincare	and cosmetion	c tattoo se	ervices.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the					
vac	neback.	country, setting us up for it	,			
vace com	Alma's Way	PBS	(S)	(CC)	DVI	#126H
vace com 06:00:00 Whe	neback. Alma's Way Alma's Cat-Tastrophe/Stickball! en Mr. Ramirez takes too many cats into his shop, Alma helps him figure o	PBS put what to do with them. W	(S)	· · ·		
vace com 06:00:00 Whe	neback. Alma's Way Alma's Cat-Tastrophe/Stickball!	PBS put what to do with them. W	(S)	· · ·		
vaci com 06:00:00 Whe stick 06:30:00	neback. Alma's Way Alma's Cat-Tastrophe/Stickball! en Mr. Ramirez takes too many cats into his shop, Alma helps him figure kball, there's one hold-out Howard. How will she convince him he'll enjoy	PBS out what to do with them. W playing the game, too? PBSPL	(S) /hen Alma as (S)	sks her frie (CC)	ends to p	olay
vaci com 06:00:00 Whe stick 06:30:00	neback. Alma's Way Alma's Cat-Tastrophe/Stickball! en Mr. Ramirez takes too many cats into his shop, Alma helps him figure kball, there's one hold-out Howard. How will she convince him he'll enjoy Scigirls Puppet Power	PBS out what to do with them. W playing the game, too? PBSPL	(S) /hen Alma as (S)	sks her frie (CC)	ends to p	olay

Creature Power Suit malfunction transforms Martin into an acorn and grows him into an Oak tree! Chris activates the squirrel powers of his Creature Power Suit, but gets waylaid by a bobcat and goshawk, and the Aviva, Koki, and Jimmy can't find them. It'll take some animal-loving Wild Kratts kids to get them out of this mess.

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## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast (with English subtitles) featuring groundbreaking medical breakthroughs that help fam					
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2907H

	Segment 7					
09:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3001H

Segment 1 In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
10:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
10:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H

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Date: 07/06/2023

Sun, Apr 30, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:15:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3007H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3008H
	Segment 8					
11:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10					
12:00:00	Call The Midwife Episode Three	PBS	(S)	(CC)	N/A	#903H
	lle is seconded to St. Cuthbert's and delivers a baby in an el e, Sister Frances and Valerie put on a charity fashion show		give vaccine	es to new s	students	. Violet,
13:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	er Julienne volunteers Nonnatus House to take part in an ob tement among the midwives. Fred makes a discovery while		loctors. Thei	r arrival ca	iuses a l	ot of
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023F
	us: 1. MARCO BORGES, NATALIE CASTRO Plant-based re O LINFANTE Brain aneurysms	ecipes 2. DR. JACOB STEIGER Tech ne	ck/aging ne	ck (plastic	surgery	) 3. DR.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001F
Foci Ove	Smartlife us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P roid Nodules - Dr. Robert Udelsman	RD 2. Surgery Options for Obesity - Dr. I	_uciano Fisz	er 3. Denta	al Health	n and
Foci Ove Thyr	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P	RD 2. Surgery Options for Obesity - Dr. I	_uciano Fisz	er 3. Denta	al Health	#2001H n and sician 6. #2002H
Focu Ove Thyr 15:13:00	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha -	₋uciano Fisz Sandy Root	er 3. Denta , acupunct	al Health ure phys	n and sician 6. #2002H
Foct Ove Thyr 15:13:00 15:26:00	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS	Luciano Fisz Sandy Root (S)	er 3. Denta , acupunct (CC)	al Health ure phys N/A	n and sician 6. #2002⊦ #2003⊦
Focu Ove Thyr 15:13:00 15:26:00 15:46:00	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS	Luciano Fisz Sandy Root (S) (S)	er 3. Denta , acupunct (CC) (CC)	al Health ure phys N/A N/A	n and sician 6. #2002F #2003F #2004F
Focu Ove Thyr 15:13:00 15:26:00 15:46:00 15:59:00 Focu	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife Smartlife	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS SFPBS sFPBS ir Restoration - Dr. John Martin 3. PVD a	Luciano Fisz Sandy Root (S) (S) (S) (S) und Leg Pain	er 3. Denta , acupunct (CC) (CC) (CC) (CC)	al Health ure phys N/A N/A N/A N/A	n and sician 6. #2002F #2003F #2004F #2005F
Focu Ove Thyr 15:13:00 15:26:00 15:46:00 15:59:00 Focu Impo	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife Smartlife us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Ha	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS SFPBS sFPBS ir Restoration - Dr. John Martin 3. PVD a	Luciano Fisz Sandy Root (S) (S) (S) (S) und Leg Pain	er 3. Denta , acupunct (CC) (CC) (CC) (CC)	al Health ure phys N/A N/A N/A N/A	n and sician 6. #2002⊢ #2003⊢ #2004⊢ #2005⊢
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Foct Ove Thyr 15:13:00 15:26:00 15:59:00 Foct Inpo 16:11:00 16:30:00 Foct	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife Smartlife us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Ha ortance of Play for Adults - Amy Exum, psychotherapist 5. A Smartlife	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS sFPBS ir Restoration - Dr. John Martin 3. PVD a sk the Experts Segment - Dr. Gosha Bru SFPBS ir Restoration - Dr. John Martin 9. PVD a	Luciano Fisz Sandy Root (S) (S) (S) (S) ind Leg Pain sovanik (S) (S) ind Leg Pain	er 3. Denta , acupunct (CC) (CC) (CC) (CC) - Dr. Bern (CC) (CC)	al Health ure phys N/A N/A N/A nie Ferna N/A N/A	n and sician 6. #2002F #2003F #2004F #2005F andez 4. #2006F #2007F
Foct Ove Thyr 15:13:00 15:26:00 15:59:00 Foct I6:11:00 16:30:00 Foct Impo	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife Smartlife us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Ha ortance of Play for Adults - Amy Exum, psychotherapist 5. A Smartlife Smartlife smartlife smartlife smartlife smartlife	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS sFPBS ir Restoration - Dr. John Martin 3. PVD a sk the Experts Segment - Dr. Gosha Bru SFPBS ir Restoration - Dr. John Martin 9. PVD a	Luciano Fisz Sandy Root (S) (S) (S) (S) ind Leg Pain sovanik (S) (S) ind Leg Pain	er 3. Denta , acupunct (CC) (CC) (CC) (CC) - Dr. Bern (CC) (CC)	al Health ure phys N/A N/A N/A nie Ferna N/A N/A	n and sician 6. #2002F #2003F #2004F #2005F andez 4. #2006F #2007F andez 10
Ove Thyr 15:13:00 15:26:00 15:46:00 15:59:00 Focu I6:11:00 16:30:00 Focu	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, rall Health - Dr. Angel Sanchez-Figueras 4. Importance of P oid Nodules - Dr. Robert Udelsman Smartlife Smartlife Smartlife us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Ha ortance of Play for Adults - Amy Exum, psychotherapist 5. A Smartlife smartlife us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Ha ortance of Play for Adults - Amy Exum, psychotherapist 11. /	RD 2. Surgery Options for Obesity - Dr. I rotein - Jenna Werner, RD 5. Gua Sha - SFPBS SFPBS sFPBS ir Restoration - Dr. John Martin 3. PVD a sk the Experts Segment - Dr. Gosha Bru SFPBS ir Restoration - Dr. John Martin 9. PVD a Ask the Experts Segment - Dr. Gosha Br	Luciano Fisz Sandy Root (S) (S) (S) (S) (S) (S) (S) (S) und Leg Pain usovanik	er 3. Denta , acupunct (CC) (CC) (CC) (CC) - Dr. Bern (CC) (CC)	al Health ure phys N/A N/A N/A nie Ferna N/A nie Ferna	n and sician 6. #2002F #2003F #2004F #2005F andez 4. #2006F #2007F

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Sun, Apr						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	– <u> </u>	 #0H
dem and	munication throughout cancer care is increasingly important but little understood. T onstrates the power of communicating about illness, a medical team's sustained ab possibilities for improving patient outcomes. This documentary is designed to raise rse fields of education, and stimulate critical discussions about the ongoing need fo ase.	pility to rely on con public awareness	d from years nmunication s, provide an	of resear when pro innovativ	viding q e resou	rce across
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancements a effective and can drastically increase the life expectancy of the patient.	nd is a very comn	non procedu	re. This p	rocedur	e is 94-
20:00:00	Speaking Grief	APTEX	(S)	(CC)	DVI	#0H
stori	across the U.S., whose losses range from stillbirth to suicide, to address common es and conversations with experts in the grief field, the film also presents ideas for l ugh loss. Gini in the Time of Covid-19	•	•	•	•	
Ecol Acad Saw Rob Suza	in The Time of Covid-19 is a documentary about structural economic inequalities in nomist Heather Boushey, Former President & CEO of the Washington Center for Ec demy of Social Insurance; Max Richtman, President of the National Committee to P hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada Henr ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equit anne Firstenberg and her public art installation "In America How Could this Happen" nomic inequalities in America and their consequences from Wheeling, West VA activick.	quitable Growth; V reserve Social Se ryNickie; DC Cour ty, Building Bridge ". The film highligl	Villiam Arno curity & Mean cilmember a es Across the hts powerful	ne, CEO d dicare; Au at Large, I e River. A first hand	of the Na Ithors Is Robert V Iso featu	ational abel Vhite; uring artist its of
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#203H
	Science & Sex many ways that sex can be a very healthy activity. Plus, what it takes to sustain lon about recovery from prostate cancer.	ng-term relationsh	ips and a me	en's sexua	al health	expert
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obeally					

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

Mon, May 01, 2023

Musick.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopefuser screening guidelines allow for the screening for younger individuals wonger a death sentence.					
01:00:00	Dermatology (Skin Cancer Risks & Prevention)	SFPBS	(S)	(CC)	N/A	#833H
supe	ical experts share advice and information about the best treatments and erficial to the in-depth. Focus: Dr. Haushalter discusses her new affiliation ments and multidisciplinary care.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpre- es and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
03:00:00	Brain Health #1373 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1373H
Mem	nory, Learning, Concentration.					
04:00:00	Pain Management (Chronic Pain Help)	SFPBS	(S)	(CC)	N/A	#884H
injury	n from the experts about approaches for controlling chronic pain to impro y and rehabilitation care: Demographics, causes, types of injuries, anato uation, and TEAM approach. Also an update on outpatient long-term car	my and clinical presentation	along with c			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
•	ecia areata is a common autoimmune disorder that often results in unpre- es and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
06:00:00	Classical Stretch: By Essentrics Weight Loss Workout	APTEX	(S)	(CC)	DVI	#1128H
	is episode of Classical Stretch, Miranda Esmonde-White will guide you the strength and flexibility in your muscles and joints. Enjoy this gentle, all-s					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#409H
	Royal Flush					
07:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acac Sawl Robe Suza	in The Time of Covid-19 is a documentary about structural economic ine- nomist Heather Boushey, Former President & CEO of the Washington Co demy of Social Insurance; Max Richtman, President of the National Com hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Ma ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Direc anne Firstenberg and her public art installation "In America How Could the nomic inequalities in America and their consequences from Wheeling, We ister	enter for Equitable Growth; mittee to Preserve Social So kada HenryNickie; DC Cou tor of Equity, Building Bridg is Happen". The film highlig	William Arno ecurity & Med ncilmember a es Across the hts powerful	ne, CEO d dicare; Au at Large, I e River. A first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artis ts of

Mon, May 01, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#903H
	Episode Three le is seconded to St. Cuthbert's and delivers a baby in an elevato e, Sister Frances and Valerie put on a charity fashion show for the		give vaccine	es to new	students	. Violet,
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
10:00:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one ł	inson's Disease is the fastest growing neurological disorder in the six million people worldwide. The symptoms generally develop sl nand. While tremors are common in Parkinson's, the disease pro- ments of Parkinson's Disease, and the search for a cure.	owly over years, sometimes startin	g with a bare	ely noticea	able trem	nor in just
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
emot the d	The Cancer Spouse st cancer is the most common cancer among women worldwide, ional and psychological challenges, as well. It is something no or iagnosis, and their support can be crucial to recovery. The couple er Spouse."	ne wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
12:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	r Julienne volunteers Nonnatus House to take part in an obstetric ement among the midwives. Fred makes a discovery while on his		octors. Their	arrival ca	auses a	ot of
13:00:00	Call The Midwife Episode Five	PBS	(S)	(CC)	N/A	#905H
	r Frances is at a loss when a diabetic and recovering cancer patin an anxious first-time father insists on being present for his child		help. Nurse	Crane be	comes fi	rustrated
14:00:00	Hope Is Here Bonnie J. Addario	NETA	(S)	(CC)	N/A	#101H
also even	je 56, Bonnie was a wife, mother, grandmother, president of an o became one of the millions facing a 16% survival rate. Her initial tually found a thoracic surgeon willing to help, telling him, "If I am a 14-hour surgery, multiple rounds of chemotherapy, and radiation	prognosis was grim. Most doctors p going to die from this disease, I do	provided little	hope, bu be becau	it Bonnie	;
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. Ur	s: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah L Iderstanding Addiction - Dan Simmons (Hazelden Naples Founda etes- Charles Mattocks					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
45.00.00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:26:00	onarano		(0)	(00)	1.07	// 10011

Mon, May 01, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
Rela	us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Arter ationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. di Glandt					Snack -
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
	ACE TO BREATHE is a 90-minute documentary that explores gee healthcare practitioners and patients. The film intertwines t rs.					
18:30:00	Medical Stories Strong Hearted	EPS	(S)	(CC)	N/A	#403H
doin	neys. Both Glenn and Jordan went from being very sick with me g today, and what they and their families went through when th erts: Dr. Jacob Schroder, from Duke University School of Medic rersity in New York, NY.	e call came with the news, "We have	e a heart for y	ou." Featu	uring ren	owned
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Concor					
cano	Lung Cancer diagnosis and treatment of lung cancer has been one of the mo cer screening guidelines allow for the screening for younger ind onger a death sentence.					
cano no lo	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger ind		ory - making lu			
cano no lo 20:00:00 UNC heal over	diagnosis and treatment of lung cancer has been one of the me cer screening guidelines allow for the screening for younger ind onger a death sentence.	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y	ory - making lu (S) are crises of r ear, and often	(CC) nental well they do no	a disea N/A ness. M ot know i	se that is #0H ental it. Filmed
cano no lo 20:00:00 UNC heal over their	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y	ory - making lu (S) are crises of r ear, and often cts, stresses a	(CC) nental well they do no	a disea N/A ness. M ot know i	se that is #0H ental it. Filmeo
cano no lo 20:00:00 UNC heal over their 21:30:00 Hoss at ar	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities.	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impa- APTEX es viewer participation. In our Boom ows up as the only Asian in her clas	ory - making lu (S) are crises of r ear, and often cts, stresses a (S) er Passion se	(CC) nental well they do no nd rewards (CC) gment, Cha	a disea N/A ness. M ot know i s of care N/A arlene v	#0H ental it. Filmec giving fc #201H
cano no lo 20:00:00 UNC heal over their 21:30:00 Hosi at ar age	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invite n animal rescue shelter. Boomer quiz: The Beatles. Yvonne gro	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impa- APTEX es viewer participation. In our Boom ows up as the only Asian in her clas	ory - making lu (S) are crises of r ear, and often cts, stresses a (S) er Passion se	(CC) nental well they do no nd rewards (CC) gment, Cha	a disea N/A ness. M ot know i s of care N/A arlene v a major	#0H ental it. Filmec giving fc #201H
cano no lo 20:00:00 UNC heal over their 21:30:00 Hosi at ar age 22:00:00	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invite n animal rescue shelter. Boomer quiz: The Beatles. Yvonne gro gap. Bob photographs abandoned mining towns. Viewers shar Hope Is Here Bonnie J. Addario	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impact APTEX es viewer participation. In our Boom two up as the only Asian in her class e revealing answers to our survey. NETA	(S) are crises of r ear, and often cts, stresses a (S) er Passion se s. John & Ilan (S)	(CC) nental well they do no nd rewards (CC) gment, Cha a navigate (CC)	a disea N/A ness. M ot know i s of care N/A arlene v a major N/A	se that is #0H ental it. Filmec giving fc #201H olunteers marital #101H
cano no lo 20:00:00 UNC heal over their 21:30:00 Hosi at ar age 22:00:00 At as also ever	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invite n animal rescue shelter. Boomer quiz: The Beatles. Yvonne gro gap. Bob photographs abandoned mining towns. Viewers shar Hope Is Here	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impar APTEX es viewer participation. In our Boom ows up as the only Asian in her class e revealing answers to our survey. NETA n oil company, and leader in breaki ial prognosis was grim. Most doctor am going to die from this disease, I	ory - making lu (S) are crises of r ear, and often cts, stresses a (S) er Passion se s. John & Ilan (S) ng through the s provided littl don't want it to	(CC) nental well they do no nd rewards (CC) gment, Cha a navigate (CC) e industry's e hope, bu o be becau	a disea N/A ness. M ot know i s of care N/A arlene v a major N/A glass cu t Bonnie	se that is #0H ental it. Filmed giving fo #201H olunteer marital #101H eilling. St
cano no lo 20:00:00 UNC heal over their 21:30:00 Hosi at ar age 22:00:00 At as also ever	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invite n animal rescue shelter. Boomer quiz: The Beatles. Yvonne gro gap. Bob photographs abandoned mining towns. Viewers shar Hope Is Here Bonnie J. Addario ge 56, Bonnie was a wife, mother, grandmother, president of an became one of the millions facing a 16% survival rate. Her initi- ntually found a thoracic surgeon willing to help, telling him, "If I a	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impar APTEX es viewer participation. In our Boom ows up as the only Asian in her class e revealing answers to our survey. NETA n oil company, and leader in breaki ial prognosis was grim. Most doctor am going to die from this disease, I	(S) are crises of r ear, and often cts, stresses a (S) er Passion se s. John & Ilan (S) ng through the s provided littl don't want it to th a new purpo	(CC) nental well they do no nd rewards (CC) gment, Cha a navigate (CC) e industry's e hope, bu o be becau	a disea N/A ness. M ot know i s of care N/A arlene v a major N/A glass cu t Bonnie	se that is #0H ental it. Filmece giving fo #201H olunteers marital #101H eiling. Sh
cand no lo 20:00:00 UNC heal over their 21:30:00 Hoss at ar age 22:00:00 At as ever After	diagnosis and treatment of lung cancer has been one of the more screening guidelines allow for the screening for younger indonger a death sentence. Unconditional: Healing Hidden Wounds CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing do th issues and questions of emotional wellness challenge some seven years, the cinema verite film follows three very different loved ones living with disabilities. Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invite n animal rescue shelter. Boomer quiz: The Beatles. Yvonne gro gap. Bob photographs abandoned mining towns. Viewers shar Hope Is Here Bonnie J. Addario ge 56, Bonnie was a wife, mother, grandmother, president of an became one of the millions facing a 16% survival rate. Her initi- nually found a thoracic surgeon willing to help, telling him, "If I and the surgery, multiple rounds of chemotherapy, and radi	ividuals with less of a smoking hist APTEX ocumentary about the home healthor 50 million family caregivers each y families as they discover the impact APTEX es viewer participation. In our Boom ows up as the only Asian in her class e revealing answers to our survey. NETA n oil company, and leader in breaki ial prognosis was grim. Most doctor am going to die from this disease, I ation, Bonnie became a survivor wi	(S) are crises of r ear, and often cts, stresses a (S) er Passion se s. John & Ilan (S) ng through the s provided littl don't want it to th a new purpo	(CC) nental well they do no nd rewards (CC) gment, Cha a navigate (CC) e industry's e hope, bu o be becau ose in life.	a disea N/A ness. M ot know i s of care N/A arlene v a major N/A glass cu t Bonnie ise I did	se that is #0H ental it. Filmed giving fo #201H olunteer marital #101H eiling. Sl e nothing!

	WPBTHC					
Date: 07/06/2	2023 04/01/2023 - 06/30/2023			Page	119 of 337	
Mon, May	)1, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2 Epis	sode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A #170	06H

Daily Program Listing II

Caregiving: The Sandwich Generation

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

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Tue, May						
	02, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resist sidered the next pandemic, antibiotic resistance is a threat to global health and for		dangering th	e efficacy	of antib	iotics.
01:00:00	Living Well (Healthy Habits)	SFPBS	(S)	(CC)	N/A	#889H
Exp esta	erts tell you how to live well. Focus: Dr. Anaisys Ballesteros and Angie Placeres oblishing healthy eating goals.	discuss creating nev	v habits for th	ne New Y	ear and	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital service	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word A er word, globally the number of people diagnosed is expected to double every 20 y to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective.	years. Not only doe:	s Alzheimer's	s come wi	ith a tren	nendous
03:00:00	Men's Health (Low Testosterone & Heart Disease)	SFPBS	(S)	(CC)	N/A	#1376H
Foc	us: The link between erectile dysfunction, low testosterone, and heart disease wit	h Dr. Daniel Martini	ez.			
04:00:00	Healthy Living (Heart Disease)	SFPBS	(S)	(CC)	N/A	#890H
Foc	us: Dr. Ted Feldman and Henry Guzman discuss the importance of knowing your	numbers and how t	o reduce you	ur risk of l	heart dis	ease.
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number o	th an in-depth descr ealthcare digital ser	iption of the vices includir	different s	services	
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he	th an in-depth descr ealthcare digital ser	iption of the vices includir	different s	services	
This the s cons 05:30:00 Alzh othe cost	30-minute informational program, hosted by Sasha Rionda, presents viewers wit subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden	th an in-depth descr ealthcare digital sen of tools to manage m APTEX Alzheimer's strikes fr years. Not only doe	iption of the vices includir nedical costs (S) ear in aging a s Alzheimer's	different s ng teleme (CC) American s come wi	services dicine N/A s more t ith a tren	included i #1703H han any nendous
This the s cons 05:30:00 Alzh othe cost	<ul> <li>30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the word A pr word, globally the number of people diagnosed is expected to double every 20 to our healthcare system, it takes an emotional toll on families as they care for the users Alzheimer's Disease from a caregiver and a public health perspective.</li> <li>Classical Stretch: By Essentrics</li> </ul>	th an in-depth descr ealthcare digital sen of tools to manage m APTEX Alzheimer's strikes fr years. Not only doe	iption of the vices includir nedical costs (S) ear in aging a s Alzheimer's	different s ng teleme (CC) American s come wi	services dicine N/A s more t ith a tren	included i #1703H han any nendous
This the s cons 05:30:00 Alzh othe cost disc 06:00:00 In th	<ul> <li>30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis</li> <li>neimer's Disease is an under-recognized public health crisis. And while the word A er word, globally the number of people diagnosed is expected to double every 20 to our healthcare system, it takes an emotional toll on families as they care for the users Alzheimer's Disease from a caregiver and a public health perspective.</li> </ul>	th an in-depth descr ealthcare digital sen of tools to manage m APTEX Alzheimer's strikes fr years. Not only does leir loved ones, whil APTEX	iption of the vices includir ledical costs (S) ear in aging a s Alzheimer's e watching th (S)	different s ng teleme (CC) American s come wi hem slip a (CC)	services dicine N/A s more t ith a tren away. Th DVI	included i #1703H han any nendous nis episode #1129H
This the s cons 05:30:00 Alzh othe cost disc 06:00:00 In th	<ul> <li>30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of Alzheimer's. A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the word A er word, globally the number of people diagnosed is expected to double every 20 to our healthcare system, it takes an emotional toll on families as they care for the users Alzheimer's Disease from a caregiver and a public health perspective.</li> <li>Classical Stretch: By Essentrics Ab &amp; Core Strength Workout his episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy be a subscription of the subscription of t</li></ul>	th an in-depth descr ealthcare digital sen of tools to manage m APTEX Alzheimer's strikes fr years. Not only does leir loved ones, whil APTEX	iption of the vices includir ledical costs (S) ear in aging a s Alzheimer's e watching th (S)	different s ng teleme (CC) American s come wi hem slip a (CC)	services dicine N/A s more t ith a tren away. Th DVI	included i #1703H han any nendous nis episode #1129H
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Date: 0	7/06/2023
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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acac Sawl Robe Suza	n The Time of Covid-19 is a documentary about structural economic inequalities i omist Heather Boushey, Former President & CEO of the Washington Center for E emy of Social Insurance; Max Richtman, President of the National Committee to I hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada Her ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equ nne Firstenberg and her public art installation "In America How Could this Happer omic inequalities in America and their consequences from Wheeling, West VA act ck.	Equitable Growth; M Preserve Social Se InyNickie; DC Cour ity, Building Bridge n". The film highligh	Villiam Arnor curity & Mec ncilmember a es Across the hts powerful	ne, CEO c dicare; Au at Large, F e River. Al first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; ıring artist ts of
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	e continue to track "long-haulers," we are learning more about the long-term healt COVID symptoms.	h effects of the pe	ople who are	e suffering	from de	ebilitating
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from complic high-income countries in the world. And behind these statistics lie startling racial en of color.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#404H
Alzho	eimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Gluten Free Die	t, Testosterone Th	erapy, Pedia	atric cance	er Resea	arch.
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#201H
	Daymara's Determination					
out c an ui imme cell p insur	hara had big plans in 2020. Trips, work goals and family outings were a few items f bed one morning, all those plans on the horizon were immediately put on hold. A hexpected diagnosis. She had acute myeloid leukemia, a type of blood cancer. As ediately began an intensive chemotherapy regime and a groundbreaking stem cell procedure however would force her into isolation as her immune system was weak mountable challenge, Daymara persevered and her determination to leave the ho hara says gave her hope and the ability to get well again.	After being rushed to this type of Leuke procedure that wo cened. Regardless	to the hospita mia can be t ould eventua of what may	al Daymaı terribly agı Ily save ho / have see	ra was f gressive er life. T emed like	aced with e, Daymara his stem e an
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
13:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
illnes comp after the fi Depo	rding to the National Alliance on Mental Illness, approximately 1 in 5 adults in the s in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed so oly with traditional mental health treatment or follow his own path to wellness. Eric eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are im explores both sides of the story. Eric, his father and his attorney argue passion ositions of Eric's evaluating psychologist and social worker show how and why the ate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refus	chizophrenic, faceo s doctors want to r causing more har ately for Eric's righ y feel forced treatn	d with a critic medicate him m than good at to make his nent is neces	cal choice n for his ov I. With ext s own me ssary. CR	- wheth wn prote raordina dical de AZY rev	er to ection, but ary access cisions. eals an

directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.

14:00:00 Sex Talk with Dr. Lia

SFPBS (S) (CC) N/A #203H

Science & Sex

The many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-term relationships and a men's sexual health expert talks about recovery from prostate cancer.

Tue, May 02, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	is: Food as medicine, Skin cancer safety, How to find a plas	tic surgeon				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	is: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow					
Johr	Nartin and patient Tracy 4. OTC Treatments for Hair Resto	ration - Dr. Alan Bauman 5. Making Foo	d Taste Goo	od - Jerom	e Turne	r
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#205H
3. As	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalon sk The Expert Segment – Dan Simmons -Hazelden Betty Fo v Vargas					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	<ul> <li>hands make it possible to do all your daily activities but what tunnel, arthritis, and injuries can make doing even simple your hands healthy.</li> <li>Flip My Florida Yard</li> </ul>					
	Pensacola					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart	SFPBS	(S)	(CC)	N/A	#202H
unde	y on in Rachel Collin's pregnancy she was told there was con eveloped. Soon hopes were dashed and worry set in as Rach irst two years of Mikey Collins life, who proved to be the brack	hel was told the future was uncertain for	her baby bo			hronicles
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance misuse and overuse of antibiotics is contributing to the rapid sidered the next pandemic, antibiotic resistance is a threat to		dangering th	ne efficacy	of antib	iotics.
20:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
A PL	ACE TO BREATHE is a 90-minute documentary that explor gee healthcare practitioners and patients. The film intertwine	es the universality of trauma and resilier	nce through t	the eyes c	of immigr	ant and
21:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#403H
	Strong Hearted					
jourr doin expe	is special episode of Medical Stories, we travel into the world neys. Both Glenn and Jordan went from being very sick with g today, and what they and their families went through when erts: Dr. Jacob Schroder, from Duke University School of Me- ersity in New York, NY.	mere months to live, to becoming heart the call came with the news, "We have	transplant re a heart for y	cipients. I ou." Featu	_earn ho uring ren	w they a owned

Tue, May 02, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-t about recovery from prostate cancer.	erm relationsh	iips and a me	en's sexua	al health	expert
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety					

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.

Wed, May 03, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital service	ices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of wo betes.	rk is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
01:00:00	All About Cancer (Breast Cancer Update)	SFPBS	(S)	(CC)	N/A	#891H
Foc	us: Dr. Ana Sandoval Leon discusses breast cancer and advances in treatment opt	ions.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital serv	iption of the vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
are	y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. I ermine the overall health of America. This episode discusses the issue of Millennial	How their health p				
ucie						
03:00:00	Maternity Care (First 20 Weeks of Pregnancy)	SFPBS	(S)	(CC)	N/A	#1379H
03:00:00	Maternity Care (First 20 Weeks of Pregnancy) us: What to expect during the first 20 weeks of pregnancy	SFPBS	(S)	(CC)	N/A	#1379H
03:00:00		SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1379H #892H
03:00:00 Foct 04:00:00	us: What to expect during the first 20 weeks of pregnancy	SFPBS	(S)	, ,		
03:00:00 Foct 04:00:00	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips)	SFPBS	(S)	, ,		
03:00:00 Foci 04:00:00 Foci 05:00:00 This the s	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips) us: Dr. Jose Mena has new information s about approaches for controlling chronic p	SFPBS pain to improve qu SFPBS an in-depth descr lthcare digital sen	(S) ality of life. (S) iption of the vices includir	(CC) (CC) different s	N/A N/A services	#892H #0H
03:00:00 Foci 04:00:00 Foci 05:00:00 This the s	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips) us: Dr. Jose Mena has new information s about approaches for controlling chronic p All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea	SFPBS pain to improve qu SFPBS an in-depth descr lthcare digital sen	(S) ality of life. (S) iption of the vices includir	(CC) (CC) different s	N/A N/A services	#892H #0H
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03:00:00 Foci 04:00:00 5:00:00 This the s cons 05:30:00 Mille The are	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips) us: Dr. Jose Mena has new information s about approaches for controlling chronic p All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t Second Opinion with Joan Lunden Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the larg y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. I ermine the overall health of America. This episode discusses the issue of Millennial Classical Stretch: By Essentrics	SFPBS pain to improve qu SFPBS an in-depth descr lthcare digital sen tools to manage m APTEX gest, most educate also the least heal How their health p	(S) ality of life. (S) iption of the vices includir ledical costs (S) ed, and most thy generatio	(CC) (CC) different s ng teleme (CC) connecte	N/A N/A services dicine N/A ed generent times	#892H #0H included #1704H ration eve s and they
03:00:00 Foci 04:00:00 Foci 05:00:00 This the s cons 05:30:00 Mille The are dete 06:00:00 In th	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips) us: Dr. Jose Mena has new information s about approaches for controlling chronic p All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t Second Opinion with Joan Lunden Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the larg y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. I	SFPBS pain to improve qu SFPBS an in-depth descr lithcare digital sen tools to manage m APTEX gest, most educate also the least heal How their health p Health. APTEX vay facing a beaut	(S) ality of life. (S) iption of the vices includir hedical costs (S) ed, and most thy generation lays out in the (S)	(CC) (CC) different s ng teleme (CC) connecte on in rece ne years a (CC)	N/A N/A services dicine N/A ed gener nt times ahead w DVI	#892H #0H included #1704H ration eve s and they rill #1130H
03:00:00 Foci 04:00:00 Foci 05:00:00 This the s cons 05:30:00 Mille The are dete 06:00:00 In th	us: What to expect during the first 20 weeks of pregnancy Pain Management (Chronic Pain Tips) us: Dr. Jose Mena has new information s about approaches for controlling chronic p All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t Second Opinion with Joan Lunden Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the larg y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. I ermine the overall health of America. This episode discusses the issue of Millennial Classical Stretch: By Essentrics Increase Balance Workout his episode of Classical Stretch, join Miranda Esmonde-White along a serene pathw	SFPBS pain to improve qu SFPBS an in-depth descr lithcare digital sen tools to manage m APTEX gest, most educate also the least heal How their health p Health. APTEX vay facing a beaut	(S) ality of life. (S) iption of the vices includir hedical costs (S) ed, and most thy generation lays out in the (S)	(CC) (CC) different s ng teleme (CC) connecte on in rece ne years a (CC)	N/A N/A services dicine N/A ed gener nt times ahead w DVI	#892H #0H included #1704H ration eves and they rill #1130H

Daily Program Listing II **WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 125 of 337 Wed, May 03, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 07:00:00 Crazy APTEX (S) (CC) N/A #0H According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience. 08:00:00 Call The Midwife PBS (CC) N/A #903H (S) Episode Three Lucille is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to a school to give vaccines to new students. Violet, Trixie, Sister Frances and Valerie put on a charity fashion show for the community. 09:00:00 APTEX Medical Frontiers (S) (CC) N/A #132H 09:30:00 Medical Frontiers APTEX (S)(CC)N/A #133H 10:00:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 10:30:00 APTEX Second Opinion with Joan Lunden (S) (CC) N/A #1804H Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence. 11:00:00 **Conscious Living** NETA (S) (CC)N/A #208H Brown Girl Magic The darker the berry, the sweeter the juice! We're celebrating amazing BIPOC women around the U.S. Start the day in La Quinta, California at a Latina-owned fair-trade cafe for tea lattes and homemade vegan fudge. Next, Bianca sits down for a ghostly face painting and lesson in honoring her African ancestors at the largest Dia De Los Muertos festival in North America. Then, after an indigenous Native American spiritual healing in the heart of the Sonoran Desert, take a walking mural tour with a Chicana artivist bringing vivid representation to the white walls of Phoenix, Arizona. 11:30:00 Flip My Florida Yard WUCF (S) (N) N/A #204H Pensacola 12:00:00 Call The Midwife PBS (CC) N/A #904H (S) Episode Four Sister Julienne volunteers Nonnatus House to take part in an obstetrics training initiative for four young doctors. Their arrival causes a lot of excitement among the midwives. Fred makes a discovery while on his CDC rounds. 13:00:00 Call The Midwife PBS (S) (CC) N/A #905H Episode Five Sister Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to accept further help. Nurse Crane becomes frustrated when an anxious first-time father insists on being present for his child's birth. 14:00:00 NETA (CC) N/A #101H Hope Is Here (S) Bonnie J. Addario

At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.

Wed, May 03, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Foci	us: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castre y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yur					ma - Dr.
15:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
	us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena : upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - D					is
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	N/A	#0H
heal over	CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing docur th issues and questions of emotional wellness challenge some 50 r seven years, the cinema verite film follows three very different fan r loved ones living with disabilities.	million family caregivers each yea	r, and often t	hey do no	ot know i	t. Filmed
18:30:00	Getting Dot Older	APTEX	(S)	(CC)	N/A	#201H
	Rescuing Animals					
at ar	t Roberto Mighty intimately interviews Baby Boomers and invites vi n animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows gap. Bob photographs abandoned mining towns. Viewers share re	up as the only Asian in her class.				
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Cas				( )		
Cas diab	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri			( )		
Cas diab 20:00:00 Duri	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri etes.	tical areas of work is to stop pre-d APTEX y Blossoms" - paratroopers rushin	iabetes from g to their aid	turning ir (CC) . Today, a	nto full-fl N/A a new ge	edged #0H eneration is
Case diab 20:00:00 Duri ansv	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri etes. Sky Blossom: Diaries of the Next Greatest Generation ing World War II, troops would look up and say, "Here come the Sk wering that call for help. The documentary SKY BLOSSOM: DIARI Getting Dot Older	tical areas of work is to stop pre-d APTEX y Blossoms" - paratroopers rushin	iabetes from g to their aid	turning ir (CC) . Today, a	nto full-fl N/A a new ge	edged #0H eneration is
Cas diab 20:00:00 Duri ansv 21:30:00	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri- ietes. Sky Blossom: Diaries of the Next Greatest Generation ing World War II, troops would look up and say, "Here come the Sk wering that call for help. The documentary SKY BLOSSOM: DIARII Getting Dot Older Rescuing Animals	tical areas of work is to stop pre-d APTEX y Blossoms" - paratroopers rushin ES OF THE NEXT GREATEST GE APTEX	iabetes from g to their aid ENERATION (S)	turning ir (CC) . Today, a captures (CC)	N/A N/A a new ge their sto N/A	edged #0H eneration is pries. #201H
diab 20:00:00 Duri ansv 21:30:00 Hosi at ar	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri etes. Sky Blossom: Diaries of the Next Greatest Generation ing World War II, troops would look up and say, "Here come the Sk wering that call for help. The documentary SKY BLOSSOM: DIARI Getting Dot Older	tical areas of work is to stop pre-d APTEX y Blossoms" - paratroopers rushin ES OF THE NEXT GREATEST GE APTEX ewer participation. In our Boomer up as the only Asian in her class.	iabetes from g to their aid ENERATION (S) Passion seg	turning ir (CC) . Today, a captures (CC) ment, Cha	N/A N/A a new ge their sto N/A arlene v	edged #0H eneration is pries. #201H olunteers
Cas diab 20:00:00 Duri ansv 21:30:00 Hos at ar	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the cri- itetes. Sky Blossom: Diaries of the Next Greatest Generation ing World War II, troops would look up and say, "Here come the Sk wering that call for help. The documentary SKY BLOSSOM: DIARI Getting Dot Older Rescuing Animals t Roberto Mighty intimately interviews Baby Boomers and invites vi n animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows	tical areas of work is to stop pre-d APTEX y Blossoms" - paratroopers rushin ES OF THE NEXT GREATEST GE APTEX ewer participation. In our Boomer up as the only Asian in her class.	iabetes from g to their aid ENERATION (S) Passion seg	turning ir (CC) . Today, a captures (CC) ment, Cha	N/A N/A a new ge their sto N/A arlene v	edged #0H eneration is pries. #201H olunteers

At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. Most doctors provided little hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this disease, I don't want it to be because I did nothing!" After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Wed, May 03, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H

Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.

Thu, May 04, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	exists a word that people throw around when they are feeling overwh sequences. Stress in all ages, as well as pandemic-related stress, at a sequences and anxiety.					issues
01:00:00	Living Well (Vital Health Numbers)	SFPBS	(S)	(CC)	N/A	#893H
Focu	us: Dr. Jane Mendez discusses the importance of knowing your num	nbers and how to reduce your risl	k cancer.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage	t obesity is associated with a decrease in life expectancy for both m 163 million adults in the U.S. are overweight or obese - two thirds or gering, but people still struggle every day to drop the pounds. Every episode discusses the challenges and solutions for sustained weigh	f men, and more than 60% of wo one has different reasons for wa	men. The da	mage to h	nealth is	
03:00:00	Maternity Care (Healthy Pregnancy)	SFPBS	(S)	(CC)	N/A	#1381H
Focu	us: All stages of a healthy pregnancy.					
04:00:00	Men's Health (Men's Health Update)	SFPBS	(S)	(CC)	N/A	#894H
Focu	us: Dr. Daniel Martinez discusses a wide variety of issues that affect	t men's health.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presen subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	It obesity is associated with a decrease in life expectancy for both m 163 million adults in the U.S. are overweight or obese - two thirds or gering, but people still struggle every day to drop the pounds. Every episode discusses the challenges and solutions for sustained weigh	f men, and more than 60% of wo one has different reasons for wa	men. The da	mage to h	nealth is	
06:00:00	Classical Stretch: By Essentrics Plantar Fasciitis Release	APTEX	(S)	(CC)	N/A	#1201H
	r feet are the foundation for your body. Join Miranda Esmonde-White and calves, leaving you flexible and pain free.	e for a full-body relaxation worko	ut that stretc	hes and s	trengthe	ens your
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#412H
	Cradle Rock		. •	. ,		
07:00:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					

Daily Program Listing II **WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 129 of 337 Thu, May 04, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 08:00:00 Crazy APTEX (S) (CC) N/A #0H According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience. 09:00:00 Medical Frontiers APTEX (CC) N/A #134H (S) 09:30:00 Medical Frontiers APTEX (S) (CC) N/A #135H 10:00:00 Second Opinion with Joan Lunden APTEX (CC) N/A #1805H (S) Antibiotic Resistance The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security. 10:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 11:00:00 Innovations In Medicine NETA (CC) N/A #404H (S) Alzheimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Gluten Free Diet, Testosterone Therapy, Pediatric cancer Research. 11:30:00 Hope Is Here (Sfpbs/Health Channel Local) SFPBS (S) (CC) N/A #201H Daymara's Determination Daymara had big plans in 2020. Trips, work goals and family outings were a few items on Daymara's to-do list. But when she collapsed getting out of bed one morning, all those plans on the horizon were immediately put on hold. After being rushed to the hospital Daymara was faced with an unexpected diagnosis. She had acute myeloid leukemia, a type of blood cancer. As this type of Leukemia can be terribly aggressive. Daymara immediately began an intensive chemotherapy regime and a groundbreaking stem cell procedure that would eventually save her life. This stem cell procedure however would force her into isolation as her immune system was weakened. Regardless of what may have seemed like an insurmountable challenge, Daymara persevered and her determination to leave the hospital so she could be with her children again is what Daymara says gave her hope and the ability to get well again. 12:00:00 Medical Frontiers APTEX (CC) N/A #132H (S) 12:30:00 Medical Frontiers APTEX (S) (CC) #133H N/A 13:00:00 Finding Hope-Town Hall SFPBS (CC) N/A #103H (S) Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. 14:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A #204H Benefits of Morning Sex Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life.

14:30:00 Health Insiders SFPBS (S) (CC) N/A #1056H Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain

Thu, May 04, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	us: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa		Johnson 3. S	Scoliosis i	n Teens	- Nicklaus
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
Card	us: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exerc liovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the cise - Ginelle Ruffa					
16:08:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
othe 18:30:00	rs. Medical Stories Strong Hearted	EPS	(S)	(CC)	N/A	#403H
jourr doing expe	is special episode of Medical Stories, we travel into the world of heart transplants and f neys. Both Glenn and Jordan went from being very sick with mere months to live, to be g today, and what they and their families went through when the call came with the new erts: Dr. Jacob Schroder, from Duke University School of Medicine in Durham, North Ca ersity in New York, NY.	coming heart vs, "We have	transplant re a heart for y	cipients. l ou." Featu	_earn ho uring ren	w they ar owned
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ess is a word that people throw around when they are feeling overwhelmed, but stress carequences. Stress in all ages, as well as pandemic-related stress, affects our overall here as depression and anxiety.					issues
20:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
Carp	Treating Hand Pain hands make it possible to do all your daily activities but what would you do if even one al tunnel, arthritis, and injuries can make doing even simple things impossible but there your hands healthy.					
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H

Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	is: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

Fri, May 05, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital service	vices includii	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continu- cine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
01:00:00	Spine & Back Care #895 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#895H
Focu	us: Dr. Gosha Brusovanik explains how to treat spine and back condition	ns for a pain-free life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital service	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	081 the term "sandwich generation" was coined to describe a group of A ives at the same time. Today, millions of families are facing the dual chanaving children later. This episode focuses on these caregivers.					
03:00:00	Staying Healthy (Storm Season Update)	SFPBS	(S)	(CC)	N/A	#1384H
Dr. F	Furr discusses how to get prepared for hurricane season, media consum	nption and how this impacts y	our kids.	. ,		
04:00:00	Kids & Teens (Child-Care Tips)	SFPBS	(S)	(CC)	N/A	#896H
	us: Dr. Scarlet Constant shares her expertise on how to care for children		. ,	(00)	1.07	100011
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	ewers with an in-depth descr nber of healthcare digital ser	iption of the vices includir	different s	services	
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
relat	Caregiving: The Sandwich Generation 281 the term "sandwich generation" was coined to describe a group of A ives at the same time. Today, millions of families are facing the dual cha naving children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics Hip Pain Relief and Stretch	APTEX	(S)	(CC)	N/A	#1202H
	Miranda Esmonde-White seaside for an episode of Classical Stretch the muscles and joints that surround your hips and glutes.	at relieves pain and stretches	s your hips. ⊺	This episo	de re-ba	alances al
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#413H
	Sports Protection					
07:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisi	s in Teenagers & Young Adu				
	e issues affecting our children and offer practical advice based on resea	arch.				
	Call The Midwife Episode Three	PBS	(S)	(CC)	N/A	#903H

Lucille is seconded to St. Cuthbert's and delivers a baby in an elevator. Nurse Crane goes to a school to give vaccines to new students. Violet, Trixie, Sister Frances and Valerie put on a charity fashion show for the community.

Fri, May 05, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
cons	Stress ss is a word that people throw around when they are feeling overwhel sequences. Stress in all ages, as well as pandemic-related stress, affe as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continine. Childhood vaccine rates continue to decrease in certain areas of eback.					
11:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#204H
	Pensacola		. ,	. ,		
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#904H
	Episode Four er Julienne volunteers Nonnatus House to take part in an obstetrics tratement among the midwives. Fred makes a discovery while on his CD		octors. Their	arrival ca	auses a l	lot of
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five					
	er Frances is at a loss when a diabetic and recovering cancer patient's n an anxious first-time father insists on being present for his child's bi		help. Nurse	Crane be	comes fr	rustrated
14:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
PBS	earch Detectives is an engrossing new series, developed in partnersh and The Health Channel in April. In the first episode titled "Finding Lu inating research neuroscientists are dong to find effective treatments	ost Memory," host Trace Domir	iguez gives \			
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phone	3				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Child lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station			nen and H	leart Dis	ease - Dr
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy				t - Dr Ile	ana
	ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is					

Fri, May 05, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	r hands make it possible to do all your daily activities but what would you do if even on pal tunnel, arthritis, and injuries can make doing even simple things impossible but the p your hands healthy.					
18:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					
cano	cer the word itself strikes fear in the heart. But many new treatments and therapies a cers. And while it's not all good news, more reasons exist today to face a cancer diagn how far treatments have come and see what has to happen in the future to successful	osis with hope	and optimis			
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine Hesitancy					
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing th cine. Childhood vaccine rates continue to decrease in certain areas of the country, sett eback.					
20:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
	ACE TO BREATHE is a 90-minute documentary that explores the universality of traur gee healthcare practitioners and patients. The film intertwines the personal journeys of rs.					
21:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	er is a Chinese-American medical worker facing rising anti-Asian sentiment, he's griev e people laugh.	ing the loss of	his father, b	ut he love	s to per	orm and
22:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
	earch Detectives is an engrossing new series, developed in partnership with The Wert and The Health Channel in April. In the first episode titled "Finding Lost Memory," hos inating research neuroscientists are dong to find effective treatments for Dementia and	t Trace Domir	nguez gives			
fasc			(S)	(CC)	N/A	#133H
fasci 22:30:00	Medical Frontiers	APTEX	(0)			
	Medical Frontiers	APTEX NETA		(CC)	N/A	#107H
22:30:00			(S)	(CC)	N/A	#107H
22:30:00	Doctor Q & A			(CC) (CC)	N/A N/A	#107H #1710H

Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."

Sat, May 06, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents visubscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital service	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpres and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8	million peo	ople in th	ne United
01:00:00	Sports Medicine (Sports Injuries- Yoga Help)	SFPBS	(S)	(CC)	N/A	#897H
	us: Dr. Derek Papp and Anny Noratto discuss how yoga, meditation and ptoms of an existing one. They explain how a positive mind set can stren					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents visubscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital service	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, affer research, millennials have become the most anxious generation in histor be treated.					
03:00:00	Healthy Living (Cbd Update)	SFPBS	(S)	(CC)	N/A	#1390H
Hen	ry Guzman and Dr. Chalef discuss CBD in medicine.			, ,		
04:00:00	All About Cancer (Cancer Research Update)	SFPBS	(S)	(CC)	N/A	#898H
Way	is to prevent some cancers concerning lifestyle, family history and more	Focus: Dr. Villalona Calero	discusses re	esearch tri	als at th	e Institute
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents visubscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital service	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, affor research, millennials have become the most anxious generation in histor be treated.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#126H
	Alma's Cat-Tastrophe/Stickball! en Mr. Ramirez takes too many cats into his shop, Alma helps him figure		hen Alma as	sks her frie	ends to p	olay
	kball, there's one hold-out Howard. How will she convince him he'll enjoy	playing the game, too?				
stick		playing the game, too? PBSPL	(S)	(CC)	N/A	#103H
stick	xball, there's one hold-out Howard. How will she convince him he'll enjoy		(S)	(CC)	N/A	#103H
stick 06:30:00	xball, there's one hold-out Howard. How will she convince him he'll enjoy Scigirls	PBSPL		. ,	N/A	#103H
stick 06:30:00 SciC	xball, there's one hold-out Howard. How will she convince him he'll enjoy Scigirls Dolphin Dive	PBSPL		. ,	N/A N/A	#103H #215H
stick 06:30:00 SciC	kball, there's one hold-out Howard. How will she convince him he'll enjoy Scigirls Dolphin Dive Sirls Serena and Ceci bond with bottlenosed dolphins, exploring their bel	PBSPL	esearch Ce	nter.		
stick 06:30:00 SciG 07:00:00 Aviv	kball, there's one hold-out Howard. How will she convince him he'll enjoy Scigirls Dolphin Dive Girls Serena and Ceci bond with bottlenosed dolphins, exploring their bel Wild Kratts	PBSPL navior at the Dolphins Plus R PBS	esearch Cer (S)	nter. (CC)	N/A	#215H
stick 06:30:00 SciG 07:00:00 Aviv	<ul> <li>kball, there's one hold-out Howard. How will she convince him he'll enjoy</li> <li>Scigirls</li> <li>Dolphin Dive</li> <li>Sirls Serena and Ceci bond with bottlenosed dolphins, exploring their bel</li> <li>Wild Kratts</li> <li>Tortuga Tune Up</li> <li>va loves the Tortuga design, but feels there's something missing. Martin a</li> </ul>	PBSPL navior at the Dolphins Plus R PBS	esearch Cer (S)	nter. (CC)	N/A	#215H

Sat, May 06, 2023

Segment 7

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2901H
In ke shov	Segment 1 eeping with the Health Channe w (with English subtitles) featu	el's spirit of innovative programming, Vic rring groundbreaking medical breakthrou	da y Salud is a fast-paced, fun a ughs that help families find solu	and informati tions to diffic	ive Spanis cult health	sh-langu problem	age health ìs.
08:13:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#2907H
09:27:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9		SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10		SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#3001H
		el's spirit of innovative programming, Vic iring groundbreaking medical breakthrou					
10:14:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#3002H
10:27:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#3003H
10:40:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3004H
10:52:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3006H
11:15:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3007H

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
11:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10					
12:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					
cano	cer the word itself strikes fear in the heart. But many new treatr cers. And while it's not all good news, more reasons exist today to how far treatments have come and see what has to happen in the	o face a cancer diagnosis with hope	and optimisi			
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increase nnel's one-hour virtual town hall, Finding Hope: The Mental Healt e issues affecting our children and offer practical advice based of	th Crisis in Teenagers & Young Adu				
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#203H
	Science & Sex					
	many ways that sex can be a very healthy activity. Plus, what it t about recovery from prostate cancer.	akes to sustain long-term relationsr	lips and a me	en's sexua	ai nealth	expert
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic su	urgeon				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	us: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fo Martin and patient Tracy 4. OTC Treatments for Hair Restoratio					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#205H
3. As	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. ' sk The Expert Segment – Dan Simmons -Hazelden Betty Ford Fo e Vargas		ornruecha, N	licklaus C		
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H

Finding Answers to Cancer

Cancer-- the word itself strikes fear in the heart. But many new treatments and therapies are available to manage, or even cure, many different cancers. And while it's not all good news, more reasons exist today to face a cancer diagnosis with hope and optimism. In this Town Hall, we will see how far treatments have come and see what has to happen in the future to successfully battle cancer.

Sat, May 06, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#202H
	Little Braveheart					
unde	y on in Rachel Collin's pregnancy she was told there was concern for her unborn of eveloped. Soon hopes were dashed and worry set in as Rachel was told the future first two years of Mikey Collins life, who proved to be the brave little boy with an in	e was uncertain for				nronicles
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#204H
	Pensacola					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		. ,	( )		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809F
	Alopecia Areata	, <u>-</u> , .	(0)	(00)		
	becia areata is a common autoimmune disorder that often results in unpredictable es and is one of the most requested topics from viewers every year.	hair loss. It affects	oughly 6.8 r	nillion peo	ople in th	ne United
20:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	N/A	#0H
over	th issues and questions of emotional wellness challenge some 50 million family can be seven years, the cinema verite film follows three very different families as they disclosed ones living with disabilities.					
21:30:00	Getting Dot Older	APTEX	(S)	(CC)	N/A	#201H
	Rescuing Animals					
at ar	t Roberto Mighty intimately interviews Baby Boomers and invites viewer participation animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only a gap. Bob photographs abandoned mining towns. Viewers share revealing answer	Asian in her class.				
22:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	
	Science & Sex					#203H
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain los about recovery from prostate cancer.	ong-term relationshi	ps and a me	en's sexua	al health	
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain lo	ong-term relationshi SFPBS	ps and a me (S)	en's sexua (CC)	al health N/A	expert
talks 22:30:00	many ways that sex can be a very healthy activity. Plus, what it takes to sustain loss about recovery from prostate cancer.	-				expert
talks 22:30:00	many ways that sex can be a very healthy activity. Plus, what it takes to sustain loss about recovery from prostate cancer. Health Insiders	-				
talks 22:30:00 Focu	many ways that sex can be a very healthy activity. Plus, what it takes to sustain loss about recovery from prostate cancer. Health Insiders us: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	expert #1054F
talks 22:30:00 Focu 23:00:00	many ways that sex can be a very healthy activity. Plus, what it takes to sustain loss about recovery from prostate cancer. Health Insiders us: Food as medicine, Skin cancer safety, How to find a plastic surgeon Doctor Q & A	SFPBS	(S)	(CC)	N/A	expert #1054F
talks 22:30:00 Focu	many ways that sex can be a very healthy activity. Plus, what it takes to sustain los about recovery from prostate cancer. Health Insiders us: Food as medicine, Skin cancer safety, How to find a plastic surgeon Doctor Q & A A Plastic Surgeon Answers Your Questions	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	expert #1054H #104H

Sun, May 07, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital service	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans s they can prevent developing memory issues of any kind. There is a promisi ing at what we can do to keep our brain healthy.					
01:00:00	All About Cancer (Breast Cancer Update)	SFPBS	(S)	(CC)	N/A	#891H
Foc	us: Dr. Ana Sandoval Leon discusses breast cancer and advances in treatme	ent options.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital service	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are to y make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before ermine the overall health of America. This episode discusses the issue of Mille	ey are also the least heal them. How their health p	thy generati	on in rece	nt times	and they
03:00:00	Maternity Care (First 20 Weeks of Pregnancy)	SFPBS	(S)	(CC)	N/A	#1379H
Foc	us: What to expect during the first 20 weeks of pregnancy					
04:00:00	Pain Management (Chronic Pain Tips)	SFPBS	(S)	(CC)	N/A	#892H
Foc	us: Dr. Jose Mena has new information s about approaches for controlling ch	ronic pain to improve qu	ality of life.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital service	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the y make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before ermine the overall health of America. This episode discusses the issue of Mille	ey are also the least heal them. How their health p	thy generati	on in rece	nt times	and they
	Alma's Way	PBS	(S)	(CC)	DVI	#120H
06:00:00	•					
06:00:00	Do The Waltzango/Big Brother Bootcamp					
	Do The Waltzango/Big Brother Bootcamp Scigirls	PBSPL	(S)	(CC)	N/A	#104H
06:30:00	Scigirls Digging Archaeology				N/A	#104H
06:30:00	Scigirls				N/A	#104H
06:30:00	Scigirls Digging Archaeology Sirls Jazzy and Gates unearth the past, uncovering thousand-year-old Native Wild Kratts				N/A N/A	#104H #223H
06:30:00 SciQ 07:00:00	Scigirls Digging Archaeology Sirls Jazzy and Gates unearth the past, uncovering thousand-year-old Native Wild Kratts Gila Monsters Under My House	American artifacts at a PBS	Utah dig site (S)	(CC)	N/A	#223H
06:30:00 SciQ 07:00:00 The	Scigirls Digging Archaeology Sirls Jazzy and Gates unearth the past, uncovering thousand-year-old Native Wild Kratts	American artifacts at a PBS an Desert. A Gila monst	Utah dig site (S) er has crawl	(CC)	N/A	#223H
06:30:00 SciQ 07:00:00 The	Scigirls Digging Archaeology Sirls Jazzy and Gates unearth the past, uncovering thousand-year-old Native Wild Kratts Gila Monsters Under My House Wild Kratts receive a call from Xavier, a Wild Kratt kid who lives in the Sorora	American artifacts at a PBS an Desert. A Gila monst	Utah dig site (S) er has crawl	(CC)	N/A	#223H

Sun, May 07, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3101H
		nel's spirit of innovative programming, Vi uring groundbreaking medical breakthro					
08:13:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#3102H
08:24:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#3103H
08:36:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3104H
08:47:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#3105H
08:58:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3106H
09:10:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3107H
09:20:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#3108H
09:33:00	Vida Y Salud Segment 9		SFPBS	(S)	(CC)	N/A	#3109H
09:47:00	Vida Y Salud Segment 10		SFPBS	(S)	(CC)	N/A	#3110H
10:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#3301H
		nel's spirit of innovative programming, Vi uring groundbreaking medical breakthro					
10:13:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#3302H
10:25:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#3303H
10:37:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3304H
10:48:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#3305H
11:00:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3306H
11:12:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3307H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3308H
	Segment 8			~ /		
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3309H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3310H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#904H
	Episode Four					
	er Julienne volunteers Nonnatus House to take part in an obstetrics traini ement among the midwives. Fred makes a discovery while on his CDC r		octors. Their	r arrival ca	auses a	lot of
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five					
	er Frances is at a loss when a diabetic and recovering cancer patient's with an anxious first-time father insists on being present for his child's birth.	ife refuses to accept further	help. Nurse	Crane be	comes fi	rustrated
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Bonr world	nie Addario, a lung cancer survivor, tells her story of hope and how she h	has come to help lung cance	r patients ar	nd caregiv	ers arou	ind the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Focu	is: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	is: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2 y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina M					ma - Dr.
15:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
Focu	is: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exe upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jon	rcises at Home - Torre Was	hington, bod	y builder :	3. What	is
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
BEC the ( repo	OMING TRAUMA RESPONSIVE explores the effects of childhood traun COVID-19 pandemic, schools across the United States strained to meet rted significant increases in depression and general anxiety from studen ing, practices and resources.	na on learning, behavior, an the social and emotional neo	d developing eds of stude	relations	hips. Th school d	roughout istricts
18:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
ways	number of Americans living with Alzheimer's is growing. So many Americans are incr s they can prevent developing memory issues of any kind. There is a promising body ing at what we can do to keep our brain healthy.					
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
direc	hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing stive, being locked on a psych floor after being picked up by police, and deteriorating	during a family				anced
auto In th	e's a glimmer of hope and a solution that eventually enables Eric to graduate from col nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is prience.	dinary access to	the recovery both Eric an	and a me d his doc	easure o tor's poi	of the ints of vi
auto In th	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is rrience. Sex Talk with Dr. Lia	dinary access to	the recovery both Eric an	and a me d his doc	easure o tor's poi	of the ints of vi
auto In th expe 22:00:00	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is erience. Sex Talk with Dr. Lia Benefits of Morning Sex	tinary access to sues and quest SFPBS	the recovery both Eric an ons raised b (S)	and a me d his doc y this ver (CC)	easure c tor's poi y persoi N/A	of the ints of vi nal #204H
auto In th expe 22:00:00	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is rrience. Sex Talk with Dr. Lia	tinary access to sues and quest SFPBS	the recovery both Eric an ons raised b (S)	and a me d his doc y this ver (CC)	easure c tor's poi y persoi N/A	of the ints of vi nal #204H
auto In th expe 22:00:00 Why	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is erience. Sex Talk with Dr. Lia Benefits of Morning Sex	tinary access to sues and quest SFPBS	the recovery both Eric an ons raised b (S)	and a me d his doc y this ver (CC)	easure c tor's poi y persoi N/A	of the ints of vi nal #204H ife.
auto In th expe 22:00:00 Why 22:30:00	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is erience. Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep menopa	linary access to sues and quest SFPBS ause and its afte	the recovery both Eric an ons raised b (S) ermath from	and a me d his doc y this ver (CC) ruining yo	easure c tor's poi y perso N/A ur sex l	of the ints of vi nal #204H ife.
auto In th expe 22:00:00 Why 22:30:00	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is serience. Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep menopa Health Insiders	linary access to sues and quest SFPBS ause and its afte	the recovery both Eric an ons raised b (S) ermath from	and a me d his doc y this ver (CC) ruining yo	easure c tor's poi y perso N/A ur sex l	of the ints of vi nal #204H ife. #1056
auto In th expe 22:00:00 Why 22:30:00 Focu	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is prience. Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep menopa Health Insiders us: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	dinary access to sues and quest SFPBS ause and its afte SFPBS	the recovery both Eric an ons raised b (S) ermath from (S)	and a me d his doc y this ver (CC) ruining yo (CC)	vasure c tor's poi y perso N/A ur sex l N/A	of the ints of vie nal #204H
auto In th expe 22:00:00 Why 22:30:00 Focu	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is erience. Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep menopa Health Insiders us: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain Doctor Q & A	dinary access to sues and quest SFPBS ause and its afte SFPBS	the recovery both Eric an ons raised b (S) ermath from (S)	and a me d his doc y this ver (CC) ruining yo (CC)	vasure c tor's poi y perso N/A ur sex l N/A	of the ints of vinal #204H ife. #1056I
auto In th expe 22:00:00 Why 22:30:00 Focu 23:00:00	nomy he so desperately craves. CRAZY brings the viewer into the story with extraord e process, the documentary looks at involuntary treatment and explores the bigger is erience. Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep menopa Health Insiders us: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain Doctor Q & A A Plastic Surgeon Answers Your Questions	dinary access to sues and quest SFPBS ause and its afte SFPBS NETA	the recovery both Eric an ons raised b (S) ermath from ( (S) (S)	and a me d his doc y this ver (CC) ruining yo (CC) (CC)	N/A N/A N/A N/A N/A	of the ints of vi nal #204H ife. #1056 #104H

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				, age		001
Mon, May						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic mir ices and often receive lower-quality care. Addressing health disparities is increasingly i er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	norities are les mportant as c	ss likely to re our populatio	ceive pre n become	ventive les more	health diverse.
01:00:00	Living Well (Vital Health Numbers)	SFPBS	(S)	(CC)	N/A	#893H
	us: Dr. Jane Mendez discusses the importance of knowing your numbers and how to re		. ,	(00)		
00-00-00		05550			N1/A	#011
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthcount sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		Included I
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
stag	163 million adults in the U.S. are overweight or obese - two thirds of men, and more the gering, but people still struggle every day to drop the pounds. Everyone has different reprised discusses the challenges and solutions for sustained weight loss.					
03:00:00	Maternity Care (Healthy Pregnancy)	SFPBS	(S)	(CC)	N/A	#1381H
Focu	us: All stages of a healthy pregnancy.					
04:00:00	Men's Health (Men's Health Update)	SFPBS	(S)	(CC)	N/A	#894H
Focu	us: Dr. Daniel Martinez discusses a wide variety of issues that affect men's health.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i			• •		
the s	subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		
05:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more the gering, but people still struggle every day to drop the pounds. Everyone has different repisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to	health is	
06:00:00	Classical Stretch: By Essentrics Quad Strengthening	APTEX	(S)	(CC)	N/A	#1203H
	episode of Classical Stretch will build endurance and power in your quads, one of the e in Montego Bay Jamaica for a quad strengthening workout.	largest muscl	es in your bo	ody. Join M	Viranda	Esmonde-
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#414H
	Terrific Triangle Twist		. /	、 ,		
07:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer		x = 7	()		
Can	cor the word itself strikes fear in the heart. But many new treatments and therapies a	ro ovoilable t			o monu	difforant

Cancer-- the word itself strikes fear in the heart. But many new treatments and therapies are available to manage, or even cure, many different cancers. And while it's not all good news, more reasons exist today to face a cancer diagnosis with hope and optimism. In this Town Hall, we will see how far treatments have come and see what has to happen in the future to successfully battle cancer.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#904H
	Episode Four					
	er Julienne volunteers Nonnatus House to take part in an obstetri tement among the midwives. Fred makes a discovery while on hi		octors. Thei	r arrival ca	auses a l	lot of
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
10:00:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye		roughly 6.8	million peo	ople in th	ne United
10:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So man s they can prevent developing memory issues of any kind. There ing at what we can do to keep our brain healthy.	y Americans are increasingly interest is a promising body of evidence, ar	sted in their l nd medical c	brain healf enters aro	th and lo und the	ooking for country
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five er Frances is at a loss when a diabetic and recovering cancer pain n an anxious first-time father insists on being present for his chilo		help. Nurse	Crane be	comes fr	rustrated
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	appointed by the Poplar Horticultural Show's cancellation, Fred at ghter. Valerie's pregnant cousin hopes her baby will be born on a		eceive an al	arming ph	one call	about thei
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a gro ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to ase would eventually define her legacy.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1059H
	us: Reasons to see your primary care doctor, What is a chiroprac	tor, Cerebral Palsy rehab				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Sur Horses - Stable Place 4. Contouring Chin and Jawline with Filler ilates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	us: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Bl.		r 3. Meditati	on - Leslie	Glickm	an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:42:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Sky Blossom: Diaries of the Next Greatest Generation	APTEX		(CC)	N/A	#0H
	ng World War II, troops would look up and say, "Here come the Sky Blovering that call for help. The documentary SKY BLOSSOM: DIARIES C					
18:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
that your rare Mase	y parent who guides a child going through puberty understands the da can complicate tender relation- ships. It's part of growing up and we do child hits puberty far earlier than expected? Perhaps as young as just medical condition known as Central Precocious Puberty. Featuring rer on- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, fror to, CA.	our best to help our children five years of age? In this epis owned experts: Dr. Bradley S	take it in stri ode of Medic . Miller, from	de. But wh cal Stories the Unive	hat happ , we loo ersity of	ens whe k at the Minneso
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in heal die sooner than white people. Compared with whites, members of racia ices and often receive lower-quality care. Addressing health disparities er has the disparity in access to healthcare become more obvious than arities that exist in health and healthcare in the U.S.	al and ethnic minorities are les is increasingly important as c	s likely to re ur populatio	ceive prev	ventive h s more o	nealth diverse.
20:00:00	Independent Lens Matter of Mind: My ALS	NPS	(S)	(CC)	DVI	#2413H
	otrophic lateral sclerosis (ALS) is a neuromuscular disease with an ave people bravely face different paths as they live with the progressively		s from diagr	nosis. In th	is intima	ate story,
21:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
•	He's My Brother ore how Christine works to assure dignified lives for herself and her bro the becoming his primary caregiver.	other Peter, born with multiple	disabilities,	while she	faces u	ncertainti
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing to ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help f ase would eventually define her legacy.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin		. ,	. ,		
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					

Heart Valve Replacement

Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.

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				0		
Tue, May	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
othe cost	Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the word Alzhei word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo isses Alzheimer's Disease from a caregiver and a public health perspective.	. Not only doe	s Alzheimer'	s come wi	ith a tren	nendous
01:00:00	Staying Healthy (Living Healthy)	SFPBS	(S)	(CC)	N/A	#899H
Focu	s: Carlos Fernandez discusses fitness myths, different training, and work-out methods	S.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear men every year. That's more than all cancers combined. But 80% of cardiac and strok of heart disease in women and how we can lower cardiac risk and death.	rt disease and	stroke comb	ined caus	se the de	eath of 1 in
03:00:00	Pain Management (Backache)	SFPBS	(S)	(CC)	N/A	#1392H
Thin	gs we do to hurt our backs including poor posture, bending and lifting.					
04:00:00	Dermatology (Latest Lip Care)	SFPBS	(S)	(CC)	N/A	#901H
	s: Reana Myers and Victoria Socarras discuss how to properly exfoliate, hydrate, and treatment, which smoothes and moisturizes lips for a perfectly primed pout.	repair lips. Th	ey share info	ormation of	on the la	test The
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear men every year. That's more than all cancers combined. But 80% of cardiac and strok of heart disease in women and how we can lower cardiac risk and death.	rt disease and	stroke comb	ined caus	se the de	eath of 1 in
06:00:00	Classical Stretch: By Essentrics Weight Loss and Calorie Burn	APTEX	(S)	(CC)	N/A	#1204H
	Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Clas ies and melt fat.	sical Stretch g	ets your hea	rt racing,	helping	you to burn
06:30:00	Wai Lana Yoga Tummy Tighteners	APTEX	(S)	(CC)	N/A	#415H
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#702
	Island Sunset					

Enjoy the brilliant ocean sunset as you experience a gentle yoga session using a chair for support. Including seated sun salutations along with easy to follow yoga moves to create more mobility and flexibility in your hands, neck, shoulders, back, hips and more.

Tue, May 09, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future		( )	<b>、</b>		
08:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					
cand	cer the word itself strikes fear in the heart. But many new treatments and thera cers. And while it's not all good news, more reasons exist today to face a cancer of how far treatments have come and see what has to happen in the future to succe	diagnosis with hope	and optimis			
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and servi Neve	cross America, there are large and persistent racial differences in health and acc die sooner than white people. Compared with whites, members of racial and ethr ices and often receive lower-quality care. Addressing health disparities is increas er has the disparity in access to healthcare become more obvious than with the p arities that exist in health and healthcare in the U.S.	nic minorities are les ingly important as o	s likely to re ur populatio	ceive prev n become	ventive l s more o	health diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word A r word, globally the number of people diagnosed is expected to double every 20 y to our healthcare system, it takes an emotional toll on families as they care for the	years. Not only does	s Alzheimer's	s come wi	ith a trer	nendous
uisci	usses Alzheimer's Disease from a caregiver and a public health perspective.		-			
	Innovations In Medicine	NETA	(S)	(CC)	N/A	#405H
11:00:00			( )	. ,	N/A	·
11:00:00 CBD	Innovations In Medicine ) & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local)		( )	. ,	N/A N/A	
11:00:00 CBD 11:30:00 Early unde	Innovations In Medicine & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD	and Pain managem SFPBS child as doctors dis re was uncertain for	(S) covered her	cs. (CC) baby's he	N/A eart was	#405H #202H
11:00:00 CBD 11:30:00 Early unde the f	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur	and Pain managem SFPBS child as doctors dis re was uncertain for	(S) covered her	cs. (CC) baby's he	N/A eart was	#405H #202H
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11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers	and Pain managem SFPBS child as doctors dis e was uncertain for ncredible will to live. APTEX	(S) covered her her baby bo (S)	cs. (CC) baby's he y. Hope is (CC)	N/A eart was here cl N/A	#405H #202H hronicles #133H
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11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00 13:00:00 14:00:00	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers Medical Frontiers Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Sex Talk with Dr. Lia Benefits of Morning Sex	and Pain managem SFPBS child as doctors dis re was uncertain for noredible will to live. APTEX APTEX SFPBS SFPBS	(S) (S) covered her her baby bo (S) (S) (S) (S)	cs. (CC) baby's he y. Hope is (CC) (CC) (CC)	N/A eart was s Here c N/A N/A N/A N/A	#405H #202H hronicles #133H #134H #102H #204H
11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00 13:00:00 14:00:00	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn aveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers Medical Frontiers Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Sex Talk with Dr. Lia	and Pain managem SFPBS child as doctors dis re was uncertain for noredible will to live. APTEX APTEX SFPBS SFPBS	(S) (S) covered her her baby bo (S) (S) (S) (S)	cs. (CC) baby's he y. Hope is (CC) (CC) (CC)	N/A eart was s Here c N/A N/A N/A N/A	#405H #202H hronicles #133H #134H #102H #204H
11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00 13:00:00 14:00:00 Why	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers Medical Frontiers Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Sex Talk with Dr. Lia Benefits of Morning Sex	and Pain managem SFPBS child as doctors dis re was uncertain for noredible will to live. APTEX APTEX SFPBS SFPBS	(S) (S) covered her her baby bo (S) (S) (S) (S)	cs. (CC) baby's he y. Hope is (CC) (CC) (CC)	N/A eart was s Here c N/A N/A N/A N/A	#405H #202H hronicles #133H #134H #102H #204H
11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00 13:00:00 13:00:00 Why 14:30:00	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers Medical Frontiers Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep me	and Pain managem SFPBS child as doctors dis- re was uncertain for noredible will to live. APTEX APTEX SFPBS SFPBS nopause and its after	(S) (S) covered her her baby bo (S) (S) (S) (S) ermath from	cs. (CC) baby's he y. Hope is (CC) (CC) (CC) (CC) ruining yc	N/A eart was s Here cl N/A N/A N/A N/A N/A	#405H #202H hronicles #133H #134H #102H #204H ife.
11:00:00 CBD 11:30:00 Early unde the f 12:00:00 12:30:00 13:00:00 13:00:00 Why 14:30:00	Innovations In Medicine 9 & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart y on in Rachel Collin's pregnancy she was told there was concern for her unborn eveloped. Soon hopes were dashed and worry set in as Rachel was told the futur irst two years of Mikey Collins life, who proved to be the brave little boy with an ir Medical Frontiers Medical Frontiers Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Sex Talk with Dr. Lia Benefits of Morning Sex "wake-up" sex can be a great start to the day plus some tips on how to keep me Health Insiders	and Pain managem SFPBS child as doctors dis- re was uncertain for noredible will to live. APTEX APTEX SFPBS SFPBS nopause and its after	(S) (S) covered her her baby bo (S) (S) (S) (S) ermath from	cs. (CC) baby's he y. Hope is (CC) (CC) (CC) (CC) ruining yc	N/A eart was s Here cl N/A N/A N/A N/A N/A	#405 #202 hronicle #133 #134 #102 #204

Focus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and Kyphoplasty - Dr. Jose Mena 3. Sleep Apnea - Dr. Richard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Getting the Most out of your Office Visit - Dr. Perry Krichmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, F		appily Marrie	ed - Jasmi	in Terrar	ni 4. Ask
16:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Cha	nges in education and the effects of the pandemic have increased anxiety, depress nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teena e issues affecting our children and offer practical advice based on research.					
18:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
soci	sode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always be al gatherings, and even weddings. This time the community and the flip crew team t level by turning the Johnson's existing party pad into a beautiful Florida-friendly sp	s up to return the f	avor and tak			
			ig.			
	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	ig. (S)	(CC)	N/A	#203H
18:30:00 Five sum sets day,		SFPBS on a silver medal v e. He served as the ily. Just recently he	(S) vith the U.S. e Stroke. Tha e was a fit ar	rowing te at's the ter nd active	eam at th rm for th retiree u	ie 1972 e one w ntil an A
18:30:00 Five sum sets day, who	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we mer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr , after Monk was doing housework and decided it was time to come inside that his l	SFPBS on a silver medal v e. He served as the ily. Just recently he	(S) vith the U.S. e Stroke. Tha e was a fit ar	rowing te at's the ter nd active	eam at th rm for th retiree u	ie 1972 e one wl ntil an A
18:30:00 Five sum sets day,	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we mer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr after Monk was doing housework and decided it was time to come inside that his l le new meaning to his revered rowing position, The Stroke. Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden	SFPBS on a silver medal v a. He served as the ily. Just recently he life would take a pa	(S) vith the U.S. e Stroke. Tha e was a fit ar ause. What h	rowing te at's the ter nd active i nappened	am at th rm for th retiree u next wo	ie 1972 e one wi ntil an A buld give
18:30:00 Five sum sets day, who 19:00:00 19:30:00 Alzh othe cost	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we imer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr , after Monk was doing housework and decided it was time to come inside that his l le new meaning to his revered rowing position, The Stroke. Doctor Q & A Dealing with Mental Health Issues In Children	SFPBS on a silver medal v e. He served as the ily. Just recently he life would take a pa NETA NETA APTEX zheimer's strikes fe	(S) with the U.S. e Stroke. That e was a fit an ause. What h (S) (S) ear in aging a s Alzheimer's	rowing te at's the ten nappened (CC) (CC) American s come wi	eam at th rm for th retiree u next wo N/A N/A s more t ith a tren	e 1972 e one w ntil an A buld give #109H #1703ł than any nendous
18:30:00 Five sum sets day, who 19:00:00 19:30:00 Alzh othe cost disc	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we mer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr after Monk was doing housework and decided it was time to come inside that his life new meaning to his revered rowing position, The Stroke. Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the word Al er word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective. Independent Lens	SFPBS on a silver medal v e. He served as the ily. Just recently he life would take a pa NETA NETA APTEX zheimer's strikes fe	(S) with the U.S. e Stroke. That e was a fit an ause. What h (S) (S) ear in aging a s Alzheimer's	rowing te at's the ten nappened (CC) (CC) American s come wi	eam at th rm for th retiree u next wo N/A N/A s more t ith a tren	e 1972 e one w ntil an A buld give #109H #1703ł than any nendous nis episo
18:30:00 Five sum sets day, who 19:00:00 19:30:00 Alzh othe cost disc 20:00:00 In th	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we mer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr , after Monk was doing housework and decided it was time to come inside that his life new meaning to his revered rowing position, The Stroke. Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the word Al er word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective.	SFPBS on a silver medal v e. He served as the ily. Just recently he life would take a pa NETA APTEX zheimer's strikes fe ears. Not only does ir loved ones, whil NPS rom age 11 to 33 a	(S) vith the U.S. e Stroke. Tha e was a fit an ause. What h (S) (S) ear in aging s Alzheimer's e watching th (S)	rowing te at's the ten happened (CC) (CC) American s come wi hem slip a	eam at th rm for th retiree u next wo N/A N/A s more t ith a tren away. Th DVI	e 1972 e one w ntil an A buld give #109H #1703ł than any nendous nis episo #2414ł
18:30:00 Five sum sets day, who 19:00:00 19:30:00 Alzh othe cost disc 20:00:00 In th	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story e decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had we mer Olympics in Munich Germany. His position on the team, was an important one the pace for the rest of the rowers. Since then his life has been rowing along merr after Monk was doing housework and decided it was time to come inside that his life new meaning to his revered rowing position, The Stroke. Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis heimer's Disease is an under-recognized public health crisis. And while the word Al er word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective. Independent Lens Sam Now his coming-of-age documentary about generational trauma, follow Sam Harkness fr	SFPBS on a silver medal v e. He served as the ily. Just recently he life would take a pa NETA APTEX zheimer's strikes fe ears. Not only does ir loved ones, whil NPS rom age 11 to 33 a	(S) vith the U.S. e Stroke. Tha e was a fit an ause. What h (S) (S) ear in aging s Alzheimer's e watching th (S)	rowing te at's the ten happened (CC) (CC) American s come wi hem slip a	eam at th rm for th retiree u next wo N/A N/A s more t ith a tren away. Th DVI	e 1972 e one w ntil an A buld give #109H #1703I than any nendous his episo #2414I

Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Jackson 5. In our Boomer Passion segment, Joe volunteers as an African-American civil war reenactor. Sara wonders if God exists. John explains why he lives in a small country town. Kevin & Karen share their good fortune with the needy. Viewers share revealing answers to our survey.

Tue, May 09, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
Why	"wake-up" sex can be a great start to the day plus some tips on how to keep menopau	se and its afte	ermath from	ruining yo	ur sex li	fe.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1060H
FOCU	is: Herniated disks, Alcohol and effects on health, Oral cancer					
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

Daily Program Listing II WPBTHC Date: 07/06/2023 06/30/2023 Wed, May 10, 2023 Title Start Subtitle

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	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea	the least hea	althy generation	on in rece	nt times	and they
01:00:00	Heart Health (Heart Update)	SFPBS	(S)	(CC)	N/A	#902H
Hea	Ith is where the heart is. Focus: Dr. Elloitt Elias has some practical information that can	lead to a long	g healthy life.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
thar one	kinson's Disease is the fastest growing neurological disorder in the world. It affects near is xi million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to tments of Parkinson's Disease, and the search for a cure.	etimes startir	ng with a bare	ly noticea	able tren	nor in just
03:00:00	Spine & Back Care (Spine Care Update)	SFPBS	(S)	(CC)	N/A	#1395H
Dr. I	Brusovanik discusses spine and back conditions and how to treat them for a pain free li	fe.				
04:00:00	Primary Care (Get Healthy)	SFPBS	(S)	(CC)	N/A	#903H
Bas	ic primary care to improve every aspect of your health. Focus: Dr. Sharma, Jody Perez our primary care office visit.		· · /	` '		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
thar one	kinson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to trements of Parkinson's Disease, and the search for a cure.	etimes startir	ng with a bare	ly noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1205H
	beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-White for ates your entire back, leaving your pain free.	a standing ar	nd barre work	out that lo	oosens	and
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#416H
	Stick 'em Up!					
07:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall		. /	. /		

Preventing Disease and Staying Healthy Town Hall

Wed, May 10, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	er Julienne volunteers Nonnatus House to take part in an obstetrics t tement among the midwives. Fred makes a discovery while on his Cl		octors. Their	arrival ca	auses a	lot of
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
10:00:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are	ennials were born between the years 1981 and 1996. At 73 million, the y make up the greatest percentage of the population and the labor for experiencing declining health faster than any other recent generation rmine the overall health of America. This episode discusses the issue	rce. They are also the least hea before them. How their health p	lthy generati	on in rece	ent times	and they
10:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	It obesity is associated with a decrease in life expectancy for both me 163 million adults in the U.S. are overweight or obese - two thirds of gering, but people still struggle every day to drop the pounds. Every episode discusses the challenges and solutions for sustained weight	men, and more than 60% of wo one has different reasons for wa	men. The da	mage to h	nealth is	
11:00:00	Conscious Living The Best Vegan Food In Asia	NETA	(S)	(CC)	N/A	#209H
anin marl	ed piping hot in Ho Chi Minh City, Vietnam never disappointed. Next hal sanctuary helping abused elephants heal with a tireless conserva kets, to the addictive mango sticky rice of Bangkok's rural floating ma how to make a simple version of Thai favorite, Pad See Ew.	tionist. From umami bomb nood	les in Chiang	g Mai's ex	hilaratin	g night
11:30:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
soci	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family l al gatherings, and even weddings. This time the community and the level by turning the Johnson's existing party pad into a beautiful Flor	flip crew teams up to return the f	avor and tak			
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five er Frances is at a loss when a diabetic and recovering cancer patient n an anxious first-time father insists on being present for his child's b		help. Nurse	Crane be	comes fi	rustrated
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six ppointed by the Poplar Horticultural Show's cancellation, Fred attem ghter. Valerie's pregnant cousin hopes her baby will be born on a day		eceive an ala	arming ph	one call	about the
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help ase would eventually define her legacy.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1061H
Focu	us: Vitamin supplements & heart health, Child neglect, CBD oil					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
15.00.00						

Wed, May 10, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title			-		
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episo
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:54:00	Smartlife	SFPBS	(S)	(CC)	N/A	#805H
	us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechte rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons,	1 0	ment - Dr. M	ichael Go	nzalez F	Ramos 4
16:07:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806⊢
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	<b>#</b> 807⊦
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808 <b>⊢</b>
17:00:00	Sky Blossom: Diaries of the Next Greatest Generation	APTEX		(CC)	N/A	#0H
	ing World War II, troops would look up and say, "Here come the Sky Blossom wering that call for help. The documentary SKY BLOSSOM: DIARIES OF TH					
8:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#404H
	son- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC go, CA. Doctor Q & A	San Diego School of Me NETA	dicine, Rady (S)	Children (CC)	's Hospi N/A	tal, Sar #110F
19.00.00	The Battle Against Breast Cancer		(0)	(00)	11/7	#1101
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704
They are	ennials were born between the years 1981 and 1996. At 73 million, they are t y make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before ermine the overall health of America. This episode discusses the issue of Mille	ey are also the least hea them. How their health p	Ithy generation	on in rece	ent times	and th
20:00:00	Pov	NPS	(S)	(CC)	N/A	#3310
Whe	Our Time Machine/Negative Space en artist Maleonn realizes that his father is suffering from Alzheimer's disease ge performance featuring life-size mechanical puppets.	e, he creates "Papa's Tir	ne Machine,'	' a magica	al, autob	iograpł
stag						
0	Medical Stories	EPS	(S)	(CC)	N/A	#404H
21:30:00	Growing Too Fast			( )		#404H
21:30:00 Even that your rare Mas		allenges of changing boo pest to help our children ears of age? In this epis d experts: Dr. Bradley S	lies, growth s take it in stric ode of Medic . Miller, from	spurts, an de. But wl al Stories the Unive	id high e hat happ s, we loo ersity of	motion ens wh k at the Minnes
21:30:00 Even that your rare Mas	Growing Too Fast ry parent who guides a child going through puberty understands the daily cha can complicate tender relation- ships. It's part of growing up and we do our b r child hits puberty far earlier than expected? Perhaps as young as just five y medical condition known as Central Precocious Puberty. Featuring renowne con- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC	allenges of changing boo pest to help our children ears of age? In this epis d experts: Dr. Bradley S	lies, growth s take it in stric ode of Medic . Miller, from	spurts, an de. But wl al Stories the Unive	id high e hat happ s, we loo ersity of	motior ens wi k at the Minne

Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
0	er is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grievir e people laugh.	g the loss of h	nis father, b	ut he loves	s to perf	orm and
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H

The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, May ′						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthe ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that f stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different is episode discusses the challenges and solutions for sustained weight loss.	han 60% of wo	men. The da	mage to l	health is	
01:00:00	Heart Health (Dialysis Care)	SFPBS	(S)	(CC)	N/A	#904H
	th is where the heart is. Practical information that can lead to a long healthy life. Focuss for patient care.	us: Dr. George	. ,		vances ir	n dialysis
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthe ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
the d	tional and psychological challenges, as well. It is something no one wants to face alor liagnosis, and their support can be crucial to recovery. The couple goes through canc cer Spouse."					
03:00:00	Healthy Living #1397 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1397H
Medi	cal experts share the essential factors of a healthy lifestyle.					
04:00:00	Health Trends #905 (Lifestyle Update)	SFPBS	(S)	(CC)	N/A	#905H
	is: Henry Guzman and Tony Thomas explain the latest trends that contribute to a hea hy life.	althy life. Find o	ut the latest	trends that	at contrib	oute to a
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthe ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital service	vices includi	different s		included ir
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	st cancer is the most common cancer among women worldwide, and this diagnosis n tional and psychological challenges, as well. It is something no one wants to face alor liagnosis, and their support can be crucial to recovery. The couple goes through canc cer Spouse."	ne. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1206H
Le in	Full Body Strengthening Miranda Esmonde-White in beautiful Montego-Bay, Jamaica for a full-body workout th stronger, longer, and energized.	hat strengthens	and stretch	es all 650	-muscle	s, leaving
	Wai Lana Yoga Rise and Shine!	APTEX	(S)	(CC)	N/A	#417H

Thu, May 11, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
07.30.00	A Plastic Surgeon Answers Your Questions	NETA	(0)	(00)	N/A	#10411
08:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
the C repo	OMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning OVID-19 pandemic, schools across the United States strained to meet the social and ted significant increases in depression and general anxiety from students and education ng, practices and resources.	emotional nee	eds of studer	nts. Most :	school d	istricts
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relati	81 the term "sandwich generation" was coined to describe a group of Americans who ves at the same time. Today, millions of families are facing the dual challenge of sand aving children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly o research, millennials have become the most anxious generation in history. This episor be treated.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#405H
CBD	& Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD and I	Pain managen	nent, Potboti	cs.		
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart	SFPBS	(S)	(CC)	N/A	#202H
unde	on in Rachel Collin's pregnancy she was told there was concern for her unborn child veloped. Soon hopes were dashed and worry set in as Rachel was told the future was rst two years of Mikey Collins life, who proved to be the brave little boy with an incredit	s uncertain for				hronicles
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
13:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
the C repo	OMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning OVID-19 pandemic, schools across the United States strained to meet the social and ted significant increases in depression and general anxiety from students and educate ng, practices and resources.	emotional nee	eds of studer	nts. Most	school d	istricts
14:00:00	Sex Talk with Dr. Lia Making 'sexy Time' Last Longer	SFPBS	(S)	(CC)	N/A	#205H
	for delaying orgasm in both men and women, is there really a "male menopause" and ng it to the Streets segment.	l advice for ke	eping roman	ce alive o	ver time	in our
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H
Focu	s: Diabetes, Pregnancy myths, Primary care-diabetes					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	s: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duen endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiar		Pain - Dr. Go	sha Bruso	ovanik 4	

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making				oarthritis	s- Ron
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
cano	cer the word itself strikes fear in the heart. But many new treatments a cers. And while it's not all good news, more reasons exist today to face a how far treatments have come and see what has to happen in the future	cancer diagnosis with hope	and optimis			
18:00:00	Finding Hope Town Hall	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
					N1/A	#1705H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#170511
19:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#170511
Adul that stag	•	nd women, as well as an inc n, and more than 60% of wo has different reasons for wa	crease in chro men. The da	onic disea mage to h	ise. It is nealth is	estimated
Adul that stag	Conquering Obesity It obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of me igering, but people still struggle every day to drop the pounds. Everyone	nd women, as well as an inc n, and more than 60% of wo has different reasons for wa	crease in chro men. The da	onic disea mage to h	ise. It is nealth is	estimate

Getting Dot Older APTEX 21:30:00 (S) (CC) N/A #202H **Re-Enacting** Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Jackson 5. In our Boomer Passion segment, Joe volunteers as an African-American civil war reenactor. Sara wonders if God exists. John explains why he lives in a small country town. Kevin & Karen share their good fortune with the needy. Viewers share revealing answers to our survey. 22:00:00 Sex Talk with Dr. Lia SFPBS #205H (S) (CC) N/A

Making 'sexy Time' Last Longer

Tips for delaying orgasm in both men and women, is there really a "male menopause" and advice for keeping romance alive over time in our Taking it to the Streets segment.

22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H
Focu	us: Diabetes, Pregnancy myths, Primary care-diabetes					
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

Thu, May 11, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H

Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.

Fri, May 12, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	iption of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relati	281 the term "sandwich generation" was coined to describe a group of ives at the same time. Today, millions of families are facing the dual of naving children later. This episode focuses on these caregivers.					
01:00:00	Women's Health (Maternity Care)	SFPBS	(S)	(CC)	N/A	#907H
Focu	us: Dr. Victoria Bedell, along with Dr. Sarah Bedell, and Dr. Joanna Be	edell explore a wide variety of is	ssues that af	fect wome	en's hea	lth.
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) ve continue to track "long-haulers," we are learning more about the lor -COVID symptoms.	ng-term health effects of the pe	ople who are	e suffering	from de	bilitating
03:00:00	Plastic/Cosmetic Surgery #1399 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1399H
	n the latest techniques involving the restoration, reconstruction, or alt	eration of the body.		( )		
04:00:00	Pain Management #912 (Chronic Pain Help)	SFPBS	(S)	(CC)	N/A	#912H
Focu	us: Dr. Jose Mena explains a new approach to controlling chronic pair	to improve quality of life.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the lor -COVID symptoms.	ig-term health effects of the pe	ople who are	e suffering	from de	bilitating
06:00:00	Classical Stretch: By Essentrics Posture	APTEX	(S)	(CC)	N/A	#1207H
	ay's episode is set in one of the most beautiful locations yet, Montego ure workout. Good posture is the key to looking and feeling youthful a		smonde-Whi	te today fo	or a full-l	oody
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#418H
	Agnisar Kriya					
07:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
	COMING TRAUMA RESPONSIVE explores the effects of childhood tra COVID-19 pandemic, schools across the United States strained to me rted significant increases in depression and general anxiety from stud ing, practices and resources.	et the social and emotional nee	eds of studer	nts. Most s	school d	istricts
repo						
repo	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H

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Fri, May 12, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Title

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. Y r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 in
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects nearl six million people worldwide. The symptoms generally develop slowly over years, some nand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure.	times startin	ġ with a bare	ly noticea	able trem	nor in just
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#205H
	Johnson Family - Odessa					
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been in al gatherings, and even weddings. This time the community and the flip crew teams up t level by turning the Johnson's existing party pad into a beautiful Florida-friendly space f	o return the f	avor and tak			
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
12:00:00	Call The Midwife Episode Five	PBS	(S)	(CC)	N/A	#905H
	r Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to a an anxious first-time father insists on being present for his child's birth.	ccept further	help. Nurse	Crane be	comes fr	ustrated
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	ppointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. T hter. Valerie's pregnant cousin hopes her baby will be born on a day well before her du		eceive an ala	arming ph	one call	about their
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
Focu	IS- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN MARCIO FAGUNDES Proton therapy & clinical trials	IK, patient: S	( )	` '		
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1063H
Focu	s: Living greener-"food prints"; Food and your mood; Dawn phenomenon-diabetes					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	s: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Sc nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy E					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
	s: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Ca	are - Coralie I				

Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost

Fri, May 12, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Fri, May 1	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Orchestrating Change	APTEX	(S)	(CC)	N/A	#0H
peop	CHESTRATING CHANGE tells the inspiring story of the Me 2 Orchestra, the ole with mental illness. One concert at a time, across New England, the orch eotypes and demonstrating what people with mental illness can accomplish	nestra is combating stigma				
18:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
that your rare Mas	ry parent who guides a child going through puberty understands the daily ch can complicate tender relation- ships. It's part of growing up and we do our child hits puberty far earlier than expected? Perhaps as young as just five medical condition known as Central Precocious Puberty. Featuring renown on- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC go, CA.	best to help our children ty years of age? In this episo ed experts: Dr. Bradley S	take it in stric ode of Medic Miller, from	de. But wh al Stories the Unive	hat happ , we loc ersity of	ens wher k at the Minnesot
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs		(-)	()		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of Americives at the same time. Today, millions of families are facing the dual challer having children later. This episode focuses on these caregivers.					
20:00:00	Pov	NPS	(S)	(CC)	N/A	#3310H
	Our Time Machine/Negative Space					
	en artist Maleonn realizes that his father is suffering from Alzheimer's diseas e performance featuring life-size mechanical puppets.	e, he creates "Papa's Tin	ie Machine,'	' a magica	al, autob	iographic
21:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#404H
that your rare Mas	Growing Too Fast ry parent who guides a child going through puberty understands the daily ch can complicate tender relation- ships. It's part of growing up and we do our child hits puberty far earlier than expected? Perhaps as young as just five medical condition known as Central Precocious Puberty. Featuring renown on- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC go, CA.	best to help our children t years of age? In this episo ed experts: Dr. Bradley S	take it in stric ode of Medic . Miller, from	de. But wh al Stories the Unive	hat happ , we loc ersity of	ens wher k at the Minnesot
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H

Stress

Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				i ugo	, 101 01	007
Sat, May ?	13, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episor be treated.					
01:00:00	Brain Health #913 (Aneurysm Info)	SFPBS	(S)	(CC)	N/A	#913H
	nory, Learning, Concentration. Focus: Dr. Italo Linfante discusses the cutting-edge en irysms.	dovascular trea	atment of mu	Iltiple com	plex bra	ain
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	ription of the vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dis iten of color.					
03:00:00	Health Trends (Food and Anxiety)	SFPBS	(S)	(CC)	N/A	#1401H
Dr. D Anxi	Deepa Sharma and Carla Duenas discuss how certain foods help or trigger mental he ety.	alth conditions	. FOCUS: Fo	ood link to	Depres	sion and
04:00:00	Maternity Care #914 (Pregnancy Tips)	SFPBS	(S)	(CC)	N/A	#914H
Focu	is: Dr. Alberto Sirven explains everything you need to know about pregnancy, childbir	th and post-pa	rtum care.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	in-depth desci care digital ser	ription of the vices includi	different s	services	
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial displayer of color.					
06:00:00	Alma's Way Alma's Movie Night/Papi The Hero	PBS	(S)	(CC)	DVI	#103H
sudd Alma	a, Andre, and friends can't wait for movie night in the park! But when Andre finds out t lenly remembers he has to help out at the community center. Alma offers to help him a, Eddie, and Junior need inspiration for the "hero song" they are writing for Papi, so t da. Too bad they keep scaring Wanda away. Will this hero's song remain unsung?	finish in time, b	out he doesn	't seem ex	cited. V	Vhat's up?
06:30:00	Scigirls Horsing Around	PBSPL	(S)	(CC)	N/A	#105H
SciG	irl Zoe and her friends pony up some science to select the best horse for a riding con	npetition.				
07:00:00	Wild Kratts Ground Hog Wake Up Call	PBS	(S)	(CC)	N/A	#225H
Aviva	a tries to prove that groundhogs have amazing creature powers, but instead falls into	a deep sleep.	leaving the k	Kratt bros	to discov	ver all
	thibernation.	1. ) .	0			

Sat, May 13, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
08:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
09:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H
10:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H
10:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H
10:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H
11:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H

Date

	Daily Program Listing II WPBTHC					
Date: 07/	06/2023 04/01/2023 - 06/30/2023			Page	163 of	337
Sat, Ma	ay 13, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:12:0	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
11:25:0	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
11:37:0	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
11:46:0	0 Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
C	Treating Hand Pain four hands make it possible to do all your daily activities but what would you do if even one arpal tunnel, arthritis, and injuries can make doing even simple things impossible but there					
	eep your hands healthy.					
ti re	Becoming Trauma Responsive ECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, he COVID-19 pandemic, schools across the United States strained to meet the social and eported significant increases in depression and general anxiety from students and educato aining, practices and resources.	emotional nee	eds of studer	nts. Most s	school d	istricts
14:00:0	) Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
V	Vhy "wake-up" sex can be a great start to the day plus some tips on how to keep menopau	se and its afte	ermath from	ruining yo	ur sex li	fe.
14:30:0	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	loger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grievir nake people laugh.	ng the loss of	his father, b	ut he love:	s to perf	orm and
15:00:0	0 Smartlife	SFPBS	(S)	(CC)	N/A	#701H
F	ocus: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and lichard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. richmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver					
15:13:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#704H
	) Smartlife ocus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal train ne Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	SFPBS er 3. Being H	(S) appily Marrie	(CC) ed - Jasmi	N/A n Terrar	#705H ni 4. Ask
16:18:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:0	) Smartlife	SFPBS	(S)	(CC)	N/A	#708H

Daily Program Listing II **WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 164 of 337 Sat, May 13, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 17:00:00 Crazy APTEX (S) (CC) N/A #0H According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience. 18:00:00 Hope Is Here (Sfpbs/Health Channel Local) SFPBS (S) (CC) N/A #203H The Monk Terry Story Five decades ago Lawrence Monk Terry was at the top of his game. In 1972 he had won a silver medal with the U.S. rowing team at the 1972 summer Olympics in Munich Germany. His position on the team, was an important one. He served as the Stroke. That's the term for the one who sets the pace for the rest of the rowers. Since then his life has been rowing along merrily. Just recently he was a fit and active retiree until an April day, after Monk was doing housework and decided it was time to come inside that his life would take a pause. What happened next would give a whole new meaning to his revered rowing position, The Stroke. 18:30:00 Flip My Florida Yard (Sfpbs) SFPBS (S) (CC) N/A #205H Johnson Family - Odessa Episode #205 THE JOHNSON FAMILY - ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining. 19:00:00 Doctor Q & A NETA (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 19:30:00 Second Opinion with Joan Lunden APTEX (CC) #1707H (S) N/A Anxietv Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated 20:00:00 Becoming Trauma Responsive APTEX (S) (CC) N/A #0H BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources. 21.00.00 SEPBS (CC) Finding Hope-Town Hall N/A #103H (S) Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. (CC) 22:00:00 Sex Talk with Dr. Lia SFPBS (S) N/A #204H Benefits of Morning Sex Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life. 22:30:00 Health Insiders SFPBS (CC) #1060H (S) N/A Focus: Herniated disks, Alcohol and effects on health, Oral cancer 23:00:00 Doctor Q & A NETA (S) (CC)N/A #109H Dealing with Mental Health Issues In Children

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Sat, May 2	13, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	 #1808H

Vaccine Hesitancy

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

**WPBTHC** Date: 07/06/2023 04/01/2023 - 06/30/2023 Page 166 of 337 Sun, May 14, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 00:00:00 All Health Go SFPBS (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden APTFX (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 01:00:00 SFPBS Heart Health (Heart Update) (S) (CC)N/A #902H Health is where the heart is. Focus: Dr. Elloitt Elias has some practical information that can lead to a long healthy life. 02:00:00 All Health Go SEPRS (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 03:00:00 SFPBS #1395H Spine & Back Care (Spine Care Update) (S) (CC) N/A Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life. 04:00:00 Primary Care (Get Healthy) SFPBS (S) (CC) N/A #903H Basic primary care to improve every aspect of your health. Focus: Dr. Sharma, Jody Perez & Stephanie Delgado discuss how to make the most of your primary care office visit. SFPBS 05:00:00 All Health Go (S) N/A #0H (CC)This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 APTEX Second Opinion with Joan Lunden (S) (CC)N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. (CC) 06:00:00 PBS DVI #133H Alma's Way (S)The Beach Blahs/The Last Sandcastle When Alma's new friend, Beto, is disappointed that the Bronx Beach doesn't feel like his old beach in San Diego, Alma and Andre try to show him that even though this beach is different, it's just as fun. During a trip to the beach, Junior's sandcastle gets washed away by the tide. Can Alma find a way to cheer him up? PBSPL 06:30:00 Scigirls (S) (CC) N/A #106H Blowin' in the Wind SciGirl Hannah and her friends design and build their own working miniature wind farm. 07:00:00 Wild Kratts PBS (S) (CC)N/A #218H

Daily Program Listing II

Rocket Jaw: Rescuer of the Reef

While checking out how coral reefs are formed, the Wild Kratts discover that Zach and Donita have sent robotic Parrotfish to collect coral to make jewelry. Martin and Chris must use the power of the greatest hunters of the reef to stop this evil plot.

Sun, May 14, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
08:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H
09:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
09:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, May 14, 2023

	Subtitle	Distrib	Stereo	Сар	AS2	Episod
1:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4308H
	Segment 8					
11:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
11:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five er Frances is at a loss when a diabetic and recovering cancer pa n an anxious first-time father insists on being present for his child		help. Nurse	Crane be	comes fr	rustrated
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six ppointed by the Poplar Horticultural Show's cancellation, Fred at phter. Valerie's pregnant cousin hopes her baby will be born on a		eceive an ala	arming ph	one call	about the
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a gro ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to ase would eventually define her legacy.					
14:30:00	Health Insiders					
		SFPBS	(S)	(CC)	N/A	#1061H
Foci	s: Vitamin supplements & heart health, Child neglect, CBD oil	SFPB5	(5)	(CC)	N/A	#1061H
	us: Vitamin supplements & heart health, Child neglect, CBD oil Smartlife	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1061H #801H
15:00:00 Focu		SFPBS - Dr. Richard Vivero 3. Proactively I	(S)	(CC)	N/A	#801H
15:00:00 Focu PHD	Smartlife ıs: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses	SFPBS - Dr. Richard Vivero 3. Proactively I	(S)	(CC)	N/A	#801H
15:00:00 Focu PHD 15:13:00	Smartlife Is: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterd	SFPBS - Dr. Richard Vivero 3. Proactively f ol - Dr. Frederick Chaleff	(S) Building Bod	(CC) y Image -	N/A Melissa	#801H Spann,
15:00:00 Focu PHD 15:13:00 15:24:00	Smartlife us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterc Smartlife	SFPBS - Dr. Richard Vivero 3. Proactively I ol - Dr. Frederick Chaleff SFPBS	(S) Building Bod (S)	(CC) y Image - (CC)	N/A Melissa N/A	#801H Spann, #802H
15:00:00 Focu	Smartlife Is: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholestero Smartlife Smartlife	SFPBS 5 - Dr. Richard Vivero 3. Proactively f ol - Dr. Frederick Chaleff SFPBS SFPBS	(S) Building Bod (S) (S)	(CC) y Image - (CC) (CC)	N/A Melissa N/A N/A	#801H Spann, #802H #803H
15:00:00 Focu PHD 15:13:00 15:24:00 15:41:00 15:54:00 Focu	Smartlife us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterc Smartlife Smartlife Smartlife	SFPBS o - Dr. Richard Vivero 3. Proactively f ol - Dr. Frederick Chaleff SFPBS SFPBS SFPBS SFPBS SFPBS	(S) Building Bod (S) (S) (S) (S)	(CC) y Image - (CC) (CC) (CC) (CC)	N/A Melissa N/A N/A N/A N/A	#801H Spann, #802H #803H #804H #805H
15:00:00 Focu PHD 15:13:00 15:24:00 15:41:00 15:54:00 Focu Hydr	Smartlife us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterc Smartlife Smartlife Smartlife smartlife us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Ba	SFPBS o - Dr. Richard Vivero 3. Proactively f ol - Dr. Frederick Chaleff SFPBS SFPBS SFPBS SFPBS SFPBS	(S) Building Bod (S) (S) (S) (S)	(CC) y Image - (CC) (CC) (CC) (CC)	N/A Melissa N/A N/A N/A N/A	#801H Spann, #802H #803H #804H #805H
15:00:00 Focu PHD 15:13:00 15:24:00 15:41:00 15:54:00 Focu	Smartlife us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterc Smartlife Smartlife Smartlife us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Ba rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dar	SFPBS b) - Dr. Richard Vivero 3. Proactively f b) - Dr. Frederick Chaleff SFPBS SFPBS SFPBS SFPBS rry Schechter 3. Ask the Expert Seg Simmons, Hazelden Naples	(S) Building Bod (S) (S) (S) (S) ment - Dr. M	(CC) y Image - (CC) (CC) (CC) (CC) (CC)	N/A Melissa N/A N/A N/A N/A nzalez F	#801H Spann, #802H #803H #804H #805H Ramos 4.
15:00:00 Focu PHD 15:13:00 15:24:00 15:54:00 Focu Hydr 16:07:00	Smartlife us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterd Smartlife Smartlife Smartlife us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Ba rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dar Smartlife	SFPBS s - Dr. Richard Vivero 3. Proactively f ol - Dr. Frederick Chaleff SFPBS SFPBS SFPBS rry Schechter 3. Ask the Expert Seg n Simmons, Hazelden Naples SFPBS	(S) Building Bod (S) (S) (S) (S) ment - Dr. M (S)	(CC) y Image - (CC) (CC) (CC) (CC) lichael Go	N/A Melissa N/A N/A N/A nzalez F N/A	#801H Spann, #802H #803H #804H #805H Ramos 4. #806H

In this coming-of-age documentary about generational trauma, follow Sam Harkness from age 11 to 33 as his once average, middle-class Seattle family is heartbroken and unsure of what to do after his mother suddenly abandons them.

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Sun,	May	14,	2023
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	Title		_			
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:30:00	Getting Dot Older	APTEX	(S)	(CC)	N/A	#202H
	Re-Enacting					
segr	t Roberto Mighty intimately interviews Baby Boomers and invites viewer ment, Joe volunteers as an African-American civil war reenactor. Sara we h. Kevin & Karen share their good fortune with the needy. Viewers share	onders if God exists. John e	xplains why I			
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer			( )		
19:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
•	er is a Chinese-American medical worker facing rising anti-Asian sentim e people laugh.	ent, he's grieving the loss of	his father, b	ut he love	s to per	form and
20:00:00	Pov	NPS	(S)	(CC)	DVI	#3501H
	Wuhan Wuhan					
mys 21:30:00	terious virus was first discovered. Getting Dot Older	APTEX	(S)	(CC)	N/A	#202H
	Re-Enacting			. ,		
segr	t Roberto Mighty intimately interviews Baby Boomers and invites viewer ment, Joe volunteers as an African-American civil war reenactor. Sara we n. Kevin & Karen share their good fortune with the needy. Viewers share	onders if God exists. John e	xplains why I			
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#205H
	Making 'sexy Time' Last Longer					
	for delaying orgasm in both men and women, is there really a " male me ing it to the Streets segment.	enopause" and advice for ke	eping roman	ce alive o	ver time	in our
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H
Focu	us: Diabetes, Pregnancy myths, Primary care-diabetes					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

Mon, May 15, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	er of healthcare digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	kinson's Disease is the fastest growing neurological disorder in the world. It is six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is tments of Parkinson's Disease, and the search for a cure.	r years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
01:00:00	Heart Health (Dialysis Care)	SFPBS	(S)	(CC)	N/A	#904H
	Ith is where the heart is. Practical information that can lead to a long health ess for patient care.	y life. Focus: Dr. George	Mueller disc	usses adv	vances i	n dialysis
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	ers with an in-depth descr er of healthcare digital serv	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this o tional and psychological challenges, as well. It is something no one wants diagnosis, and their support can be crucial to recovery. The couple goes th cer Spouse."	to face alone. The spouse	of the canc	er patient	feels the	e impact o
03:00:00	Healthy Living #1397 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1397H
Med	lical experts share the essential factors of a healthy lifestyle.					
04:00:00	Health Trends #905 (Lifestyle Update)	SFPBS	(S)	(CC)	N/A	#905H
	us: Henry Guzman and Tony Thomas explain the latest trends that contributhy life.	ite to a healthy life. Find o	ut the latest	trends that	at contrik	oute to a
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	er of healthcare digital serv	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this of tional and psychological challenges, as well. It is something no one wants diagnosis, and their support can be crucial to recovery. The couple goes th cer Spouse."	to face alone. The spouse	of the canc	er patient	feels the	e impact o
06:00:00	Classical Stretch: By Essentrics Long Adductor	APTEX	(S)	(CC)	N/A	#1208H
	r long adductors are the muscles of your inner thighs. This Classical Stretc er and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for		ites these m	uscles lea	aving yo	ur legs
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#420H
	Shrug Off Shoulder Tension					
07:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
V	r handa maka it nagaible to de all your deily activities but what would you d	- if even and hand was ini				

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife Episode Five	PBS	(S)	(CC)	N/A	#905H
	er Frances is at a loss when a diabetic and recovering cancer pa n an anxious first-time father insists on being present for his child		help. Nurse	Crane be	comes fi	rustrated
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide tional and psychological challenges, as well. It is something no c diagnosis, and their support can be crucial to recovery. The coup cer Spouse."	one wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
A _	Post-Acute Covid-19 Syndrome (Pacs)	ha lang tarm harith aff-start	onlo		from -	bilit-t'
	ve continue to track "long-haulers," we are learning more about th -COVID symptoms.	ne long-term health effects of the pe	opie who are	e suffering	i trom de	epilitating
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
Disa	Episode Six appointed by the Poplar Horticultural Show's cancellation, Fred at	ttempts to reinstate it. The Turners re	eceive an ala	arming ph	one call	about the
	hter. Valerie's pregnant cousin hopes her baby will be born on a			0.		
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven team celebrate the arrival of the maternity home's long-awaited i tional as well as medical support. Nurse Crane struggles with the		s a troubled	home life	and nee	eds his
14:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#103H
he w	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer al vas going to tell his family. In episode 3 of Hope is Here we meet th with a hopeful attitude and mission that his cancer journey wo	Hank and his family and learn how				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1064H
Focu	us: Chronic back pain, Mindful eating, Aneurysms					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. B ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutritio		Factors for D	Diabetes -	Lois Ex	elbert, RN
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
			(-)	( )		

Focus: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understanding Your Breast Cancer Risk, Dr. Jane Mendez 3. Fire Safety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and Depression in Children and Teens, Dr. Daniel Bober

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# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Sky Blossom: Diaries of the Next Greatest Generation	APTEX		(CC)	N/A	#0H
	ng World War II, troops would look up and say, "Here come the Sky Blossoms" - paratro vering that call for help. The documentary SKY BLOSSOM: DIARIES OF THE NEXT GF			I. Today, a		
18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#405H
	Hard to Swallow					
adap and	cause you to choke. Chef Lori lives that life. In this episode of Medical Stories, we learn oted to living with Eosinophilic esophagitis. EOE, as it is commonly known, is an allergic does not con- tract properly. Featuring renowned expert: Dr. Devon S. Dellon, from the pel Hill, NC.	condition wh	ere the esop	phagus be	ecomes i	nflamed
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
19:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
one	six million people worldwide. The symptoms generally develop slowly over years, some hand. While tremors are common in Parkinson's, the disease progression is unique to e					
than one						
than one∣ treat 20:00:00 Expl	hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure. Pov	ach person. NPS	This episode (S)	e Íooks at (CC)	the caus	es and #3504H
than one treat 20:00:00 Expl abou 21:00:00	hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver. Crazy	ach person. NPS with multiple APTEX	This episode (S) disabilities, (S)	e looks at (CC) while she (CC)	the caus DVI faces ur N/A	#3504H mcertaintie #0H
than one treat 20:00:00 Expl abou 21:00:00 Accco illnes comp after the f Depo intim direc there auto In the	hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver.	APTEX d States - 43 ohrenic, face tors want to ing more har for Eric's righ forced treatr eds, seeking ring a family ge and claim ary access to	This episode (S) disabilities, (S) .8 million, or d with a critic medicate hin m than good ht to make hi nent is nece: legal approv therapy sess the recovery both Eric ar	e looks at (CC) while she (CC) 18.5% - e cal choice n for his o d. With ext s own me ssary. CR val to use sion. Thro and a me nd his doc	the caus DVI faces un N/A experien - wheth wn prote traordina dical der AZY rev an adva ugh all o easure o tor's poi	#3504H #3504H ncertaintie #0H ces menta er to ection, but any access cisions. reals an inced of this, f the nts of view
than one treat 20:00:00 Expl abou 21:00:00 Accco illnes comp after the f Depo intim direc there auto In the	hand. While tremors are common in Parkinson's, the disease progression is unique to ements of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite ss in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizop ply with traditional mental health treatment or follow his own path to wellness. Eric's doc eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are caus ill explores both sides of the story. Eric, his father and his attorney argue passionately positions of Eric's evaluating psychologist and social worker show how and why they feel late portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing m trive, being locked on a psych floor after being picked up by police, and deteriorating dur 2's a glimmer of hope and a solution that eventually enables Eric to graduate from college nomy he so desperately craves. CRAZY brings the viewer into the story with extraording e process, the documentary looks at involuntary treatment and explores the bigger issue	APTEX d States - 43 ohrenic, face tors want to ing more har for Eric's righ forced treatr eds, seeking ring a family ge and claim ary access to	This episode (S) disabilities, (S) .8 million, or d with a critic medicate hin m than good ht to make hi nent is nece: legal approv therapy sess the recovery both Eric ar	e looks at (CC) while she (CC) 18.5% - e cal choice n for his o d. With ext s own me ssary. CR val to use sion. Thro and a me nd his doc	the caus DVI faces un N/A experien - wheth wn prote traordina dical der AZY rev an adva ugh all o easure o tor's poi	#3504H #3504H ncertainties #0H ces menta er to ection, but ary access, cisions. reals an inced of this, f the nts of view
than one treat 20:00:00 Expl abou 21:00:00 Accco illnes comp after the f Depo intim direco there auto In the expe 22:00:00 Hanl he w	hand. While tremors are common in Parkinson's, the disease progression is unique to ements of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite as in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizor ply with traditional mental health treatment or follow his own path to wellness. Eric's doc eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are caus illm explores both sides of the story. Eric, his father and his attorney argue passionately positions of Eric's evaluating psychologist and social worker show how and why they feel hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing m trive, being locked on a psych floor after being picked up by police, and deteriorating dur by a glimmer of hope and a solution that eventually enables Eric to graduate from college nomy he so desperately craves. CRAZY brings the viewer into the story with extraordina e process, the documentary looks at involuntary treatment and explores the bigger issue arrience. Hope Is Here (Sfpbs/Health Channel Local)	ach person. NPS with multiple APTEX d States - 43 ohrenic, face tors want to ing more han for Eric's righ forced treatr eds, seeking ring a family je and claim ary access to es and quest SFPBS the time his t d learn how	This episode (S) disabilities, (S) .8 million, or d with a critic medicate hin methan good tt to make hi nent is necei legal approv therapy sess the recovery both Eric ar ions raised b (S) houghts wer	e looks at (CC) while she (CC) 18.5% - e cal choice n for his o J. With exi sown me ssary. CR val to use sion. Thro and a me nd his doc by this ver (CC) re not of h	the cause DVI faces un N/A experien - whethe wn prote traordina dical de AZY rev an adva ugh all o easure o tor's poir y persor N/A imself bu	#3504H #3504H Incertaintie #0H ces menta er to ection, but ary access cisions. reals an unced of this, f the nts of view hal #103H ut of how
than one treat 20:00:00 Expl abou 21:00:00 Accco illnes comp after the f Depo intim direco there auto In the expe 22:00:00 Hanl he w	hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite ss in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizop ply with traditional mental health treatment or follow his own path to wellness. Eric's doc lim explores both sides of the story. Eric, his father and his attorney argue passionately ositions of Eric's evaluating psychologist and social worker show how and why they feel late portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing m tive, being locked on a psych floor after being picked up by police, and deteriorating dur- e's a glimmer of hope and a solution that eventually enables Eric to graduate from college nomy he so desperately craves. CRAZY brings the viewer into the story with extraordina e process, the documentary looks at involuntary treatment and explores the bigger issue arience. Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At 'r ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family an	ach person. NPS with multiple APTEX d States - 43 ohrenic, face tors want to ing more han for Eric's righ forced treatr eds, seeking ring a family je and claim ary access to es and quest SFPBS the time his t d learn how	This episode (S) disabilities, (S) .8 million, or d with a critic medicate hin methan good tt to make hi nent is necei legal approv therapy sess the recovery both Eric ar ions raised b (S) houghts wer	e looks at (CC) while she (CC) 18.5% - e cal choice n for his o J. With exi sown me ssary. CR val to use sion. Thro and a me nd his doc by this ver (CC) re not of h	the cause DVI faces un N/A experien - whethe wn prote traordina dical de AZY rev an adva ugh all o easure o tor's poir y persor N/A imself bu	#3504H #3504H Incertaintie #0H ces menta er to ection, but ary access cisions. reals an unced of this, f the nts of view hal #103H ut of how
than one treat 20:00:00 Expl abou 21:00:00 Accco illnes comp after the f Depo intim direco there auto In the expe 22:00:00 Hanl he w healt	hand. While tremors are common in Parkinson's, the disease progression is unique to ements of Parkinson's Disease, and the search for a cure. Pov He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, born at becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite ss in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizop ply with traditional mental health treatment or follow his own path to wellness. Eric's doc eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are caus ill explores both sides of the story. Eric, his father and his attorney argue passionately positions of Eric's evaluating psychologist and social worker show how and why they feel late portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing m tive, being locked on a psych floor after being picked up by police, and deteriorating dun e's a glimmer of hope and a solution that eventually enables Eric to graduate from college nomy he so desperately craves. CRAZY brings the viewer into the story with extraordina e process, the documentary looks at involuntary treatment and explores the bigger issue arience. Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At 'as going to tell his family. In episode 3 of Hope is Here we meet Hank and his family an th with a hopeful attitude and mission that his cancer journey would be, in his words, "a	ach person. NPS with multiple APTEX d States - 43 ohrenic, face- tors want to ing more han for Eric's righ forced treatr eds, seeking ring a family jee and claim ary access to es and quest SFPBS the time his t d learn how joyful one."	This episode (S) disabilities, (S) .8 million, or d with a critic medicate hin m than good that a critic m that a critic m that a critic here a critic that a critic m that a critic m that a critic here a critic that a critic that a critic here a critic that	e looks at (CC) while she (CC) 18.5% - e cal choice n for his o d. With ext s own me ssary. CR val to use sion. Thro or and a me nd his doc by this ver (CC) re not of h to push fo	the cause DVI faces un N/A experien - wheth wn prote traordina dical de AZY rev an adva ugh all o easure o tor's poir y persor N/A imself bu	#3504H #3504H ncertaintie #0H ces menta er to ection, but ary access cisions. reals an unced of this, f the nts of view nal #103H ut of how powards

Mon, May 15, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H

#### Brain Health

The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.

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				i ugo	, , , , 0,	001
Tue, May	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	est cancer is the most common cancer among women worldwide, and this diagnosis r tional and psychological challenges, as well. It is something no one wants to face alo diagnosis, and their support can be crucial to recovery. The couple goes through can cer Spouse."	ne. The spouse	e of the canc	er patient	feels the	e impact of
01:00:00	Spine & Back Care #915 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#915H
Focu	s: Dr.Gosha Brusovanik has tips on spine and back conditions and how to treat them	n for a pain free		<b>、</b>		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	n in-depth descu licare digital ser	ription of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)	<i>c</i> , <i>c</i> ,		<i>.</i>	<i>.</i> .	
As w post	ve continue to track "long-haulers," we are learning more about the long-term health e -COVID symptoms.	effects of the pe	eople who are	e suffering	g from de	ebilitating
03:00:00	Nutrition & Health (Vacation Nutrition)	SFPBS	(S)	(CC)	N/A	#1403H
Luce	ette Talamas, Brian Betancourt and Robyn discuss strategies to eat healthy while on v	vacation.				
04:00:00	Orthopedics #916 (Trauma Care Relief)	SFPBS	(S)	(CC)	N/A	#916H
Alva	n surgical to nonsurgical procedures, learn the treatments that will restore your body l rado & Dr. Crocco discuss the dynamics of having two clinicians who are married and n other in the office, and manage juggling a personal/family life with today's patient ca	d practice the s				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement			<b></b>		
	rt valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	a is a very com	mon proceau	ire. mis p	rocedur	e 18 94-
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1209H
	eve your back pain instantly with this full-body Classical Stretch Workout. It only takes Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Ja		a day to relie	ve and pre	event ba	ck pain -
06:30:00	Wai Lana Yoga Torso Twist Toes Touch	APTEX	(S)	(CC)	N/A	#421H
07:00:00	Happy Yoga with Sarah Starr Peaceful Wood Glen	NETA	(S)	(CC)	N/A	#703
	ate more calm in your day in the peaceful wooded glen as you enjoy a gentle seated y ngthening warrior moves to create more tone in your legs, combined with upper body					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Breatete Capacit					

The Truth About Prostate Cancer

Tue, May 16, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complicat r high-income countries in the world. And behind these statistics lie startling racial di ien of color.					
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great advancements an effective and can drastically increase the life expectancy of the patient.	nd is a very comr	non procedu	re. This p	rocedure	e is 94-
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#406H
	replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smil			. ,		
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#203H
	The Monk Terry Story					
sets day,	mer Olympics in Munich Germany. His position on the team, was an important one. the pace for the rest of the rowers. Since then his life has been rowing along merrily after Monk was doing housework and decided it was time to come inside that his life e new meaning to his revered rowing position, The Stroke.	/. Just recently h	e was a fit ar	nd active	retiree u	ntil an Apr
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
13:00:00	Ρον	NPS	(S)	(CC)	DVI	#3504H
	He's My Brother				,	
	ore how Christine works to assure dignified lives for herself and her brother Peter, but becoming his primary caregiver.	orn with multiple	disabilities,	while she	faces u	ncertainties
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#205H
	Making 'sexy Time' Last Longer					
	for delaying orgasm in both men and women, is there really a " male menopause" a ng it to the Streets segment.	ind advice for ke	eping roman	ce alive o	ver time	in our
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
Focu	is: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fract ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD t					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H

Tue, May 16, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:57:00	Smartlife	SFPBS	(S)	(CC)	- <u> </u>	#1205H
	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Bala				. Ask the	e Experts,
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
	He's My Brother					
•	ore how Christine works to assure dignified lives for herself and her brother Peter, born it becoming his primary caregiver.	with multiple	disabilities,	while she	faces ur	ncertaintie
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	The Anchorage - Cocoa Beach					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong	SFPBS	(S)	(CC)	N/A	#204H
unex	agnosis of childhood cancer came as a shock to the Shoeneck family who found out ab spected fall. This episode of Hope is Here proves the power of love and creativity as Th vn songwriter Kat Perkins to create a happy and memorable tune that delivers hope, str nile.	e Sing Me a	Story Founda	ation pairs	Kenedi	and well
19:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0
20:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall			( )		
21:00:00	Independent Lens Matter of Mind: My ALS	NPS	(S)	(CC)	DVI	#2413H
	otrophic lateral sclerosis (ALS) is a neuromuscular disease with an average survival tin e people bravely face different paths as they live with the progressively debilitating illnes		rs from diagn	iosis. In th	is intima	ate story,
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#205H
	Making 'sexy Time' Last Longer					
	for delaying orgasm in both men and women, is there really a " male menopause" and ng it to the Streets segment.	advice for ke	eping roman	ce alive o	ver time	in our
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
Focu	is: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H

All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

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_	Title		_	_		_
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital service	ices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long- -COVID symptoms.	term health effects of the per	ople who are	suffering	from de	ebilitating
01:00:00	Heart Health #917 (Aortic Stenosis)	SFPBS	(S)	(CC)	N/A	#917H
	Ith is where the heart is. Practical information that can lead to a long hea how it can be diagnosed and treated.	Ithy life. Focus: Dr. Phillip E	Erwin discuss	ses what a	aortic ste	enosis is
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital service	ices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othei	nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start ten of color.					
03:00:00	Healthy Living #1230 (Diabetes and Health)	SFPBS	(S)	(CC)	N/A	#1230H
Henr	ry Guzman and Lois Exelbert discuss National Senior Health and Fitnes	s Day. Focus: Diabetes in se	niors.			
04:00:00	Heart Health (Coronary Artery Disease)	SFPBS	(S)	(CC)	N/A	#918H
Focu	us: Dr. Marco Bologna discusses coronary artery disease and explains w	hat thoracic aneurysms are.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital service	ices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopef cer screening guidelines allow for the screening for younger individuals v onger a death sentence.					
06:00:00	Classical Stretch: By Essentrics Endurance and Power	APTEX	(S)	(CC)	N/A	#1210H
	d endurance and power with this full-body strengthening Classical Stretc Jamaica for a workout that leaves every muscle feeling stronger and m		nonde-White	in breath	ntaking N	/lontego
06:30:00	Wai Lana Yoga Legs Up	APTEX	(S)	(CC)	N/A	#422H
07:00:00	Pov He's My Brother	NPS	(S)	(CC)	DVI	#3504H
	ore how Christine works to assure dignified lives for herself and her brot to becoming his primary caregiver.	her Peter, born with multiple	disabilities,	while she	faces u	ncertaintie
08:00:00	Call The Midwife Episode Five	PBS	(S)	(CC)	N/A	#905H

Wed, May 17, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
canc	Lung Cancer diagnosis and treatment of lung cancer has been one of the most he er screening guidelines allow for the screening for younger individu- onger a death sentence.					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emerge sidered the next pandemic, antibiotic resistance is a threat to global		dangering th	e efficacy	of antib	iotics.
11:00:00	Conscious Living Net-Zero Staycation	NETA	(S)	(CC)	N/A	#210H
our r Mich elect	a long journey, there's nothing more satisfying than returning home nidcentury desert home into a net-zero oasis. With countless days o lael dons his toolbelt to see if we can harness solar energy to power tric bike for a vintage fashion show at a local art gallery. But first, bre armer's market: a no-egg omelet and a cheezy sausage breakfast s	of sun, temperatures topping 115 our home yearround. Bianca take eakfast. Michael kicks off the stay	degrees, an kes a break f	d A/C bills from the a	s througl ction to	h the roof hop on he
11:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	The Anchorage - Cocoa Beach					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six ppointed by the Poplar Horticultural Show's cancellation, Fred atterr phter. Valerie's pregnant cousin hopes her baby will be born on a da		eceive an ala	arming ph	one call	about the
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven team celebrate the arrival of the maternity home's long-awaited incu tional as well as medical support. Nurse Crane struggles with the cu		s a troubled	home life	and nee	eds his
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
he w	k Baskett was given the grim diagnosis of stage 4 lung cancer almost ras going to tell his family. In episode 3 of Hope is Here we meet Ha th with a hopeful attitude and mission that his cancer journey would	nk and his family and learn how				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1066H
Focu	is: Interventional back treatments, Measles vaccine safety, Blood ca	ancer				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatme Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J.,		isovanik 3. E	Baptist Ho	me Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:46:00	Sinarane		(0)	(00)		

Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Getting Dot Older Singing with Men	APTEX	(S)	(CC)	N/A	#203H
Pass	t Roberto Mighty intimately interviews Baby Boomers and invites viewer sion segment, Ralph sings with a male choir. Growing up down south, O ard was a teenaged drug mule. Newman shares becoming an out gay n	phelia's mother made all her	clothes. Nov	v, she mo	dels hig	
18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#405H
and adar and	gine achieving your life's dream to become a chef despite the fact that 80 cause you to choke. Chef Lori lives that life. In this episode of Medical S oted to living with Eosinophilic esophagitis. EOE, as it is commonly know does not con- tract properly. Featuring renowned expert: Dr. Devon S. E pel Hill, NC.	Stories, we learn how both Lo vn, is an allergic condition wh	ri, and Darrie ere the esop	en, a tal- e hagus be	ented stu comes i	udent, hav inflamed
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the o	ast cancer is the most common cancer among women worldwide, and th tional and psychological challenges, as well. It is something no one wan diagnosis, and their support can be crucial to recovery. The couple goes cer Spouse."	ts to face alone. The spouse	of the cance	er patient	feels the	e impact o
20:00:00	Pov	NPS	(S)	(CC)	DVI	#3512H
	Midwives					
	t two women running a makeabift alinia in weatern Myanmar tern apart h		aiot ownor be	elps her a	nnrontic	
	t two women running a makeshift clinic in western Myanmar torn apart b lim minority group denied their basic rights become a steady health care				pprentic	e part of a
Mus			(S)	(CC)	N/A	e part of a #0H
Mus 21:30:00 Rog	lim minority group denied their basic rights become a steady health care	provider for her people.	(S)	(CC)	N/A	#0H
Mus 21:30:00 Rog	lim minority group denied their basic rights become a steady health care A Thousand Pebbles on the Ground er is a Chinese-American medical worker facing rising anti-Asian sentim	provider for her people.	(S)	(CC)	N/A	#0H
Mus 21:30:00 Rog mak 22:00:00 Han he w	lim minority group denied their basic rights become a steady health care A Thousand Pebbles on the Ground er is a Chinese-American medical worker facing rising anti-Asian sentim e people laugh. Hope Is Here (Sfpbs/Health Channel Local)	provider for her people. NETA ent, he's grieving the loss of SFPBS n years ago. At the time his t and his family and learn how	(S) his father, bi (S) houghts wer	(CC) ut he love (CC) e not of h	N/A s to perf N/A imself bi	#0H form and #103H ut of how
Mus 21:30:00 Rog mak 22:00:00 Han he w heal	lim minority group denied their basic rights become a steady health care A Thousand Pebbles on the Ground er is a Chinese-American medical worker facing rising anti-Asian sentime e people laugh. Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost te vas going to tell his family. In episode 3 of Hope is Here we meet Hank a	provider for her people. NETA ent, he's grieving the loss of SFPBS n years ago. At the time his t and his family and learn how	(S) his father, bi (S) houghts wer	(CC) ut he love (CC) e not of h	N/A s to perf N/A imself bi	#0H form and #103H ut of how
Mus 21:30:00 Rog mak 22:00:00 Han he w heal 22:30:00	lim minority group denied their basic rights become a steady health care A Thousand Pebbles on the Ground er is a Chinese-American medical worker facing rising anti-Asian sentime e people laugh. Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost te vas going to tell his family. In episode 3 of Hope is Here we meet Hank a th with a hopeful attitude and mission that his cancer journey would be,	provider for her people. NETA ent, he's grieving the loss of SFPBS n years ago. At the time his t and his family and learn how in his words, "a joyful one."	(S) his father, bu (S) houghts wer he was able (S)	(CC) ut he love (CC) e not of h to push fo (CC)	N/A s to perf N/A imself bo	#0H form and #103H ut of how owards
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Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

Thu, May 18, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	a number of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to d r high-income countries in the world. And behind these statistics lie then of color.					
01:00:00	Heart Health #919 (Heart Rehab)	SFPBS	(S)	(CC)	N/A	#919H
	ing healthy. Focus: Andres Gispert discusses what cardiac rehabilitents can expect.	tation is, how it is different from of	her types of	rehab ser	vices, a	nd what
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	a number of healthcare digital ser	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great a effective and can drastically increase the life expectancy of the part		non procedu	re. This p	rocedure	ə is 94-
03:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Provivors' Day.	ogram. Focus: Rehabilitative treat	ments in sup	port of Na	ational C	ancer
04:00:00	Maternity Care (Pregnancy Info)	SFPBS	(S)	(CC)	N/A	#920H
Focu	us: Dr. Ellen Schwartzbard has eveything you need to know about p	pregnancy, childbirth and post-pai	tum care.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	a number of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergi sidered the next pandemic, antibiotic resistance is a threat to globa		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics Arthritis Workout	APTEX	(S)	(CC)	N/A	#1211H
	eve arthritis pain throughout your entire body with Miranda Esmond ngthens every muscle to help relieve the pain associated with arthri		/orkout lubric	ates all of	f your jo	ints and
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#423H
	Cut Abs with Scissors			~ /		
07:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	The Anchorage - Cocoa Beach		(-)	()		
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
01.00.00	Keeping Bones Healthy & Strong			(00)		
08:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
	Liele My Drethen		(-)	(30)	- • •	

He's My Brother

Explore how Christine works to assure dignified lives for herself and her brother Peter, born with multiple disabilities, while she faces uncertainties about becoming his primary caregiver.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas	s of work is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, b sequences. Stress in all ages, as well as pandemic-related stress, affects out a s depression and anxiety.					issues
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#406H
Hip r	replacement, Innovations in Kidney disease treatment, TeethXPress - One D	ay Smile, Coury and Be	uhler Physic	al Therap	y, Atrial	Fibrillatior
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story	SFPBS	(S)	(CC)	N/A	#203H
day,	the pace for the rest of the rowers. Since then his life has been rowing along after Monk was doing housework and decided it was time to come inside that le new meaning to his revered rowing position, The Stroke. Medical Frontiers		ause. What I			
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
13:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	r hands make it possible to do all your daily activities but what would you do bal tunnel, arthritis, and injuries can make doing even simple things impossib b your hands healthy.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H
	I'm Jealolus of My Wife's Vibrator!					
	It to do when your partner is "intimidated" by a sex toy. Then, easy positions It how to stay physically and emotionally healthy.	to help spice things up p	olus a health	and welln	less phy	sician talk
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
Focu	us: Stigma of mental illness, Weight loss and vegetables, Heart health					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	us: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Taba ty for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker),		Tips, Jenna V	Werner, R	D 4. Ho	liday
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
		020	(-)	(30)		

Focus: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, Dr. Angel Sanchez-Figueras 3. Ask the Experts, Dr. Steve Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Healer 5. Chiropractor Talks About Yoga, Sandy Doman

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Pov	NPS	(S)	(CC)	DVI	#3512H
	Midwives t two women running a makeshift clinic in western Myanmar torn apart by ethnic violent lim minority group denied their basic rights become a steady health care provider for he		hist owner he	elps her a	pprentic	e part of
18:30:00	Getting Dot Older	APTEX	(S)	(CC)	N/A	#203H
Pass	Singing with Men Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. B sion segment, Ralph sings with a male choir. Growing up down south, Ophelia's mother ard was a teenaged drug mule. Newman shares becoming an out gay minister. Viewer	r made all her	clothes. Nov	w, she mo	dels hig	
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801F
	ve continue to track "long-haulers," we are learning more about the long-term health eff -COVID symptoms.	ects of the pe	ople who are	e suffering	I from de	ebilitating
20:00:00	Ρον	NPS	(S)	(CC)	DVI	#3504F
20.00.00			(0)	(00)	DVI	#000 H
Expl	He's My Brother ore how Christine works to assure dignified lives for herself and her brother Peter, borr it becoming his primary caregiver.			<b>、</b> ,		
Expl abou 21:00:00	ore how Christine works to assure dignified lives for herself and her brother Peter, borr ut becoming his primary caregiver. Crazy	n with multiple APTEX	disabilities, (	while she (CC)	faces u	ncertaint #0H
Expl about 21:00:00 Accor illnes com after the f Dep- intim direct there auto In th	ore how Christine works to assure dignified lives for herself and her brother Peter, borr ut becoming his primary caregiver.	APTEX APTEX ed States - 43 phrenic, face ctors want to sing more har for Eric's righ l forced treatr neds, seeking uring a family ge and claim hary access to	(S) .8 million, or d with a critic medicate hin m than good ht to make hi nent is neces legal approv therapy sess the recovery both Eric ar	while she (CC) 18.5% - e al choice n for his o I. With ext s own me ssary. CR val to use sion. Thro and a me ad his doc	faces u N/A experien - wheth wn prote traordina dical de AZY rev an adva ugh all c easure o tor's poi	#0H #0H aces men er to ection, bu ary acces cisions. /eals an anced of this, of the nts of vie
Expl about 21:00:00 Accordillnes com after the f Depr intim direct there auto In th expe	ore how Christine works to assure dignified lives for herself and her brother Peter, borr at becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite ss in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schiz's ply with traditional mental health treatment or follow his own path to wellness. Eric's do eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are cau illm explores both sides of the story. Eric, his father and his attorney argue passionately ositions of Eric's evaluating psychologist and social worker show how and why they fee hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing n ctive, being locked on a psych floor after being picked up by police, and deteriorating du e's a glimmer of hope and a solution that eventually enables Eric to graduate from colle nomy he so desperately craves. CRAZY brings the viewer into the story with extraordir e process, the documentary looks at involuntary treatment and explores the bigger issues.	APTEX APTEX ed States - 43 phrenic, face ctors want to sing more har for Eric's righ l forced treatr neds, seeking uring a family ge and claim hary access to	(S) .8 million, or d with a critic medicate hin m than good ht to make hi nent is neces legal approv therapy sess the recovery both Eric ar	while she (CC) 18.5% - e al choice n for his o I. With ext s own me ssary. CR val to use sion. Thro and a me ad his doc	faces u N/A experien - wheth wn prote traordina dical de AZY rev an adva ugh all c easure o tor's poi	#0H #0H aces men er to ection, bu ary acces cisions. /eals an anced of this, of the nts of vie
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Expl about 21:00:00 Accordillnes com after the f Dep intim direct there auto In th expe 22:00:00 What about	ore how Christine works to assure dignified lives for herself and her brother Peter, borr at becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite as in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizo ply with traditional mental health treatment or follow his own path to wellness. Eric's do eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are cau ill explores both sides of the story. Eric, his father and his attorney argue passionately positions of Eric's evaluating psychologist and social worker show how and why they fee hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing n trive, being locked on a psych floor after being picked up by police, and deteriorating du a's a glimmer of hope and a solution that eventually enables Eric to graduate from colle nomy he so desperately craves. CRAZY brings the viewer into the story with extraordir e process, the documentary looks at involuntary treatment and explores the bigger issue arience. Sex Talk with Dr. Lia I'm Jealolus of My Wife's Vibrator! tt to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spi	APTEX APTEX ed States - 43 ophrenic, face ctors want to sing more han for Eric's righ of for Eric's righ forced treatr neds, seeking uring a family ge and claim nary access to les and quest SFPBS	(S) .8 million, or d with a critic medicate hin m than good tt to make hi nent is neces legal approv therapy sess the recovery both Eric ar ions raised b (S)	while she (CC) 18.5% - e cal choice n for his o I. With ext sown me ssary. CR val to use sion. Thro and a me ad his doc by this ver (CC)	faces un N/A experien - wheth wn prote traordina dical de AZY rew an adva ugh all c easure o tor's poi y persor N/A	ncertainti #0H aces men er to ection, bu ary acces cisions. veals an anced of this, of the nts of vie nal #206H vsician tal
Expl about 21:00:00 Accordillnes com after the f Dep intim direct there auto In th expe 22:00:00 What about 22:30:00	ore how Christine works to assure dignified lives for herself and her brother Peter, borr at becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite as in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizo ply with traditional mental health treatment or follow his own path to wellness. Eric's do eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are cau lim explores both sides of the story. Eric, his father and his attorney argue passionately positions of Eric's evaluating psychologist and social worker show how and why they fee hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing n ctive, being locked on a psych floor after being picked up by police, and deteriorating du e's a glimmer of hope and a solution that eventually enables Eric to graduate from colle nomy he so desperately craves. CRAZY brings the viewer into the story with extraordir e process, the documentary looks at involuntary treatment and explores the bigger issue erience. Sex Talk with Dr. Lia I'm Jealolus of My Wife's Vibrator! It to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spi at how to stay physically and emotionally healthy.	APTEX APTEX ed States - 43 ophrenic, face ctors want to sing more har of for Eric's righ of for ced treatr neds, seeking uring a family ge and claim hary access to ues and quest SFPBS ce things up p	(S) .8 million, or d with a critic medicate hin m than good tt to make hi nent is neces legal approv therapy sess the recovery both Eric ar ions raised b (S)	while she (CC) 18.5% - e cal choice n for his o I. With ext sown me ssary. CR val to use sion. Thro and a me nd his doc by this ver (CC) and welln	faces un N/A experien - wheth wn prote traordina dical de AZY rew an adva ugh all c easure o tor's poi y persor N/A hess phy	ncertainti #0H aces meni er to ection, bu ary acces cisions. veals an anced of this, of the nts of vie nal #206H
Expl about 21:00:00 Accor illnes com after the f Dep intim direc there auto In th expe 22:00:00 Wha about 22:30:00	ore how Christine works to assure dignified lives for herself and her brother Peter, borr at becoming his primary caregiver. Crazy ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the Unite as in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizo ply with traditional mental health treatment or follow his own path to wellness. Eric's do eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are cau ill explores both sides of the story. Eric, his father and his attorney argue passionately ositions of Eric's evaluating psychologist and social worker show how and why they fee hate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing n trive, being locked on a psych floor after being picked up by police, and deteriorating du s's a glimmer of hope and a solution that eventually enables Eric to graduate from colle nomy he so desperately craves. CRAZY brings the viewer into the story with extraordir e process, the documentary looks at involuntary treatment and explores the bigger issue erience. Sex Talk with Dr. Lia I'm Jealolus of My Wife's Vibrator! to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spi at how to stay physically and emotionally healthy. Health Insiders	APTEX APTEX ed States - 43 ophrenic, face ctors want to sing more har of for Eric's righ of for ced treatr neds, seeking uring a family ge and claim hary access to ues and quest SFPBS ce things up p	(S) .8 million, or d with a critic medicate hin m than good tt to make hi nent is neces legal approv therapy sess the recovery both Eric ar ions raised b (S)	while she (CC) 18.5% - e cal choice n for his o I. With ext sown me ssary. CR val to use sion. Thro and a me nd his doc by this ver (CC) and welln	faces un N/A experien - wheth wn prote traordina dical de AZY rew an adva ugh all c easure o tor's poi y persor N/A hess phy	#0H aces men er to ection, bu ary acces cisions. veals an anced of this, of the nts of vie nal #206H vsician ta

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Thu, May	18, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital service	vices includi	ng teleme		included ir
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great adva effective and can drastically increase the life expectancy of the patient		non procedu	ıre. This p	rocedure	e is 94-
01:00:00	Kids & Teens #921 (Heart Health)	SFPBS	(S)	(CC)	N/A	#921H
Spec	cialists share their expertise on caring for children. Focus: Karla Richey	discusses heart health in chil	ldren and te	ens.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital serv	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hope cer screening guidelines allow for the screening for younger individuals onger a death sentence.					
03:00:00	Orthopedics (Arthritis Aid)	SFPBS	(S)	(CC)	N/A	#1273H
Dr. L	isa Corsa discusses treatment and rehabilitation of arthritis.					
04:00:00	Kids & Teens (Preemie Health Problems)	SFPBS	(S)	(CC)	N/A	#922H
Spec ente	cialists share their expertise on how to care for children from birth throu procolitis, a serious condition that affects premature newborns.	gh young adulthood. Focus: I	Dr. Majd Dar	das discu	sses neo	crotizing
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital service	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical letes.	areas of work is to stop pre-d	iabetes from	n turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics Hamstring Flexibility	APTEX	(S)	(CC)	N/A	#1212H
	r hamstrings are one of your largest muscles and they connect your leg legs, bum, and back. Strengthen and stretch your hamstrings and full l			can actua	ally caus	e pain in
06:30:00	Wai Lana Yoga The Sacrum Rock	APTEX	(S)	(CC)	N/A	#424H
	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
07:00:00	Preventing Disease and Staying Healthy Town Hall					

Sister Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to accept further help. Nurse Crane becomes frustrated when an anxious first-time father insists on being present for his child's birth.

Fri, May 19, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID c cine. Childhood vaccine rates continue to decrease in certain area eback.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata becia areata is a common autoimmune disorder that often results i es and is one of the most requested topics from viewers every yea		roughly 6.8 i	million peo	ople in th	ne United
11:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	The Anchorage - Cocoa Beach					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six ppointed by the Poplar Horticultural Show's cancellation, Fred att ghter. Valerie's pregnant cousin hopes her baby will be born on a		eceive an ala	arming ph	one call	about the
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
The	Episode Seven team celebrate the arrival of the maternity home's long-awaited ir	ncubator. Kevin's newest patient ha	s a troubled	home life	and nee	eds his
	tional as well as medical support. Nurse Crane struggles with the					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
Focu addio	us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. D ction	R. DANIEL MARTINEZ Erectile Dy	sfunction 3.	DR. DAN	IEL BOE	BER Opioi
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Focu	us: Food trends, COPD-daughter's story, Mental Illness First Aid					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
Stab	us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & All ole Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouel alona					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
	Shanne					
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
15:45:00 15:57:00 Focu Jose		al Stenosis, Dr. Jose Mena 3. Proc	edure for Lu	mbar Spir	nal Stene	#1505H osis, Dr.
15:45:00 15:57:00 Focu Jose	Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spin Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common	al Stenosis, Dr. Jose Mena 3. Proc	edure for Lu	mbar Spir	nal Stene	#1505H osis, Dr.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17.00.00	Independent Long	NDC				#244211
17:00:00	Independent Lens Matter of Mind: My ALS	NPS	(S)	(CC)	DVI	#2413H
	otrophic lateral sclerosis (ALS) is a neuromuscular disease with an average people bravely face different paths as they live with the progressively de		rs from diagr	iosis. In th	nis intima	ate story,
18:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
	He's My Brother					
•	ore how Christine works to assure dignified lives for herself and her broth at becoming his primary caregiver.	er Peter, born with multiple	disabilities,	while she	faces u	ncertaintie
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from r high-income countries in the world. And behind these statistics lie startlinen of color.		• •			
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Chai	nges in education and the effects of the pandemic have increased anxiety nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis i e issues affecting our children and offer practical advice based on researc	in Teenagers & Young Adu				
21:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H

Conquering Obesity

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

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Sat, May 20, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numl sultations, emotional advice, second-opinion consultations, as well as a n	per of healthcare digital ser	iption of the vices includi	different s		included ir
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
canc	diagnosis and treatment of lung cancer has been one of the most hopefu er screening guidelines allow for the screening for younger individuals wi onger a death sentence.					
01:00:00	Mental Health (Emotional Health)	SFPBS	(S)	(CC)	N/A	#923H
Cora	ything you need to know to enjoy life - from balancing activities and effor lie Patterson, Tiffany Hernandez & Richard Shutes discuss 2-1-1 resourc se programs.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numl sultations, emotional advice, second-opinion consultations, as well as a n	per of healthcare digital ser	iption of the vices includi	different s ng teleme	services	included ir
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global healt		dangering th	ne efficacy	of antib	iotics.
03:00:00	Living Well (Cancer Survivor Help)	SFPBS	(S)	(CC)	N/A	#1251H
	a Araya & Joann Santiago-Charles discuss the various programs provide rtance of a good exercise and nutrition regimen in survivorship , in honor		for cancer s	urvivors. F	ocus: T	he
04:00:00	Heart Health (Heart Health Tips)	SFPBS	(S)	(CC)	N/A	#924H
Heal	th is where the heart is. Focus: Dr. Harry Aldrich has practical information	n that can lead to a long hea	althy life.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numl sultations, emotional advice, second-opinion consultations, as well as a n	per of healthcare digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ess is a word that people throw around when they are feeling overwhelmed equences. Stress in all ages, as well as pandemic-related stress, affects as depression and anxiety.					issues
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#126H
	Alma's Cat-Tastrophe/Stickball! n Mr. Ramirez takes too many cats into his shop, Alma helps him figure of ball, there's one hold-out Howard. How will she convince him he'll enjoy p		/hen Alma as	sks her frie	ends to p	olay
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#107H
With	High-Tech Fashion "Project Runway" fashion designer Diana Eng, SciGirl Hallie and her frie	nds wire up an electrifying	gown.			
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#402H
21.00.00	Panda Power Up!	1 20		(00)		

virille checking out the endangered Giant panda, the Wild Kratts gets stranded in the bamboo forests of China without power to any of their vehicles or equipment. They must figure out how to 'power up' in time to help save the pandas, who are being turned into roboticized stuffed toys by the nefarious villain, Zach Varmitech. An 'ancient panda secret' just might lead to the creature power that will restart their engines and save the pandas. Science Concept: Alternative energy.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H
08:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H
09:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3609H
09:50:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
10:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H

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# Sat, May 20, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:07:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4307H
	Segment 7			( )		
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4308H
	Segment 8					
11:31:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4309H
	Segment 9					
11:43:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10					
12:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
	He's My Brother					
•	ore how Christine works to assure dignified lives for herself and her t ut becoming his primary caregiver.	prother Peter, born with multiple	disabilities,	while she	faces u	ncertaintie
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased ar nnel's one-hour virtual town hall, Finding Hope: The Mental Health C e issues affecting our children and offer practical advice based on re-	risis in Teenagers & Young Adu				
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#205H
	Making 'sexy Time' Last Longer					
	for delaying orgasm in both men and women, is there really a " male ng it to the Streets segment.	menopause" and advice for ke	eping roman	ce alive o	ver time	in our
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
Focu	us: Cell phones and neck pain, Breast cancer and heart disease, Swi	m safety				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Con ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yad st					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan S Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause				. Ask the	e Experts,
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Pov	NPS	(S)	(CC)	DVI	#3504H
	He's My Brother					

Explore how Christine works to assure dignified lives for herself and her brother Peter, born with multiple disabilities, while she faces uncertainties about becoming his primary caregiver.

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#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#204H
	Chicken Strong		(-)	()		
unex	agnosis of childhood cancer came as a shock to the Shoeneck family spected fall. This episode of Hope is Here proves the power of love an vn songwriter Kat Perkins to create a happy and memorable tune that nile.	d creativity as The Sing Me a	Story Founda	ation pairs	s Kenedi	and well
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	The Anchorage - Cocoa Beach					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great adv effective and can drastically increase the life expectancy of the patier		mon procedu	re. This p	rocedure	e is 94-
20:00:00	Pov	NPS	(S)	(CC)	DVI	#3501H
	Wuhan Wuhan					
	n the stories of frontline medical workers, patients, and citizens during terious virus was first discovered.	the early months of the COVI	D-19 panden	nic in the	city whe	re the
21:30:00	Getting Dot Older	APTEX	(S)	(CC)	N/A	#203H
21.30.00						#20011
21.30.00	Singing with Men					#20011
Host Pass	Singing with Men Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay	Ophelia's mother made all her	clothes. Nov	w, she mo	our Boor odels hig	ner
Hosi Pass Rich	Roberto Mighty intimately interviews Baby Boomers and invites view sion segment, Ralph sings with a male choir. Growing up down south,	Ophelia's mother made all her	clothes. Nov	w, she mo	our Boor odels hig	ner
Hosi Pass Rich	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay	Ophelia's mother made all her minister. Viewers share revea	clothes. Nov aling answers	w, she mo s to our su	our Boor odels hig irvey.	ner h fashion.
Host Pass Rich 22:00:00 Tips	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia	Ophelia's mother made all her minister. Viewers share revea SFPBS	clothes. Nov aling answers (S)	w, she mo s to our su (CC)	our Boor odels hig ırvey. N/A	ner h fashion. #205H
Host Pass Rich 22:00:00 Tips	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia Making 'sexy Time' Last Longer for delaying orgasm in both men and women, is there really a " male	Ophelia's mother made all her minister. Viewers share revea SFPBS	clothes. Nov aling answers (S)	w, she mo s to our su (CC)	our Boor odels hig ırvey. N/A	ner h fashion. #205H
Host Pass Rich 22:00:00 Tips Taki 22:30:00	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia Making 'sexy Time' Last Longer for delaying orgasm in both men and women, is there really a " male ng it to the Streets segment.	Ophelia's mother made all her minister. Viewers share revea SFPBS menopause" and advice for ke SFPBS	clothes. Nov aling answers (S) eping roman	w, she mc s to our su (CC) ce alive o	our Boor odels hig ırvey. N/A ver time	mer h fashion. #205H in our
Hosi Pass Rich 22:00:00 Tips Taki 22:30:00 Focu	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia Making 'sexy Time' Last Longer for delaying orgasm in both men and women, is there really a " male ng it to the Streets segment. Health Insiders	Ophelia's mother made all her minister. Viewers share revea SFPBS menopause" and advice for ke SFPBS	clothes. Nov aling answers (S) eping roman	w, she mc s to our su (CC) ce alive o	our Boor odels hig ırvey. N/A ver time	mer h fashion #205H in our
Host Pass Rich 22:00:00 Tips Taki 22:30:00	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia Making 'sexy Time' Last Longer for delaying orgasm in both men and women, is there really a " male ing it to the Streets segment. Health Insiders us: Cell phones and neck pain, Breast cancer and heart disease, Swin	Ophelia's mother made all her minister. Viewers share revea SFPBS menopause" and advice for ke SFPBS	clothes. Nov aling answers (S) eping roman (S)	w, she mc s to our su (CC) ce alive o (CC)	our Boor odels hig irvey. N/A ver time N/A	mer h fashion. #205H in our #1065H
Hosi Pass Rich 22:00:00 Tips Taki 22:30:00 Focu	Roberto Mighty intimately interviews Baby Boomers and invites views sion segment, Ralph sings with a male choir. Growing up down south, ard was a teenaged drug mule. Newman shares becoming an out gay Sex Talk with Dr. Lia Making 'sexy Time' Last Longer for delaying orgasm in both men and women, is there really a " male in g it to the Streets segment. Health Insiders us: Cell phones and neck pain, Breast cancer and heart disease, Swin Doctor Q & A	Ophelia's mother made all her minister. Viewers share revea SFPBS menopause" and advice for ke SFPBS	clothes. Nov aling answers (S) eping roman (S)	w, she mc s to our su (CC) ce alive o (CC)	our Boor odels hig irvey. N/A ver time N/A	mer h fashion. #205H in our #1065H

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

Sun, May 21, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergenc sidered the next pandemic, antibiotic resistance is a threat to global her		dangering th	e efficacy	of antib	iotics.
01:00:00	Heart Health #917 (Aortic Stenosis)	SFPBS	(S)	(CC)	N/A	#917H
	Ith is where the heart is. Practical information that can lead to a long he how it can be diagnosed and treated.	althy life. Focus: Dr. Phillip I	Erwin discus	ses what a	aortic ste	enosis is
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical etes.	areas of work is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
03:00:00	Healthy Living #1230 (Diabetes and Health)	SFPBS	(S)	(CC)	N/A	#1230H
Hen	ry Guzman and Lois Exelbert discuss National Senior Health and Fitnes	ss Day. Focus: Diabetes in se	niors.			
04:00:00	Heart Health (Coronary Artery Disease)	SFPBS	(S)	(CC)	N/A	#918H
Focu	us: Dr. Marco Bologna discusses coronary artery disease and explains	what thoracic aneurysms are.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hope cer screening guidelines allow for the screening for younger individuals onger a death sentence.					
06:00:00	Alma's Way Lucas Left Out/The Sweetest Trea	PBS	(S)	(CC)	DVI	#124H
06:30:00	Scigirls Science Cooks!	PBSPL	(S)	(CC)	N/A	#108H
SciG	Sirl Claire and her friends make comfort foods more nutritious (without s	acrificing the delicious).				
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#220H
	Attack of the Tree Eating Aliens					
	Wild Kratts get an urgent call from a group of North American Wild Krat against time to solve the mystery and help the forest and the creatures		of the trees	in the fore	est are d	lying. It's a
		NETA		$\langle \mathbf{O} \mathbf{O} \rangle$	N1/A	#106H
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#1000

Sun, May 21, 2023

Segment 7

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	 Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
	eping with the Health Channel's spirit of innovative pr v (with English subtitles) featuring groundbreaking me					
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4502H
	Segment 2					
08:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4503H
	Segment 3					
08:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4504H
	Segment 4					
08:49:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4505H
	Segment 5					
08:59:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4506H
	Segment 6			<b>``</b> ,		
09:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4507H
	Segment 7			<b>、</b> ,		
09:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4508H
	Segment 8			. ,		
09:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4509H
	Segment 9					
09:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510H
	Segment 10			. ,		
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4701H
	Segment 1		. ,	. ,		
	eping with the Health Channel's spirit of innovative pr v (with English subtitles) featuring groundbreaking me					
10:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4702H
	Segment 2					
10:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4703H
	Segment 3		- *	. ,		
10:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4704H
	Segment 4		. /	、 /		
10:46:00	Vida Y Salud	SFPBS	(S)	(CC)	NI/A	#4705H

10:46:00 Vida Y Salud SFPBS (S) (CC) N/A #4705H Segment 5 10:57:00 Vida Y Salud SFPBS (S) (CC) N/A #4706H Segment 6 11:08:00 Vida Y Salud SFPBS (S) (CC) N/A #4707H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six ppointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinsta ghter. Valerie's pregnant cousin hopes her baby will be born on a day well before		eceive an ala	arming ph	one call	about the
13:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	team celebrate the arrival of the maternity home's long-awaited incubator. Kevin' tional as well as medical support. Nurse Crane struggles with the cubs in Sgt. We		s a troubled	home life	and nee	eds his
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
he w	k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years a vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his fa th with a hopeful attitude and mission that his cancer journey would be, in his wo	mily and learn how				
14:30:00 Fool	Health Insiders us: Interventional back treatments, Measles vaccine safety, Blood cancer	SFPBS	(S)	(CC)	N/A	#1066H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
Focu	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Ele Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard A	derly, Dr. Gosha Bru				
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
	us: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy man 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bern		ipist 3. Ask tl	ne Expert	s, Dr. Ro	obert
Feld						
	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:15:00	Smartlife	SFPBS SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1306H #1307H
16:15:00 16:30:00						
16:15:00 16:30:00 16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:15:00 16:30:00 16:47:00 17:00:00 Your Carp	Smartlife Smartlife Hope and Healing (Sfpbs Town Hall)	SFPBS SFPBS SFPBS en one hand was inj	(S) (S) (S) ured or using	(CC) (CC) (CC) g it was e	N/A N/A N/A xtremely	#1307H #1308H #101H y painful?

Preventing Disease and Staying Healthy Town Hall

Sun, May 21, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in a er screening guidelines allow for the screening for younger individuals with less of a sm nger a death sentence.			,		0
20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3110H
	Oliver Sacks: His Own Life					
	into the life and work of the legendary neurologist and beloved author who was a fearle inderstanding of the diversity of human experience, and of our shared humanity.	ess explorer o	of the brain a	ind mind.	Sacks re	edefined
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H
	I'm Jealolus of My Wife's Vibrator!					
	t to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spic It how to stay physically and emotionally healthy.	e things up p	olus a health	and wellr	ness phy	sician talks
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
Focu	is: Stigma of mental illness, Weight loss and vegetables, Heart health					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety					

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.

Mon, May 22, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	ices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical ar	eas of work is to stop pre-d	iabetes from	turning in	nto full-fl	edged
01:00:00	Heart Health #919 (Heart Rehab)	SFPBS	(S)	(CC)	N/A	#919H
	ing healthy. Focus: Andres Gispert discusses what cardiac rehabilitation i ents can expect.	s, how it is different from ot	her types of	rehab ser	vices, a	nd what
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital serv	/ices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed equences. Stress in all ages, as well as pandemic-related stress, affects as depression and anxiety.					issues
03:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. ivors' Day.	Focus: Rehabilitative treat	ments in sup	port of Na	ational C	Cancer
04:00:00	Maternity Care (Pregnancy Info)	SFPBS	(S)	(CC)	N/A	#920H
Focu	is: Dr. Ellen Schwartzbard has eveything you need to know about pregna	ncy, childbirth and post-par	tum care.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	iption of the /ices includir	different s		included i
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global healt		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1213H
	Toning The Waist					
	ay's episode is set in a villa that is rumored to have once been graced by e for an episode of Classical Stretch that tones and strengthens every mu		r Hammerst	ein. Join M	Viranda	Esmonde
06:30:00	Wai Lana Yoga The Sacrum Rock	APTEX	(S)	(CC)	N/A	#424H
07:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H
A gri	eving father must set aside his own beliefs to honor his son Joe's last wis nal" in Joe's legacy of service to others.			. ,	a callin	g and nev
	That it does legacy of service to others.					

Disappointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. The Turners receive an alarming phone call about their daughter. Valerie's pregnant cousin hopes her baby will be born on a day well before her due date.

Mon, May 22, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many a s they can prevent developing memory issues of any kind. There is ing at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in h die sooner than white people. Compared with whites, members of ices and often receive lower-quality care. Addressing health dispar er has the disparity in access to healthcare become more obvious t arities that exist in health and healthcare in the U.S.	racial and ethnic minorities are les ities is increasingly important as o	s likely to re ur populatio	ceive prev n become	ventive h s more o	nealth diverse.
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
12:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
emo 13:00:00	tional as well as medical support. Nurse Crane struggles with the c Call The Midwife Episode Eight	ubs in Sgt. Wooll's absence. PBS	(S)	(CC)	N/A	#908H
	en the council sends a letter announcing plans to cut Nonnatus Hou ne cares for an unmarried expectant mother. Petra must move up h			o her own	hands.	Nurse
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
diag	a Hollenbeck is positive about life. Every day she lives with an optin nosis. As a young mother of two boys, she forges ahead towards a herself but for others who suffer from this deadly disease					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Focu	us: Sunscreen and sun safety, Women & heart disease, Menopaus	e				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart triz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - D uctor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
					N1/A	#1604H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#100411

Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Mon, May 22, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Independent Lens	NPS	(S)	(CC)	DVI	#2403
	Move Me am I now? After an accident left dancer Kelsey Peterson paralyzed, she finds new allie ng the limits of her recovery, body, and spirit.	es within the S	Spinal Cord I	njury com	munity	while
18:30:00	Medical Stories Going The Distance	EPS	(S)	(CC)	N/A	#406H
guy yoga dista	is episode of Medical Stories, we meet two inspiring people who were diagnosed with c in the room and were shocked when the long-distance runner learned he had Multiple N a practice at the center of her life when she began her battle with gastric cancer. See ho ince. Featuring renowned experts: Dr. Sagar Lonial, from Emory University School of M ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta from Moffitt Cancer Center	lyeloma. Sim w Pam and k edicine, Dr. [	ilarly, Pam h Kenny both fo Daniel Catena	ad health ound the s	iy eating strength	g and dai to go th
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bac sidered the next pandemic, antibiotic resistance is a threat to global health and food sec		dangering th	e efficacy	of antib	piotics.
20:00:00	Hiding In Plain Sight The Storm	NPS	(S)	(CC)	N/A	#101
	Storm, the first two-hour episode of Hiding in Plain Sight, focuses on the lived experience th challenges, along with the observations and insights of families, providers, and advoc		an twenty yo	ung peop	le with i	mental
22:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#104H
diag	Gina Hollenbeck Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome nosis. As a young mother of two boys, she forges ahead towards a vibrant and meaning herself but for others who suffer from this deadly disease					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708I

Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.

Tue, May 23, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	ices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, the sequences. Stress in all ages, as well as pandemic-related stress, affects out an as depression and anxiety.					issues
01:00:00	Healthy Living (Exercise Training Tips)	SFPBS	(S)	(CC)	N/A	#925H
traini	ical experts share the essential factors of a healthy lifestyle. Focus: Anthony ing. They explain how to program a great routine and spread it out evenly the althy way.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	ices includi	different s		included i
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually line. Childhood vaccine rates continue to decrease in certain areas of the coeback.					
03:00:00	Healthy Living (After-Pregnancy Issues)	SFPBS	(S)	(CC)	N/A	#1256H
	a Orueta discusses post-partum depression. Focus: The benefits of massages ression tools for mothers.	ges, acupuncture and nut	rition as valu	uable post	t-partum	l
04:00:00	Mental Health (Teen Violence Warning Signs)	SFPBS	(S)	(CC)	N/A	#926H
Nico	rything you need to know to enjoy life - from balancing activities and efforts - le Rodriguez & Angel Terrero discuss teen violence, pointers for parents on Marjory Stoneman Douglas School Shooting - 1 year anniversary).					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital service	ices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually lipine. Childhood vaccine rates continue to decrease in certain areas of the coreback.					
06:00:00	Classical Stretch: By Essentrics Spine Strengthening	APTEX	(S)	(CC)	N/A	#1214H
	need a strong back to be active and independent. Strengthen your spine wi ts center in Montego Bay, Jamaica.	th this episode of Classic	al Stretch se	et in front	of the qu	uaint wate
06:30:00	Wai Lana Yoga Cannonball	APTEX	(S)	(CC)	N/A	#425H
07:00:00	Happy Yoga with Sarah Starr Ocean Mist	NETA	(S)	(CC)	N/A	#704

Refresh and recharge with the ocean waves at sunset as you enjoy a gentle seated yoga practice using a chair for support. Including seated sun salutations and gentle stretches designed to increase range of motion and enhance mobility in your shoulders, back, hips and more.

Tue, May 23, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Joe 238	NETA	(S)	(CC)	N/A	#0H
	eving father must set aside his own beliefs to honor his son Jo nal" in Joe's legacy of service to others.	e's last wish to be an organ donor. As	s time goes b	by he finds	a callin	g and ne
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
10:00:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703F
other cost	eimer's Disease is an under-recognized public health crisis. Ar r word, globally the number of people diagnosed is expected to to our healthcare system, it takes an emotional toll on families usses Alzheimer's Disease from a caregiver and a public health	o double every 20 years. Not only doe as they care for their loved ones, whi	s Alzheimer'	s come wi	th a tren	nendous
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
11:00:00	rmine the overall health of America. This episode discusses the Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibro	NETA	(S)	(CC)	N/A	#407H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong	SFPBS	(S)	(CC)	N/A	#204H
unex	agnosis of childhood cancer came as a shock to the Shoeneck spected fall. This episode of Hope is Here proves the power of vn songwriter Kat Perkins to create a happy and memorable tu nile.	love and creativity as The Sing Me a	Story Found	ation pairs	Kenedi	and we
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
Char	Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increas nnel's one-hour virtual town hall, Finding Hope: The Mental He e issues affecting our children and offer practical advice based	alth Crisis in Teenagers & Young Adu				
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H
	I'm Jealolus of My Wife's Vibrator!					
	t to do when your partner is "intimidated" by a sex toy. Then, e It how to stay physically and emotionally healthy.	asy positions to help spice things up	plus a health	and welln	ess phy	sician ta
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	is: Teeth grinding, Workplace stress, Products to relieve Sunbo	urn				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701I
		0.7 50	(-)	(20)		

Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Date: 07/06/2023

Tue, May 23, 2023

Start	litle Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:58:00	Smartlife us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Dise	SFPBS	(S)	(CC)	N/A	#1705H

Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa

16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H

Treating Hand Pain

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

18:00:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
•	er is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grievir e people laugh.	ig the loss of h	nis father, b	ut he loves	s to per	form and

18:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#205H
	Finding The Light					

Our youth and all the experiences that make up one's childhood, good and bad, can affect the person we ultimately become. Yet we often have a choice in that destiny. Ana Viamonte Ros is a woman who confirms that although insurmountable challenges and negative experiences from the past can shape our future, hard work and a determined, healthy mindset can pave the way towards a gratifying life. Today Dr. Viamonte dedicates her life to helping patients strengthen their mental health and conquer childhood traumas while serving as living proof that perseverance and hope make dreams attainable.

19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of wor etes.	k is to stop pre-dial	oetes from	turning in	ito full-f	ledged
20:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
	is episode, our "heroes" speak about finding help, inpatient and outpatient therapy, nalization of mental illness, and youth suicide.	the added stigma o	f racial or	gender dis	scrimina	ation, the
22:00:00	Sex Talk with Dr. Lia I'm Jealolus of My Wife's Vibrator!	SFPBS	(S)	(CC)	N/A	#206H
	t to do when your partner is "intimidated" by a sex toy. Then, easy positions to help it how to stay physically and emotionally healthy.	spice things up plu	s a health	and welln	ess phy	/sician talks

22:30:00 Health Insiders SFPBS (S) (CC) N/A #1070H

Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn

Tue, May 23, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

Wed, May 24, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pres subscription plan AllHealthGo has created to offer users access to ultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital service	vices includi	ng teleme		included ir
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacci	cine hesitancy continues to be an issue in the U.S., with COVID c ine. Childhood vaccine rates continue to decrease in certain area eback.					
01:00:00	Healthy Living (Chiropractic Healing)	SFPBS	(S)	(CC)	N/A	#927H
Medi	ical experts share the essential factors of a healthy lifestyle. Focu	us: Dr. Aura Tovar discusses how c	hiropractic h	elps the b	ody hea	al itself.
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pres subscription plan AllHealthGo has created to offer users access to ultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital service	iption of the vices includi	different s		included ir
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results as and is one of the most requested topics from viewers every ye		roughly 6.8	million peo	ople in th	ne United
03:00:00	Healthy Living (Emotional Wellness)	SFPBS	(S)	(CC)	N/A	#1260H
	n Betancourt & Gil Gonzalez discuss the cognitive side of perforn heral vision.	nance, goal setting, and overcoming	adversity. F	Focus: The	e increas	se in
04:00:00	Plastic/Cosmetic Surgery (Breast Augmentation)	SFPBS	(S)	(CC)	N/A	#928H
	n the latest techniques involving the restoration, reconstruction, ouss breast augmentation and related cosmetic procedures.	or alteration of the body. Focus: Dr.	Xiaoti Xu an	d Dr. Hum	nberto P	alladino
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pressubscription plan AllHealthGo has created to offer users access to ultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital service	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results as and is one of the most requested topics from viewers every ye		roughly 6.8	million peo	ople in th	ne United
06:00:00	Classical Stretch: By Essentrics Shoulder Pain Relief	APTEX	(S)	(CC)	N/A	#1215H
	episode of Classical Stretch targets shoulder pain and provides hing workout in Montego Bay, Jamaica.	instant relief. Join Miranda Esmondo	e-White for a	a picturesc	lue and	pain
	Wai Lana Yoga Side-Lying Stretch	APTEX	(S)	(CC)	N/A	#426H
sooth	-	APTEX SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#426H #102H

Disappointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. The Turners receive an alarming phone call about their daughter. Valerie's pregnant cousin hopes her baby will be born on a day well before her due date.

Wed, May 24, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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09:00:00         Medical Frontiers         APTEX         (S)         (CC)           09:30:00         Medical Frontiers         APTEX         (S)         (CC)           09:30:00         Medical Frontiers         APTEX         (S)         (CC)           09:30:00         Medical Frontiers         APTEX         (S)         (CC)           00:00:00         Second Opinion with Joan Lunden Conquering Obesity         Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic diamage to is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight ar this episode discusses the challenge every day to drop the pounds. Everyone has different reasons for wanting to lose weight ar this episode discusses the challenge of andities are facing the dual challenge of sandwich caregiving as the population ar are having children later. This episode focuses on these caregivers.           11:00:00         Conscious Living Busting Loose in Berlin         NETA         (S)         (CC)           Outen Tagl Take a walk on the mindful side of one of the most electic cilies in Europe: Berlin, Germany, From live music in hi park just stops from the Brandenburg gate, in concredible kallen yeag anter eleats. Berlin's dirat keeps for metage on joing. Its creates a beautiful tapestry of diverse cultures and experiences, from pop up ethical fashion runway shows to a tasty plant-bas Germany's beloved Currywurst, join us as we train, bike and walk our way through this surprisingly sustainable city.           11:00:00	AS2	2 Episod
10:00:00       Second Opinion with Joan Lunden Conquering Obesity       APTEX       (S)       (CC)         Adult obesity is associated with a decrease in life expectancy for both men, and moren, as well as an increase in increase in chronic disez that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight are this episode discusses the challenges and solutions for sustained weight loss.         10:30:00       Second Opinion with Joan Lunden Caregiving: The Sandwich generation' was coined to describe a group of Americans who are caring for children under the agi relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population agi are having children later. This episode focuses on these caregivers.         11:00:00       Conscious Living Busting Loose in Berlin       NETA       (S)       (CC)         Guten Tag! Take a walk on the mindful side of one of the most eclecic cities in Europe: Berlin, Germany. From live music in hi park just steps from the Brandenburg gate, to incredible back alley vegan street etas, Berlin's the gift that keeps on gring. Itso creates a beautiful tapect cuttures and experiences. From popu or thical fashing that keeps on gring. Itso creates a beautiful tapect on gring. The second Cuttures and experiences. From popu or thical fashing the start that keeps on gring. Itso creates a dual ful tapect on the Brandenburg gate, to incredible back alley vegan street etas, Berlin's the gift that keeps on gring. Itso creates a start anter an entry of the rese cuttures and experiences. From popu or thitsi ashina bet.	N/A	#135H
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park just šteps from the Brandenburg gate, to incredible back alley vegan street eats. Berlin's the gift that keeps on giving. Its c         creates a beautiful tapestry of diverse cultures and experiences, from pop up ethical fashion runway shows to a tasty plant-base         Germany's beloved Currywurst, join us as we train, bike and walk our way through this surprisingly sustainable city.         11:30:00       Flip My Florida Yard       WUCF       (S)       (N)         The Turner Family - Marathon       WUCF       (S)       (CC)         Episode Seven       The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.         13:00:00       Call The Midwife       PBS       (S)       (CC)         Episode Eight       When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.         14:00:00       Hope Is Here (Sfpbs/Health Channel Local)       SFPBS       (S)       (CC)         Gina Hollenbeck       Gina Hollenbeck       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brus		
The Turner Family - Marathon         12:00:00       Call The Midwife Episode Seven         The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.         13:00:00       Call The Midwife Episode Eight       PBS       (S)       (CC)         When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.       14:00:00       Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck       SFPBS       (S)       (CC)         Gina Hollenbeck       Gina Hollenbeck       Sister to overcome and thrive despite a stage 4 lu diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help f only herself but for others who suffer from this deadly disease       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Perialver, Card Jac	omplex	x history
12:00:00       Call The Midwife       PBS       (S)       (CC)         Episode Seven       The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.         13:00:00       Call The Midwife       PBS       (S)       (CC)         Episode Eight       When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.         14:00:00       Hope Is Here (Sfpbs/Health Channel Local)       SFPBS       (S)       (CC)         Gina Hollenbeck       Gina Hollenbeck       SFPBS       (S)       (CC)         H4:30:00       Health Insiders       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         15:00:00       Smartlife       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Card Jac	N/A	#207H
Episode Seven       The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.         13:00:00       Call The Midwife       PBS       (S)       (CC)         Episode Eight       PBS       (S)       (CC)         When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.         14:00:00       Hope Is Here (Sfpbs/Health Channel Local)       SFPBS       (S)       (CC)         Gina Hollenbeck       Gina Hollenbeck       Gina Hollenbeck       Gina Hollenbeck       SFPBS       (S)       (CC)         H:30:00       Health Insiders       SFPBS       (S)       (CC)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Card Jack		
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emotional as well as medical support. Nurse Črane struggles with the cubs in Sgt. Woolf's absence.          13:00:00       Call The Midwife       PBS       (S)       (CC)         Episode Eight       When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.         14:00:00       Hope Is Here (Sfpbs/Health Channel Local)       SFPBS       (S)       (CC)         Gina Hollenbeck       Gina Hollenbeck       Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lu diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help f only herself but for others who suffer from this deadly disease         14:30:00       Health Insiders       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         15:00:00       Smartlife       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jacobier - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jacobier - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jacobier - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz M		
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Gina Hollenbeck         Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 ludiagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help for only herself but for others who suffer from this deadly disease         14:30:00       Health Insiders       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         15:00:00       Smartlife       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jac	hands.	s. Nurse
Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lu diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help for only herself but for others who suffer from this deadly disease         14:30:00       Health Insiders       SFPBS       (S)       (CC)         Focus: Stress, STI, chiropractic care       SFPBS       (S)       (CC)         15:00:00       Smartlife       SFPBS       (S)       (CC)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Ja	N/A	#104H
Focus: Stress, STI, chiropractic care         15:00:00       Smartlife         SFPBS       (S)         Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Ja		
15:00:00 Smartlife SFPBS (S) (CC) Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Ja	N/A	#1101H
Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Ja		
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15:15:00 Smartlife SFPBS (S) (CC)	- Dr. Go	Sosha
	N/A	#1802H
15:27:00 Smartlife SFPBS (S) (CC)	N/A	#1803H
15:39:00 Smartlife SFPBS (S) (CC)	N/A	#1804H

Wed, May 24, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1805H
	is: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Or nosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - S				onstant 4	4.
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	N/A	#0H
heal over	CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documenta th issues and questions of emotional wellness challenge some 50 millio seven years, the cinema verite film follows three very different families loved ones living with disabilities.	n family caregivers each yea	r, and often t	they do no	ot know i	t. Filmed
18:30:00	Medical Stories Going The Distance	EPS	(S)	(CC)	N/A	#406H
yoga dista Chic	in the room and were shocked when the long-distance runner learned has practice at the center of her life when she began her battle with gastric ince. Featuring renowned experts: Dr. Sagar Lonial, from Emory Univer ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta from Moffitt	c cancer. See how Pam and F sity School of Medicine, Dr. [ Cancer Center in Tampa, FL	Kenny both fo Daniel Caten	ound the s acci, from	the Uni	to go the versity of
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ess is a word that people throw around when they are feeling overwhelm equences. Stress in all ages, as well as pandemic-related stress, affect as depression and anxiety.					issues
20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3110H
	Oliver Sacks: His Own Life					
	into the life and work of the legendary neurologist and beloved author understanding of the diversity of human experience, and of our shared h		of the brain a	ind mind.	Sacks re	edefined
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
diagi	Hollenbeck is positive about life. Every day she lives with an optimistic nosis. As a young mother of two boys, she forges ahead towards a vibr herself but for others who suffer from this deadly disease					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children		. /	. /		
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
Brea	ist cancer is the most common cancer among women worldwide, and the	nis diagnosis not only brings r	hysical chal	lenaes hi	ıt sianifi	cant

Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				i ugu	200 01	001
Thu, May	25, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included ir
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8	million pe	ople in t	he United
01:00:00	Staying Healthy (Nutrition and Blood Pressure)	SFPBS	(S)	(CC)	N/A	#929H
Dise	ase prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition ar blood pressure.			. ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	different s		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, some hand. While tremors are common in Parkinson's, the disease progression is unique to e ments of Parkinson's Disease, and the search for a cure.	etimes startin	ng with a bare	ely noticea	able tren	nor in just
03:00:00	Heart Health (Heart Disease)	SFPBS	(S)	(CC)	N/A	#1261H
Dr. C	Chaleff discusses heart disease, treatment and prevention.					
04:00:00	Healthy Living (Blood Circulation Help)	SFPBS	(S)	(CC)	N/A	#930H
	ical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and lation of the lower extremities and the benefits to patient care.	l Dr. Jesus Ji	menez discu	iss improv	vements	in the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increases they can prevent developing memory issues of any kind. There is a promising body of ng at what we can do to keep our brain healthy.					
06:00:00	Classical Stretch: By Essentrics Relieve Neck Pain	APTEX	(S)	(CC)	N/A	#1216H
	episode of Classical Stretch liberates all of the joints and muscles in your neck and sho onde-White for a Classical Stretch workout to relieve neck pain.	oulders provid	ding you with	instant re	elief. Joi	n Miranda
06:30:00	Wai Lana Yoga Crane Poses	APTEX	(S)	(CC)	N/A	#701
Bala	nce first on one leg, then on your hands in two poses that resemble this graceful white	bird.				
07:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#207H
	The Turner Family - Marathon		x - 7	/		
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					

Thu, May 25, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Char	nges in education and the effects of the pandemic have increased an nnel's one-hour virtual town hall, Finding Hope: The Mental Health Cr e issues affecting our children and offer practical advice based on res	risis in Teenagers & Young Adu	matic stress Its Town Hal	in our yo I, medical	uth. In th experts	ie Health tackle
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
10:00:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707F
new	iety is the most common mental-health disorder in the United States, research, millennials have become the most anxious generation in h be treated.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708F
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in the or women's health issue. It is the cause of death for 1 in 5 women in the omen every year. That's more than all cancers combined. But 80% of e of heart disease in women and how we can lower cardiac risk and c	he U.S., and heart disease and cardiac and stroke events can t	stroke comb	ined caus	se the de	eath of 1
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#407H
Mod	lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgi	a, Atrial Fibrillation.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong	SFPBS	(S)	(CC)	N/A	#204H
unex	agnosis of childhood cancer came as a shock to the Shoeneck family xpected fall. This episode of Hope is Here proves the power of love an wn songwriter Kat Perkins to create a happy and memorable tune tha mile.	nd creativity as The Sing Me a S	Story Founda	ation pairs	Kenedi	and wel
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
13:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testo rotect yourself from sexually transmitted infections.	sterone boosters really work an	d an intervie	w with an	expert a	about wa
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H
Focu	us: Caregiving, bladder pain syndrome, drunk driving					
		SFPBS	(S)	(CC)	N/A	#1901F
15:00:00	Smartlife	511 05	(0)	(00)	IN/A	
15:00:00 Focu	Smartlife us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Mich ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Ex	ael Gonzalez-Ramos 3. Genito-	urinary Syne	. ,		
15:00:00 Focu	us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Mich	ael Gonzalez-Ramos 3. Genito-	urinary Syne	. ,		

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, Ma	y 25,	2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
Dr. J	us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Facto lane Mendez 4. Caring for the Caregivers of Alzheimer's - Andray ey Epstein					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	hands make it possible to do all your daily activities but what wo bal tunnel, arthritis, and injuries can make doing even simple thing b your hands healthy.					
18:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID co ine. Childhood vaccine rates continue to decrease in certain area eback.					
20:00:00	Hiding In Plain Sight The Storm	NPS	(S)	(CC)	N/A	#101
	Storm, the first two-hour episode of Hiding in Plain Sight, focuses th challenges, along with the observations and insights of families		an twenty yo	ung peop	le with r	nental
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural to otect yourself from sexually transmitted infections.	estosterone boosters really work an	id an intervie	w with an	expert a	about wa
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H
Focu	is: Caregiving, bladder pain syndrome, drunk driving					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) ve continue to track "long-haulers," we are learning more about the					

post-COVID symptoms.

Fri, May 26, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital service	iption of the vices includi	different s	services	included i
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many A s they can prevent developing memory issues of any kind. There is a ing at what we can do to keep our brain healthy.					
01:00:00	Living Well (Healthy Living)	SFPBS	(S)	(CC)	N/A	#931H
Focu	us: Diane Vich discusses how different holistic methods can help you	ur body, soul and mind heal with	various holis	stic medic	ines.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	ts viewers with an in-depth descr number of healthcare digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So many A s they can prevent developing memory issues of any kind. There is a ing at what we can do to keep our brain healthy.					
03:00:00	Plastic/Cosmetic Surgery (Facial Injectables)	SFPBS	(S)	(CC)	N/A	#1263H
Carc	olyn Presby discusses PRP and collagen stimulating treatments in co	omparison with injectables.				
04:00:00	Women's Health #932 (Heart Health)	SFPBS	(S)	(CC)	N/A	#932H
Focu	us: Dr. Viamonte Ros discusses inequalities in medical care of men	vs. women with regards to heart	health.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital service	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in he die sooner than white people. Compared with whites, members of ra ices and often receive lower-quality care. Addressing health disparit er has the disparity in access to healthcare become more obvious th arities that exist in health and healthcare in the U.S.	acial and ethnic minorities are lesties is increasingly important as o	ss likely to re our population	ceive prev n become	ventive h s more o	nealth diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1217H
	Full Body Toning Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for s and strengthens every muscle in your body in minutes.	a full body toning Classical Stre	tch workout.	This all-s	tanding	workout
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#702
00.00.00	Lower Back Special (Part 1)					
Wai	Lana shows you how to relieve lower back tension with gentle stretcential back-care exercise.	ches for tight muscles. A chair ma	akes ab strei	ngthening	easy in	an

A grieving father must set aside his own beliefs to honor his son Joe's last wish to be an organ donor. As time goes by he finds a calling and new "normal" in Joe's legacy of service to others.

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	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six					
	ppointed by the Poplar Horticultural Show's cancellation, Fred attemp ghter. Valerie's pregnant cousin hopes her baby will be born on a day		eceive an ala	arming ph	one call	about their
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
<b>_</b> .	Parkinson's Disease					
than one	kinson's Disease is the fastest growing neurological disorder in the work is million people worldwide. The symptoms generally develop slowl hand. While tremors are common in Parkinson's, the disease progress timents of Parkinson's Disease, and the search for a cure.	y over years, sometimes startin	g with a bare	ely noticea	able trem	nor in just
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one w diagnosis, and their support can be crucial to recovery. The couple go cer Spouse."	vants to face alone. The spouse	of the cance	er patient	feels the	e impact of
11:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#207H
	The Turner Family - Marathon					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	team celebrate the arrival of the maternity home's long-awaited incub tional as well as medical support. Nurse Crane struggles with the cub		s a troubled	home life	and nee	eds his
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
\A/I	Episode Eight	da fundiana. Oisten kulisana taka		- 1	la a ca al a	N I
	en the council sends a letter announcing plans to cut Nonnatus House ne cares for an unmarried expectant mother. Petra must move up her			o ner own	nands.	Nurse
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GO e surgery risks	DNZALEZ Life after weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Focu	us: Swim safety, blue zones, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Je roid Nodules - Dr. Robert Udelsman					
		SFPBS	(S)	(CC)	N/A	#2002H
	Smartlife	611 86	(0)	(00)	IN/A	#200211
Thyr	Smartlife Smartlife	SFPBS	(S)	(CC)	N/A	#2002H

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
Start 15:59:00	Smartlife	SFPBS	(S)	(CC)	 N/A	#2005H
Focu	us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair F prtance of Play for Adults - Amy Exum, psychotherapist 5. Ask	Restoration - Dr. John Martin 3. PVD a	and Leg Pain			
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair F ortance of Play for Adults - Amy Exum, psychotherapist 11. Asl		0	- Dr. Berr	nie Fern	andez 10
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Independent Lens Move Me	NPS	(S)	(CC)	DVI	#2403
	o am I now? After an accident left dancer Kelsey Peterson para ng the limits of her recovery, body, and spirit.	lyzed, she finds new allies within the s	Spinal Cord I	njury com	munity	while
18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#406H
	Going The Distance					
		ry University School of Medicine, Dr. I	Jamer Galen	acci, ii uiii		versity c
Chic	ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta fro	m Moffitt Cancer Center in Tampa, Fl				·
				(CC)	N/A	·
Chic 19:00:00	ago Medical Čenter in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes	m Moffitt Cancer Center in Tampa, Fl	 (S)	(CC)		#111H
Chic	ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A	m Moffitt Cancer Center in Tampa, Fl NETA			N/A	#111H
Chic 19:00:00 19:30:00 Alop	ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects	 (S) (S)	(CC) (CC)	N/A N/A	#111H #1809F
Chic 19:00:00 19:30:00 Alop	ago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Alopecia Areata pecia areata is a common autoimmune disorder that often resul	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects	 (S) (S)	(CC) (CC)	N/A N/A	#111H #1809F
Chic 19:00:00 19:30:00 Alop State 20:00:00 In th	ago Medical Čenter in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often resul es and is one of the most requested topics from viewers every Hiding In Plain Sight	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects year. NPS	 (S) (S) roughly 6.8 r (S)	(CC) (CC) million peo (CC)	N/A N/A ople in ti N/A	#111H #1809F he Unite #102
Chic 19:00:00 19:30:00 Alop State 20:00:00 In th crim	<ul> <li>Exago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q &amp; A Heart Attacks and Strokes</li> <li>Second Opinion with Joan Lunden Alopecia Areata</li> <li>Decia areata is a common autoimmune disorder that often resultes and is one of the most requested topics from viewers every Hiding In Plain Sight Resilience</li> <li>Lise pisode, our "heroes" speak about finding help, inpatient and</li> </ul>	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects year. NPS	 (S) (S) roughly 6.8 r (S)	(CC) (CC) million peo (CC)	N/A N/A ople in ti N/A	#111H #1809I ne Unite #102 ation, the
Chic 19:00:00 19:30:00 Alop State 20:00:00 In th	cago Medical Čenter in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often resul es and is one of the most requested topics from viewers every Hiding In Plain Sight Resilience is episode, our "heroes" speak about finding help, inpatient and inalization of mental illness, and youth suicide.	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects year. NPS d outpatient therapy, the added stigma	 (S) roughly 6.8 r (S) a of racial or	(CC) (CC) million peo (CC) gender di	N/A N/A ople in ti N/A scrimina	#111H #1809F me Unite #102 ation, the #135H
Chic 19:00:00 19:30:00 Alop State 20:00:00 In th crim 22:00:00	eago Medical Čenter in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often resul es and is one of the most requested topics from viewers every Hiding In Plain Sight Resilience is episode, our "heroes" speak about finding help, inpatient and inalization of mental illness, and youth suicide. Medical Frontiers	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects year. NPS d outpatient therapy, the added stigma APTEX	 (S) roughly 6.8 r (S) a of racial or (S)	(CC) (CC) million peo (CC) gender di (CC)	N/A N/A ople in t N/A scrimina N/A	#111H #1809I ne Unite #102 ation, the #135H #136H
Chic 19:00:00 19:30:00 Alop State 20:00:00 In th crim 22:00:00 22:30:00	eago Medical Čenter in Chicago, IL, and Dr. Rutika J. Mehta fro Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often resul es and is one of the most requested topics from viewers every Hiding In Plain Sight Resilience is episode, our "heroes" speak about finding help, inpatient an- inalization of mental illness, and youth suicide. Medical Frontiers Medical Frontiers	m Moffitt Cancer Center in Tampa, Fl NETA APTEX ts in unpredictable hair loss. It affects year. NPS d outpatient therapy, the added stigma APTEX APTEX	 (S) (S) roughly 6.8 r (S) a of racial or (S) (S)	(CC) (CC) million peo (CC) gender di (CC) (CC)	N/A N/A ople in th N/A Scrimina N/A N/A	#111H #1809F ne United #102 ation, the

Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.

		Daily Program Listing II WPBTHC					
ate: 07/06/	2023	04/01/2023 - 06/30/2023			Page	211 of	337
Sat, May	27, 2023						
Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go		SFPBS	(S)	(CC)	N/A	#0H
the s	subscription plan AllHealthGo has created	t by Sasha Rionda, presents viewers with a d to offer users access to a number of healt ion consultations, as well as a number of to	thcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health		APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	die sooner than white people. Compared ices and often receive lower-quality care.	stent racial differences in health and access with whites, members of racial and ethnic Addressing health disparities is increasing re become more obvious than with the pan- in the U.S.	minorities are les	ss likely to re our population	ceive pre n become	ventive h s more o	nealth diverse.
01:00:00	Orthopedics (Back Repair)		SFPBS	(S)	(CC)	0	#933H
Mich	n surgical to nonsurgical procedures, lear	rn the treatments that will restore your body and the benefits for patients and patient La		after it has su	iffered tra	uma. Fo	
02:00:00	All Health Go		SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted subscription plan AllHealthGo has created	d by Sasha Rionda, presents viewers with a d to offer users access to a number of healt ion consultations, as well as a number of to	an in-depth descr thcare digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1702H
serv Nev	ices and often receive lower-quality care.	with whites, members of racial and ethnic Addressing health disparities is increasing re become more obvious than with the pan- in the U.S.	ly important as o	our populatio	n become	s more o	diverse.
03:00:00	Staying Healthy #1188 (Update)		SFPBS	(S)	(CC)	N/A	#1188H
	lical experts share the essential factors of	f a healthy lifestyle.		( )	( )		
04:00:00	Spine & Back Care (Back Relief)		SFPBS	(S)	(CC)	N/A	#934H
	,	ne and back conditions and how to treat the		. ,	()		
05:00:00	All Health Go		SFPBS	(S)	(CC)	N/A	#0H
the	subscription plan AllHealthGo has created	t by Sasha Rionda, presents viewers with a d to offer users access to a number of healt ion consultations, as well as a number of to	thcare digital ser	vices includii	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis		APTEX	(S)	(CC)	N/A	#1703F
othe cost	r word, globally the number of people dia	public health crisis. And while the word Alzh gnosed is expected to double every 20 yea otional toll on families as they care for their ver and a public health perspective.	ars. Not only doe	s Alzheimer's	s come wi	ith a tren	nendous
06:00:00	Alma's Way		PBS	(S)	(CC)	DVI	#129H
	All About Alma/Alma's Playdate						
	en Alma is consumed with her starring rol ome during a playdate at the Rivera hous	e in a musical, she doesn't understand why e.	her friends aren	't happy for I	her. / Alm	a helps I	Harper fe
06:30:00	Scigirls		PBSPL	(S)	(CC)	N/A	#109H
Cal	Underwater Eco-Adventure	a biadius mitu of the information Catalina mod					

SciGirls Elle and Meg scuba dive to protect the biodiversity of their favorite Catalina reefs.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Sat.	May	/ 27.	2023
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	Title	_				
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	Wild Kratts Owl Odyssey	PBS	(S)	(CC)	N/A	#703H
inspi She	n the Wild Kratts gets marooned and lost a world away fration in several owls that they encounter along the way. has enough supplies and power to make one creature poack home.	As owls live on every continent except An	tarctica, Aviva	a thinks it	must be	a sign.
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep			~ /		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4501F
	Segment 1					
	eping with the Health Channel's spirit of innovative prog v (with English subtitles) featuring groundbreaking medic					
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4502H
	Segment 2			<b>``</b> ,		
08:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4503I
	Segment 3					
08:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4504I
	Segment 4					
08:49:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4505
	Segment 5					
08:59:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4506
	Segment 6					
09:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4507I
	Segment 7					
09:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4508H
	Segment 8					
09:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4509
	Segment 9					
09:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4701
	Segment 1					
	eping with the Health Channel's spirit of innovative prog v (with English subtitles) featuring groundbreaking medic					
10:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4702
	Segment 2					
10:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4703I
	Segment 3					

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
10:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4705H
	Segment 5					
10:57:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4706H
	Segment 6					
11:08:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4707H
	Segment 7					
11:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4708H
	Segment 8					
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4709H
	Segment 9					
11:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4710H
	Segment 10					
12:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
Your	Treating Hand Pain r hands make it possible to do all your daily activities but what would you do	if even one hand was ini	ured or usin	a it was e	vtromoly	nainful?
Carp	bal tunnel, arthritis, and injuries can make doing even simple things impossi by your hands healthy.					
13:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H
\//ba	I'm Jealolus of My Wife's Vibrator! It to do when your partner is "intimidated" by a sex toy. Then, easy positions	to help spice things up r	lus a bealth	and welln	ese nhv	sician talk
	it how to stay physically and emotionally healthy.	to help spice things up p			ess priy	
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	us: Teeth grinding, Workplace stress, Products to relieve Sunburn					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	us: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stim anoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jia					, iMatter 3
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and m, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H

Sat, May 27, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall			. ,		
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Finding The Light	SFPBS	(S)	(CC)	N/A	#205H
choid past dedie	youth and all the experiences that make up one's childhood, good and bad, can affect ce in that destiny. Ana Viamonte Ros is a woman who confirms that although insurmou can shape our future, hard work and a determined, healthy mindset can pave the way cates her life to helping patients strengthen their mental health and conquer childhood everance and hope make dreams attainable.	ntable challer towards a gra	nges and neo ntifying life. T	gative exp oday Dr. '	eriences Viamont	s from the
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
	Turner Family - Marathon					
funct	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys tu tional shade hammock. Tips are also shared on how to help protect Florida's greatest a pplement irrigation systems.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre s they can prevent developing memory issues of any kind. There is a promising body o ng at what we can do to keep our brain healthy.					
20:00:00	American Masters	PBS	(S)	(CC)	DVI	#3110H
	Oliver Sacks: His Own Life					
	into the life and work of the legendary neurologist and beloved author who was a fear inderstanding of the diversity of human experience, and of our shared humanity.	ess explorer o	of the brain a	ind mind.	Sacks re	edefined
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H
	I'm Jealolus of My Wife's Vibrator!					
	t to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spi It how to stay physically and emotionally healthy.	ce things up p	olus a health	and wellr	iess phy	sician talk
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	is: Teeth grinding, Workplace stress, Products to relieve Sunburn					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					

Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.

	Daily Program Listing II WPBTHC					
ate: 07/06/				Page	215 of	337
Sun, May	28, 2023					
Start	Title	Diatrib	Stores	Con	460	Cnico
Start	Subtitle	_ Distrib	Stereo	Сар	_ <u>AS2</u>	Episo
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital service	vices includi	ng teleme		includeo
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzhe or word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo usses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe:	s Alzheimer's	s come wi	ith a trer	nendous
01:00:00	Healthy Living (Chiropractic Healing)	SFPBS	(S)	(CC)	N/A	#927H
	ical experts share the essential factors of a healthy lifestyle. Focus: Dr. Aura Tovar d			· · /		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital service	vices includi	ng teleme		include
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzhe or word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo usses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe:	s Alzheimer'	s come wi	ith a trer	mendou
03:00:00	Healthy Living (Emotional Wellness)	SFPBS	(S)	(CC)	N/A	#1260
Bria	Healthy Living (Emotional Wellness) n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oheral vision.		· · /	. ,		
Bria	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a		· · /	. ,		se in
Bria peri 04:00:00 Lea	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oheral vision.	and overcoming SFPBS	adversity. F (S)	Focus: The	e increa N/A	se in #928H
Bria peri 04:00:00 Lea	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oheral vision. Plastic/Cosmetic Surgery (Breast Augmentation) rn the latest techniques involving the restoration, reconstruction, or alteration of the bo	and overcoming SFPBS	g adversity. F (S) Xiaoti Xu an	Focus: The	e increa N/A	#928H
Bria peri 04:00:00 Lea disc 05:00:00 This the	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oheral vision. Plastic/Cosmetic Surgery (Breast Augmentation) rn the latest techniques involving the restoration, reconstruction, or alteration of the bouss breast augmentation and related cosmetic procedures.	SFPBS ody. Focus: Dr. SFPBS in-depth descr care digital serv	(S) (S) Xiaoti Xu an (S) iption of the vices includiu	CCC) (CC) d Dr. Hun (CC) different s	e increa N/A nberto P N/A services	se in #928H valladino #0H
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Bria peri 04:00:00 Lea disc 05:00:00 This the : cons 05:30:00 Alop Stat 06:00:00 Whe cost of th	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oberal vision. Plastic/Cosmetic Surgery (Breast Augmentation) In the latest techniques involving the restoration, reconstruction, or alteration of the bouss breast augmentation and related cosmetic procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often results in unpredictable hair es and is one of the most requested topics from viewers every year. Alma's Way Harper's Quick Change/All Rapped Up en Alma, Harper, and Rafia see a quick-change video Safina made, Harper wants to n ume that's just like it. The only problem is, they can't figure out how she changed her leir own. Alma is supposed to help Eddie record a rap, but starts a rap circle with Junie Scigirls Robots to the Rescue!	SFPBS ody. Focus: Dr. SFPBS in-depth descr care digital ser is to manage m APTEX loss. It affects PBS nake a video fo clothes so fast! or, Andre, and I PBSPL	y adversity. F (S) Xiaoti Xu an (S) iption of the vices includin hedical costs (S) roughly 6.8 f (S) r her dad of They'll need Becka instea (S)	Focus: The (CC) d Dr. Hun (CC) different s ng teleme (CC) million per (CC) her chang d a little he id. (CC)	e increa N/A nberto P N/A services dicine N/A ople in ti DVI ging into elp to ma	se in #928F Palladinc #0H include #1809 he Unite #132F her rob ake a vio
Bria peri 04:00:00 Lea disc 05:00:00 This the : cons 05:30:00 Alop Stat 06:00:00 Whe cost of th	n Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, a oberal vision. Plastic/Cosmetic Surgery (Breast Augmentation) In the latest techniques involving the restoration, reconstruction, or alteration of the bouss breast augmentation and related cosmetic procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too Second Opinion with Joan Lunden Alopecia Areata becia areata is a common autoimmune disorder that often results in unpredictable hair es and is one of the most requested topics from viewers every year. Alma's Way Harper's Quick Change/All Rapped Up en Alma, Harper, and Rafia see a quick-change video Safina made, Harper wants to m ume that's just like it. The only problem is, they can't figure out how she changed her eir own. Alma is supposed to help Eddie record a rap, but starts a rap circle with Junio Scigirls	SFPBS ody. Focus: Dr. SFPBS in-depth descr care digital ser is to manage m APTEX loss. It affects PBS nake a video fo clothes so fast! or, Andre, and I PBSPL	y adversity. F (S) Xiaoti Xu an (S) iption of the vices includin hedical costs (S) roughly 6.8 f (S) r her dad of They'll need Becka instea (S)	Focus: The (CC) d Dr. Hun (CC) different s ng teleme (CC) million per (CC) her chang d a little he id. (CC)	e increa N/A nberto P N/A services dicine N/A ople in ti DVI ging into elp to ma	se in #928H Palladino #0H included #1809 he Unite #132H her robo

fox down with Aviva's new Sniff-Tracker 1000 invention. But the fox is also being tracked by Gourmand. Mother fox must try to outfox everyone in order to get home to feed her super hungry (and super cute) fox kits.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, May 28, 2023

Segment 1

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode	
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H	
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7601H	

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
09:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
10:00:00	Vida Y Salud Segment 1 eeping with the Health Channel's spirit of innovative programming. Vida v Salud	SFPBS	(S)	(CC)	N/A	#7801H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
10:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, May 28, 2023

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
11:19:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7808H
	Segment 8					
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
12:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	team celebrate the arrival of the maternity home's long-awaited tional as well as medical support. Nurse Crane struggles with the		s a troubled	home life	and nee	eds his
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	en the council sends a letter announcing plans to cut Nonnatus ne cares for an unmarried expectant mother. Petra must move u			o her own	hands.	Nurse
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
	a Hollenbeck is positive about life. Every day she lives with an c nosis. As a young mother of two boys, she forges ahead toward					
	herself but for others who suffer from this deadly disease			·		
only 14:30:00	herself but for others who suffer from this deadly disease Health Insiders	SFPBS	(S)	(CC)	N/A	#1101H
only 14:30:00 Focu	herself but for others who suffer from this deadly disease Health Insiders us: Stress, STI, chiropractic care	SFPBS	(S)	(CC)		#1101H
only 14:30:00 Focu 15:00:00 Focu	herself but for others who suffer from this deadly disease Health Insiders	SFPBS SFPBS rcise Tips - Dr. Lisa Corsa 3. Innovati	(S) (S) ons in Spine	(CC) (CC) Surgery	N/A N/A - Dr. Go:	#1101H #1801H
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only 14:30:00 Focu 15:00:00 Focu Brus 15:15:00 15:27:00 15:57:00 Focu Diag 16:12:00	Health Insiders Health Insiders us: Stress, STI, chiropractic care Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exe sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotiona Smartlife Smartlife Smartlife us: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks gnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with I Smartlife	SFPBS srcise Tips - Dr. Lisa Corsa 3. Innovati al Literacy for Children - Beatriz Martin SFPBS	(S) (S) ons in Spine hez Peñalver (S) (S) (S) cgment - Dr. 5 (S)	(CC) (CC) Surgery (CC) (CC) (CC) (CC) Scarlet Co (CC)	N/A - Dr. Go: amoult N/A N/A N/A N/A onstant 4	#1101H #1801H sha #1802H #1803H #1804H #1805H 4. #1806H

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

Sun, May 28, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
Neve	ces and often receive lower-quality care. Addressing health disparities is increasingly r has the disparity in access to healthcare become more obvious than with the pand rities that exist in health and healthcare in the U.S.					
20:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
crimi	s episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the nalization of mental illness, and youth suicide.	J. J		•		·
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex	SFPBS	(S)	(CC)	N/A	#207H
	ific exercises that can improve your sex life. Plus which natural testosterone booster otect yourself from sexually transmitted infections.	rs really work an	id an intervie	ew with an	expert	about way
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H
Focu	s: Caregiving, bladder pain syndrome, drunk driving					
		NETA			N/A	#109H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	IN/A	<del>m</del> 10311
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(5)	(UU)	IN/A	#10311

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

Mon, May 29, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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This 3D minute informational program, hosted by Sasha Rionda presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         00:30 00       Second Opinion with Joan Lunden Appendix and the tensults in unpredictable hair loss. It affects roughly 6.8 million people in the Un States and is one of the most requested topics from viewers every year.         01:00 00       Staying Healthy (Nutrition and Blood Pressure)       SFPBS       (6)       (CC)       N/A       #242         02:00 00       All Health Of the cost requested topics from viewers every year.       SFPBS       (5)       (CC)       N/A       #042         02:00 00       All Health Of the screed topics from viewers every year.       SFPBS       (5)       (CC)       N/A       #041         02:00 00       All Health Of the screed topics from viewers every well as a number of healthage digital services including telemeticine consultations, emotional advices, second opinion	Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including testimedicine services revery vear.         01:00:00       Staying Healthy (Nutrition and Blood Pressure)       SFPBS       (S)       (C)       N/A       #22         01:00:00       Staying Healthy (Nutrition and Blood Pressure)       SFPBS       (S)       (C)       N/A       #40         01:00:00       Staying Healthy (Nutrition and Blood Pressure)       SFPBS       (S)       (C)       N/A       #40         02:00:00       All Health Go       Screeses to a number of healthcare digital services including testimedicine services i	00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
Appecia Areata       Appecia Areata         Appecia areata is a sommon autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Un States and is one of the most requested topics from viewers every year.         01:00:00       Staying Healthy (Nutrition and Blood Pressure)       SFPBS       (S)       (CC)       N/A       #921         Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholesti and blood pressure.       SFPBS       (S)       (CC)       N/A       #01         Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholesti and blood pressure.       SFPBS       (S)       (CC)       N/A       #01         Disease prevention and chainmute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including three second-opinion consultations, exceed to offer users access to a number of tools to manage medical costs.       Disease and is one of the most requested topics from viewers every year.         Disource Areata       Appecia Areata       Appecia Areata       Appecia Areata       Appecia Areata       Appecia Areata         Disource Areata       Appecia Areata       Appecia Areata       Appecia Areata       Appecia Areata         Disource Areata       Appecia Areata       Appecia Areata       Appecia Areata       Appe	the s	subscription plan AllHealthGo has created to offer users access to a	number of healthcare digital ser	vices includir	ng teleme		included
Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Unstatus and is one of the most requested topics from viewers every year.         01:00:00       Staying Healthy (Nutrition and Biood Pressure)       SFPBS       (S)       (C)       N/A       #921         Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholesta and blood pressure.       SFPBS       (S)       (C)       N/A       #001         02:00:00       All Health Go       SFPBS       (S)       (C)       N/A       #014         02:00:00       All Health Go       SFPBS       (S)       (C)       N/A       #101         02:00:00       Second Opinion with Joan Lunden       APTEX       (S)       (C)       N/A       #104         Alopecia areata is a common autoimmume disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Unstates and is one of the most requested topics from viewers every year.       05       (C)       N/A       #102         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #132         04:00:00       All Health Go       SFPBS       (S)       (C)       N/A       #041         Medicid seperts share the estential factors of a healthy li	00:30:00	-	APTEX	(S)	(CC)	N/A	#1809H
Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholester and blod pressure.       S(S)       (C)       N/A       #0H         02:00:00       All Health Go       SFPBS       (S)       (C)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemendicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemendicine consultations, emotional advice, second-opinion consultations, as well as a number of host totas.       (S)       (CC)       N/A       #18t         02:00:00       Second Opinion with Joan Lunden Alopecia Areata       APTEX       (S)       (CC)       N/A       #18t         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #93t         04:00:00       Health Go       SFPBS       (S)       (CC)       N/A       #93t         04:00:00       Health Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #93t         04:00:00       Health Go       SFPBS       (S)       (CC)       N/A       #93t         04:00:00       Health (Heart Disease)       S(C)       (CC)       N/A       #93t	•	ecia areata is a common autoimmune disorder that often results in $\iota$	Inpredictable hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
and blood pressure.          and blood pressure.       SFPBS       (S)       (CC)       N/A       #0H         D2:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services incluing telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.       02:00.00       Second Opinion with Joan Lunden       APTEX       (S)       (CC)       N/A       #18i         Alopecia Areata       a consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.       02:00.00       N/A       #18i         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #12i         04:00:00       Health Plathit (Heart Disease), treatment and prevention.       SFPBS       (S)       (CC)       N/A       #93i         04:00:00       Health Go       SFPBS       (S)       (CC)       N/A       #04i         05:00:00       Aleath Go       SFPBS       (S)       (CC)       N/A       #04i         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services incluin the subscription of an AliHealthCo has created to offer users access to	01:00:00	Staying Healthy (Nutrition and Blood Pressure)	SFPBS	(S)	(CC)	N/A	#929H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services include consultations, emotional advice, second-opinion consultations, as well as a number of hoalthcare digital services include advice, second-opinion opinion consultations, as well as a number of tools to manage medical costs.         02:30:00       Second Opinion with Joan Lunden Alopecia areata is a common autoimmune disorder that often results in unpredictable hair tors. It affects roughly 6.8 million people in the Un States and is one of the most requested topics from viewers every year.         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #120         04:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #121         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #121         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services inducting telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of loois to manage medical costs.         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #18         05:00:00       Second Opinion with Joan Lunden medical coffer users access to a number of healthcare digital ser			scusses nutrition and heart heal	th with nutriti	on tips for	both ch	olesterol
the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicancests.         02:30:00       Second Opinion with Joan Lunden       APTEX       (S)       (CC)       N/A       #180         Alopecia areata       Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Un States and is one of the most requested topics from viewers every year.       SFPBS       (S)       (CC)       N/A       #120         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #120         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       Screed to for users access to a number of healthcare digital services including telemedicine to subscription plan AllHealthGo has created to offer users access	02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
Alopecia Areata       Alopecia Areata         Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Un States and is one of the most requested topics from viewers every year.         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #120         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #930         Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Jesus Jimenez discuss improvements in the circulation of the lower extremities and the benefits to patient care.       SFPBS       (S)       (CC)       N/A       #04         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services includu the subtecription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.       Si:0:00       N/A       #18         05:00:00       Second Opinion with Joan Lunden       APTEX       (S)       (CC)       N/A       #18         The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health       The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health ecount lookin	the s	subscription plan AllHealthGo has created to offer users access to a	number of healthcare digital ser	vices includir	ng teleme		included
Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the Un         States and is one of the most requested topics from viewers every year.         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #126         04:00:00       Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #930         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #930         04:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #940         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of to the store sincluding telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of to a manage medical costs.       S         05:00:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #18         Brain Heatth       <	02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
States and is one of the most requested topics from viewers every year.       SFPBS       (S)       (CC)       N/A       #124         03:00:00       Heart Health (Heart Disease)       SFPBS       (S)       (CC)       N/A       #124         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #931         Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Jesus Jimenez discuss improvements in the circulation of the lower extremities and the benefits to patient care.       SFPBS       (S)       (CC)       N/A       #04         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #04         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of toolis to manage medical costs.         05:00:00       Second Opinion with Joan Lunden       APTEX       (S)       (CC)       N/A       #18         The number of Americans living with Alzhelmer's is growing. So many Americans are increasingly interested in their brain health and looking what we can do to keep our brain healthy.       06:00:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #12		•					
Dr. Chaleff discusses heart disease, treatment and prevention.         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #930         Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Jesus Jimenez discuss improvements in the circulation of the lower extremities and the benefits to patient care.       05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18*         The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics Posas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #12*         06:30:00       Wai Lana Yoga Lower Back Special (Part 2)       APTEX <td< td=""><td>•</td><td></td><td>Inpredictable hair loss. It affects</td><td>roughly 6.8 ı</td><td>million peo</td><td>ople in th</td><td>ne United</td></td<>	•		Inpredictable hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #933         04:00:00       Healthy Living (Blood Circulation Help)       SFPBS       (S)       (CC)       N/A       #934         04:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #041         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #041         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services include the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #185         Brain Health       The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics Pasas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #127         Pasas & Hip Strengthening       Cd	03:00:00	Heart Health (Heart Disease)	SFPBS	(S)	(CC)	N/A	#1261⊦
Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Jesus Jimenez discuss improvements in the circulation of the lower extremities and the benefits to patient care.         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #18:         06:00:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #12:         06:00:00       Classical Stretch: re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the strun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.       S)       (CC)       N/A       #70:         06:30:00       Wai Lana Yoga	Dr. C	Chaleff discusses heart disease, treatment and prevention.					
Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Jesus Jimenez discuss improvements in the circulation of the lower extremities and the benefits to patient care.         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #18:         06:00:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #12:         06:00:00       Classical Stretch: re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the strun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.       S)       (CC)       N/A       #70:         06:30:00       Wai Lana Yoga			05550				
circulation of the lower extremities and the benefits to patient care.         05:00:00       All Health Go       SFPBS       (S)       (CC)       N/A       #0H         This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18: manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18: manage medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics Posas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #12: Psoas & Hip Strengthening         Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.       APTEX       (S)       (CC)       N/A       #70: Lower Back Special (Part 2)         Wai Lana Yoga       APTEX       (S)       (CC)       N/A       #70: Lower Back Special (Part 2)       Wai Lana fo					. ,		#930H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services include the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden       APTEX       (S)       (CC)       N/A       #18°         Brain Health       The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics       APTEX       (S)       (CC)       N/A       #12°         Psoas & Hip Strengthening       Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.       O6:30:00       Wai Lana Yoga       APTEX       (S)       (CC)       N/A       #702         Uower Back Special (Part 2)       Wai Lana focuses on strengthening the back muscles to prevent and re			Henry Guzman and Dr. Jesus J	imenez discu	ss improv	rements	in the
the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:30:00       Second Opinion with Joan Lunden Brain Health       APTEX       (S)       (CC)       N/A       #18:         05:00:00       Classical Stretch: By Essentrics Pervent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.       APTEX       (S)       (CC)       N/A       #12:         06:00:00       Classical Stretch: By Essentrics Pasas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #12:         06:30:00       Wai Lana Yoga Luower Back Special (Part 2)       APTEX       (S)       (CC)       N/A       #70:         06:30:00       Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a stra	05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
Brain Health       The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics Psoas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #12"         06:00:00       Classical Stretch: By Essentrics Psoas & Hip Strengthening       APTEX       (S)       (CC)       N/A       #12"         06:00:00       Wai Lana Yoga Lower Back Special (Part 2)       APTEX       (S)       (CC)       N/A       #70"         07:00:00       Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall       SFPBS       (S)       (CC)       N/A       #10"         08:00:00       Call The Midwife       PBS       (S)       (CC)       N/A       #10"	the s	subscription plan AllHealthGo has created to offer users access to a	number of healthcare digital ser	vices includir	ng teleme		included
The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.         06:00:00       Classical Stretch: By Essentrics Psoas & Hip Strengthening Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.         06:30:00       Wai Lana Yoga Lower Back Special (Part 2)         Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting or legged easy.         07:00:00       Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall         08:00:00       Call The Midwife	05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
<ul> <li>ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the count looking at what we can do to keep our brain healthy.</li> <li>06:00:00 Classical Stretch: By Essentrics APTEX (S) (CC) N/A #12: Psoas &amp; Hip Strengthening Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.</li> <li>06:30:00 Wai Lana Yoga CCC) N/A #703 Lower Back Special (Part 2)</li> <li>Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting or legged easy.</li> <li>07:00:00 Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall</li> <li>08:00:00 Call The Midwife PBS (S) (CC) N/A #903</li> </ul>							
Psoas & Hip Strengthening         Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.         06:30:00       Wai Lana Yoga       APTEX       (S)       (CC)       N/A       #703         Lower Back Special (Part 2)       Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting of legged easy.       SFPBS       (S)       (CC)       N/A       #102         07:00:00       Finding Hope-Town Hall       Managing The Mental Health Crisis Town Hall       SFPBS       (S)       (CC)       N/A       #102         08:00:00       Call The Midwife       PBS       (S)       (CC)       N/A       #907	ways	s they can prevent developing memory issues of any kind. There is a	mericans are increasingly intere a promising body of evidence, a	sted in their t nd medical ce	orain heal enters aro	th and lo und the	ooking for country
Today's episode of Classical Stretch re-balances, stretches, and strengthens your hips and psoas. Join Miranda Esmonde-White in the stun scenery of Montego Bay, Jamaica for an episode of Classical Stretch.         06:30:00       Wai Lana Yoga       APTEX       (S)       (CC)       N/A       #702         Lower Back Special (Part 2)       Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting or legged easy.       SFPBS       (S)       (CC)       N/A       #102         07:00:00       Finding Hope-Town Hall       SFPBS       (S)       (CC)       N/A       #102         08:00:00       Call The Midwife       PBS       (S)       (CC)       N/A       #902	06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1218H
scenery of Montego Bay, Jamaica for an episode of Classical Stretch.         06:30:00       Wai Lana Yoga Lower Back Special (Part 2)         Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting of legged easy.         07:00:00       Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall         08:00:00       Call The Midwife		Psoas & Hip Strengthening					
Lower Back Special (Part 2)         Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting of legged easy.         07:00:00       Finding Hope-Town Hall         Managing The Mental Health Crisis Town Hall       SFPBS       (S)       (CC)       N/A       #102         08:00:00       Call The Midwife       PBS       (S)       (CC)       N/A       #903			hens your hips and psoas. Join	Miranda Esm	ionde-Wh	ite in the	e stunning
Wai Lana focuses on strengthening the back muscles to prevent and relieve lower back pain. She'll show you how a strap can make sitting of legged easy.         07:00:00       Finding Hope-Town Hall         Managing The Mental Health Crisis Town Hall       SFPBS       (S)       (CC)       N/A       #102         08:00:00       Call The Midwife       PBS       (S)       (CC)       N/A       #902	06:30:00	-	APTEX	(S)	(CC)	N/A	#703
Managing The Mental Health Crisis Town Hall         08:00:00       Call The Midwife         PBS       (S)         (CC)       N/A		Lana focuses on strengthening the back muscles to prevent and reli	eve lower back pain. She'll show	w you how a	strap can	make si	tting cros
Managing The Mental Health Crisis Town Hall         08:00:00       Call The Midwife         PBS       (S)         (CC)       N/A	07.00.00	Finding Hope-Town Hall	SEDBS	(S)	(0.0)	NI/A	#102H
	01.00.00			(0)	(00)		
	08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
		Episode Seven		. ,			

The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Date:	07/06/2023
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Mon, May 29, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) ve continue to track "long-haulers," we are learning more about the long- -COVID symptoms.	term health effects of the pe	ople who are	e suffering	from de	bilitating
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie star- nen of color.					
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight on the council sends a letter announcing plans to cut Nonnatus House's ne cares for an unmarried expectant mother. Petra must move up her we			o her own	hands.	Nurse
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private care s	service. A distressing birth ra	ises fears of	another T	halidom	ide case.
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisi	ly Bennett Taylor and her husband Miles were newlyweds with a bright f ng a family Emily received the news that she had stage 4 lung cancer. S rmination to live life to its fullest while fighting for the chance to have chi	She and her husband recall th	neir cancer jo			
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
	us: Behavior changes, PPD, chiropractic care		(-)	()		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	erts discuss therapy for herniated disks in the back, finding ways to get the lery for breast cancer and we highlight services available at the Lighthout		blant-based f	oods in yo	our diet,	cosmetic
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H

Date:	07/06/2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	 N/A	#0H
heal over	CONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the ho th issues and questions of emotional wellness challenge some 50 million family caregi seven years, the cinema verite film follows three very different families as they discov loved ones living with disabilities.	vers each yea	e crises of m r, and often f	they do no	ot know i	it. Filmed
18:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#407H
	Courage Over Cancer					
peop hope their	e there are early-detection screening tests for prostate cancer and breast cancer, there ole fighting lung cancer like Chuck, who smoked for sixty years, and Barbara who quit s be. Both Chuck and Barbara chose to participate in clinical trials to test in-hibitors to stor families, each of these vibrant individuals faces every new day as an opportunity. Fea cer Specialists in Alexandria, VA.	smoking over op cancer cell g	40 years ago growth. With	o, have bo the unflag	oth gaine	d fresh pport of
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs			~ /		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
cost	r word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo usses Alzheimer's Disease from a caregiver and a public health perspective.					
20:00:00	Hiding In Plain Sight	NPS	(S)	(CC)	ΝΙ/Δ	
	Resilience				11/7	#102
					IN/A	#102
	is episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the inalization of mental illness, and youth suicide.	e added stigma	a of racial or	gender di		
		e added stigma SFPBS	a of racial or (S)	gender di (CC)		
crimi	inalization of mental illness, and youth suicide.	-		-	scrimina	ition, the
crimi 22:00:00 Emil raisii	inalization of mental illness, and youth suicide. Hope Is Here (Sfpbs/Health Channel Local)	SFPBS Just as they v sband recall th	(S) vere house h heir cancer jo	(CC)	scrimina N/A d talking	tion, the #105H about
crimi 22:00:00 Emil raisii	inalization of mental illness, and youth suicide. Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. ng a family Emily received the news that she had stage 4 lung cancer. She and her hu	SFPBS Just as they v sband recall th	(S) vere house h heir cancer jo	(CC)	scrimina N/A d talking	tion, the #105H g about
crimi 22:00:00 Emil raisii dete	inalization of mental illness, and youth suicide. Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. ng a family Emily received the news that she had stage 4 lung cancer. She and her hu rmination to live life to its fullest while fighting for the chance to have children despite a	SFPBS Just as they v sband recall th a grave cancer	(S) vere house h neir cancer jo diagnosis.	(CC) nunting an purney an	scrimina N/A d talking d recour	#105H g about nt their
crimi 22:00:00 Emili raisin dete 22:30:00	inalization of mental illness, and youth suicide. Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. ng a family Emily received the news that she had stage 4 lung cancer. She and her hu rmination to live life to its fullest while fighting for the chance to have children despite a Medical Frontiers	SFPBS Just as they v sband recall th a grave cancer APTEX	(S) vere house h neir cancer jo diagnosis. (S)	(CC) bunting an burney an (CC)	scrimina N/A d talking d recour N/A	#105H #105H g about nt their #137H
crimi 22:00:00 Emili raisin dete 22:30:00	inalization of mental illness, and youth suicide. Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. ng a family Emily received the news that she had stage 4 lung cancer. She and her hu rmination to live life to its fullest while fighting for the chance to have children despite a Medical Frontiers Doctor Q & A	SFPBS Just as they v sband recall th a grave cancer APTEX	(S) vere house h neir cancer jo diagnosis. (S)	(CC) bunting an burney an (CC)	sci I d t I	N/A alking ecour N/A

The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.

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Tue, May 3	30, 2023 Title					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increase they can prevent developing memory issues of any kind. There is a promising body on a twhat we can do to keep our brain healthy.					
01:00:00	Dermatology (High-Tech Help)	SFPBS	(S)	(CC)	N/A	#935H
	ical experts share advice and information about the best treatments and care of disea rficial to the in-depth. Focus: Dr. Jill Waibel discusses vectra whole-body skin lesion r			ails, and l	hair, fror	n the
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthe ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital service	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So many Americans are incre s they can prevent developing memory issues of any kind. There is a promising body ng at what we can do to keep our brain healthy.					
03:00:00 Dr. B	Spine & Back Care #1214 (Your Aching Back) Brusovanik discusses spine and back conditions and how to treat them for a pain free	SFPBS life.	(S)	(CC)	N/A	#1214H
04:00:00	Sports Medicine (Senior Exercise Tips)	SFPBS	(S)	(CC)	N/A	#937H
Ferna	ng-edge treatment and prevention of injuries related to sports and exercise for physic andez discuss exercise and fitness options for the senior population. They share infor active.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthe sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the larges wake up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. Ho rmine the overall health of America. This episode discusses the issue of Millennial He	o the least hea w their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics Waist Slenderizing	APTEX	(S)	(CC)	N/A	#1219H
This leane	all-standing Classical Stretch waist slenderizing workout strengthens every muscle arer.	round your core	e and waist l	eaving yo	u longer	and
06:30:00	Wai Lana Yoga Un-Knot Your Neck	APTEX	(S)	(CC)	N/A	#704
	rid of kinks and stubborn knots in your neck with exercises that release tension and p for a few upside down poses.	revent headach	ies. The flex	ibility you	gain wil	prepare

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Tue, May 30, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
	s Your Story Making You Sick?" cameras roll as eight people from all v		. ,			
illnes filmn pains have them	sees. All eight had used prescription drugs to try to cure their illnesses, maker Frances Causey documents the changes participants experienc stakingly recount their childhood trauma and negative experiences, rai e families and friends who have struggled with them while trying to sup in destroy past beliefs, welcome change and new ideas about themselv nate workshop environment, sharing their pain and helping each other	, but to no avail. Over four, 4-d e throughout the program, follonging from family strife, addicti port them. With a variety of too res, writing a new story for the	ay workshop owing each o on, neglect, ols like mindf mselves. The	os spannir character a and assau fulness me	ng 6-mor as they ult to inc editation	nths, est. The , we see
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement rt valve replacement is an area in medicine which has made great adv effective and can drastically increase the life expectancy of the patien		non procedu	re. This p	rocedure	e is 94-
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
cand	diagnosis and treatment of lung cancer has been one of the most hop cer screening guidelines allow for the screening for younger individuals					
no lo	onger a death sentence.					
no lo 11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#408H
11:00:00			(S)	(CC)	N/A	#408H
11:00:00	Innovations In Medicine		(S)	(CC)	N/A	#408H
11:00:00	Innovations In Medicine		(S) (S)	(CC) (CC)	N/A N/A	#408H #205H
11:00:00 Long 11:30:00 Our choir past dedii	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local)	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra	(S) e ultimately b nges and neg utifying life. T	(CC) ecome. Y jative exp oday Dr. \	N/A et we of eriences Viamont	#205H iten have s from th
11:00:00 Long 11:30:00 Our choir past dedii	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra	(S) e ultimately b nges and neg utifying life. T	(CC) ecome. Y jative exp oday Dr. \	N/A et we of eriences Viamont	#205H iten have s from th
11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable.	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while	(S) e ultimately b nges and neg tifying life. T e serving as l	(CC) ecome. Y gative exp oday Dr. \ iving proo	N/A et we of eriences Viamont of that	#205H îten have s from th e
11:00:00 Long 11:30:00 Our choir past dedii pers 12:00:00 12:30:00	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- severance and hope make dreams attainable. Medical Frontiers Medical Frontiers	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S)	(CC) ecome. Y gative exp oday Dr. \ iving proo (CC) (CC)	N/A Tet we of eriences Viamont of that N/A N/A	#205H iten have s from th e #136H #137H
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11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00 12:30:00 13:00:00 A grid	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable. Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX NETA	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S) (S)	(CC) ecome. Y gative exp oday Dr. V iving proo (CC) (CC) (CC)	N/A Tet we of eriences Viamont of that N/A N/A N/A	#205H iten have s from th e #136H #137H #0H
11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00 12:30:00 13:00:00 A gri "nori 14:00:00	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable. Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others.	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX NETA wish to be an organ donor. As SFPBS	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S) (S) time goes b (S)	(CC) ecome. Y gative exp oday Dr. V iving proo (CC) (CC) (CC) y he finds (CC)	N/A et we of eriences Viamont of that N/A N/A N/A a callin N/A	#205H iten have s from th e #136H #137H #0H g and ne #207H
11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00 12:30:00 13:00:00 A gri "nori 14:00:00	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable. Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testos	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX NETA wish to be an organ donor. As SFPBS	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S) (S) time goes b (S)	(CC) ecome. Y gative exp oday Dr. V iving proo (CC) (CC) (CC) y he finds (CC)	N/A et we of eriences Viamont of that N/A N/A N/A a callin N/A	#205H iten have s from th e #136H #137H #0H g and ne #207H about wa
11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00 12:30:00 13:00:00 A gri "nori 14:00:00 Spec to pr	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable. Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testos rotect yourself from sexually transmitted infections.	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX NETA wish to be an organ donor. As SFPBS terone boosters really work an	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S) (S) time goes b (S) (S) at ime goes b	(CC) ecome. Y gative exp oday Dr. V iving proo (CC) (CC) (CC) y he finds (CC)	N/A et we of eriences Viamont of that N/A N/A N/A a callin N/A expert a	#205H iten have s from the #136H #137H #0H g and ne #207H
11:00:00 Long 11:30:00 Our choid past dedii pers 12:00:00 12:30:00 13:00:00 A gri "nori 14:00:00 Spec to pr	Innovations In Medicine gevity Diet, Bunion surgery device, Hip replacement, Interventional car Hope Is Here (Sfpbs/Health Channel Local) Finding The Light youth and all the experiences that make up one's childhood, good and ce in that destiny. Ana Viamonte Ros is a woman who confirms that all can shape our future, hard work and a determined, healthy mindset ca cates her life to helping patients strengthen their mental health and con- everance and hope make dreams attainable. Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testos rotect yourself from sexually transmitted infections. Health Insiders	diology, Immuno-oncology. SFPBS bad, can affect the person we though insurmountable challer an pave the way towards a gra nquer childhood traumas while APTEX APTEX NETA wish to be an organ donor. As SFPBS terone boosters really work an	(S) e ultimately b nges and neg tifying life. T e serving as l (S) (S) (S) time goes b (S) (S) at ime goes b	(CC) ecome. Y gative exp oday Dr. V iving proo (CC) (CC) (CC) y he finds (CC)	N/A et we of eriences Viamont of that N/A N/A N/A a callin N/A expert a	#205H iten have s from the #136H #137H #0H g and ne #207H about wa

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Tue, May 30, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
	to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endomet	triosis, Back Pain Q & A		. ,		
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Flip My Florida Yard The Bell Family - Vero Beach	WUCF	(S)	(N)	N/A	#208H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug	SFPBS	(S)	(CC)	N/A	#206H
uplif and	way to healing can take on different forms. Little 7 year old Leonor, was suff ting project to give her hope. What better medicine than an endearing song t a ridiculously cute and famous dog named Doug the Pug. This episode of He ng individuals came together to give a little girl a world of hope to carry on.	hat was created from Le	nore and he	r sister Do	ot's imag	jination
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	er is a Chinese-American medical worker facing rising anti-Asian sentiment, e people laugh.	he's grieving the loss of	his father, b	ut he love	s to per	orm and
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxiety, d nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in T e issues affecting our children and offer practical advice based on research.	Teenagers & Young Adu				
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
-	Exercises for Better Sex					
	cific exercises that can improve your sex life. Plus which natural testosterone rotect yourself from sexually transmitted infections.	e boosters really work ar	nd an intervie	w with an	expert	about way
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1106H
Focu	us: Chiropractic care, certifications, PPD					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					

Caring for Your Back

Tue, May 30, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H

Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes.

Wed, May 31, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the y make up the greatest percentage of the population and the labor force. They experiencing declining health faster than any other recent generation before th ermine the overall health of America. This episode discusses the issue of Miller	are also the least heal em. How their health p	thy generation	on in rece	nt times	and they
01:00:00	Heart Health #938 (A-Fib Update)	SFPBS	(S)	(CC)	N/A	#938H
Foc	us: Dr. Jose Martel discusses trends in cardiac electrophysiology and atrial fibr	illation.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
are dete	y make up the greatest percentage of the population and the labor force. They experiencing declining health faster than any other recent generation before the armine the overall health of America. This episode discusses the issue of Miller	em. How their health p nnial Health.	lays out in th	ne years a	ahead w	ill
03:00:00	Sports Medicine #1217 (Sports Exercise Update)	SFPBS	(S)	(CC)	N/A	#1217H
<b>–</b> –						
Dr. I fitne	Papp and Jerome Turner discuss cutting-edge treatment and prevention of inju ess.	ries related to sports a	nd exercise	for physic	al healt	h and
fitne		rries related to sports a SFPBS	nd exercise (S)	for physic (CC)	al healtl N/A	h and #940H
fitne 04:00:00	SSS.					
fitne 04:00:00	Heart Health (Vein Disease)					
fitne 04:00:00 Focu 05:00:00 This the s	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements.	SFPBS SFPBS with an in-depth descr f healthcare digital sen	(S) (S) iption of the rices includir	(CC) (CC) different s	N/A N/A services	#940H #0H
fitne 04:00:00 Focu 05:00:00 This the s	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of	SFPBS SFPBS with an in-depth descr f healthcare digital sen	(S) (S) iption of the rices includir	(CC) (CC) different s	N/A N/A services	#940H #0H
fitne 04:00:00 Focu 05:00:00 This the s cons 05:30:00 Adu that stag	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden	SFPBS SFPBS with an in-depth descr f healthcare digital sen er of tools to manage m APTEX men, as well as an inc more than 60% of wor	(S) (S) iption of the vices includir iedical costs (S) rease in chro men. The da	(CC) (CC) different s ng teleme (CC) onic disea mage to h	N/A N/A services dicine N/A see. It is nealth is	#940H #0H included i #1705H estimated
fitne 04:00:00 Focu 05:00:00 This the s cons 05:30:00 Adu that stag this	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and wo 163 million adults in the U.S. are overweight or obese - two thirds of men, and ggering, but people still struggle every day to drop the pounds. Everyone has di	SFPBS SFPBS with an in-depth descr f healthcare digital sen er of tools to manage m APTEX men, as well as an inc more than 60% of wor	(S) (S) iption of the vices includir iedical costs (S) rease in chro men. The da	(CC) (CC) different s ng teleme (CC) onic disea mage to h	N/A N/A services dicine N/A see. It is nealth is	#940H #0H included i #1705H estimated
fitne 04:00:00 Focu 05:00:00 This the s cons 05:30:00 Adu that stag this 06:00:00	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and wo 163 million adults in the U.S. are overweight or obese - two thirds of men, and igering, but people still struggle every day to drop the pounds. Everyone has di episode discusses the challenges and solutions for sustained weight loss. Classical Stretch: By Essentrics Feet Strengthening	SFPBS SFPBS with an in-depth descr f healthcare digital sen er of tools to manage m APTEX men, as well as an inc more than 60% of wor fferent reasons for war	(S) (S) iption of the vices includir ledical costs (S) rease in chro nen. The da nting to lose (S)	(CC) (CC) different s ng teleme (CC) onic disea mage to h weight an (CC)	N/A N/A services dicine N/A use. It is nealth is id keep N/A	#940H #0H included i #1705H estimated it off, and #1220H
fitne 04:00:00 Foci 05:00:00 This the s cons 05:30:00 Adu that stag this 06:00:00 You	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and wo 163 million adults in the U.S. are overweight or obese - two thirds of men, and igering, but people still struggle every day to drop the pounds. Everyone has di episode discusses the challenges and solutions for sustained weight loss. Classical Stretch: By Essentrics	SFPBS SFPBS with an in-depth descr f healthcare digital sen er of tools to manage m APTEX men, as well as an inc more than 60% of wor fferent reasons for war	(S) (S) iption of the vices includir ledical costs (S) rease in chro nen. The da nting to lose (S)	(CC) (CC) different s ng teleme (CC) onic disea mage to h weight an (CC)	N/A N/A services dicine N/A use. It is nealth is id keep N/A	#940H #0H included in #1705H estimated it off, and #1220H
fitne 04:00:00 Foci 05:00:00 This the s cons 05:30:00 Adu that stag this 06:00:00 You	Heart Health (Vein Disease) us: Dr. Reagan Ross discusses endovascular surgery advancements. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and wo 163 million adults in the U.S. are overweight or obese - two thirds of men, and igering, but people still struggle every day to drop the pounds. Everyone has di episode discusses the challenges and solutions for sustained weight loss. Classical Stretch: By Essentrics Feet Strengthening r feet are the foundation of your body - without strong, healthy, pain-free feet y	SFPBS SFPBS with an in-depth descr f healthcare digital sen er of tools to manage m APTEX men, as well as an inc more than 60% of wor fferent reasons for war	(S) (S) iption of the vices includir ledical costs (S) rease in chro nen. The da nting to lose (S)	(CC) (CC) different s ng teleme (CC) onic disea mage to h weight an (CC)	N/A N/A services dicine N/A use. It is nealth is id keep N/A	#940H #0H included i #1705H estimated it off, and #1220H

Make friends with your wall, letting it support you in a variety of yoga poses. A wall makes it fun and easy to balance, twist, and stretch.

Date: 07/06/2023
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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				i ugo	221 01	001
Wed, May						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
illnes filmn pains have them	S Your Story Making You Sick?" cameras roll as eight people from all walks of life brave sees. All eight had used prescription drugs to try to cure their illnesses, but to no avail. In haker Frances Causey documents the changes participants experience throughout the stakingly recount their childhood trauma and negative experiences, ranging from family families and friends who have struggled with them while trying to support them. With a destroy past beliefs, welcome change and new ideas about themselves, writing a new ate workshop environment, sharing their pain and helping each other through their tough their tous	Over four, 4-d program, follo strife, addicti a variety of too story for ther	ay workshop owing each o on, neglect, ols like mind mselves. The	os spannir character a and assa fulness m	ng 6-mo as they ult to inc editatior	nths, æst. They i, we see
00:00:80	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's new tional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's a		s a troubled	home life	and nee	eds his
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba sidered the next pandemic, antibiotic resistance is a threat to global health and food set		dangering th	e efficacy	of antib	piotics.
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	turning ir	nto full-fl	edged
11:00:00	Conscious Living Escape to Bali	NETA	(S)	(CC)	N/A	#102H
its cr mos retre	o wonder millions of tourists each year visit the 17,000 island archipelago of Indonesia ystal blue waters and white sand beaches, to an indigenous culture that's remained int t cutting-edge wellness retreats, Bali keeps mindful travelers coming back year after ye at for a life-changing Panchakarma detox amidst the ancient temples of Tegallalang. T ual workshop to manifest your wildest dreams.	act for thousa ar. On this ep	nds of years isode, visit a	and som	e of the tic Indiar	world's า Ayurved
11:30:00	Flip My Florida Yard The Bell Family - Vero Beach	WUCF	(S)	(N)	N/A	#208H
12:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	n the council sends a letter announcing plans to cut Nonnatus House's funding, Sister are cares for an unmarried expectant mother. Petra must move up her wedding after bec			o her own	hands.	Nurse
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private care service. A distre	essing birth rai	ises fears of	another T	Thalidom	nide case.
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisi	y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Ing a family Emily received the news that she had stage 4 lung cancer. She and her hus rmination to live life to its fullest while fighting for the chance to have children despite a	sband recall th	neir cancer jo			
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1107H
Faar	a Dunning autoimmung diagona addiction					

Focus: Running, autoimmune disease, addiction

22:30:00

Medical Frontiers

Wed, May 31, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. Ur	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deboranderstanding Addiction - Dan Simmons (Hazelden Naples Fouetes- Charles Mattocks					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
Rela	ıs: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Arte tionships - Paula Levine, PhD 4. Ask the Expert Segment - Dr di Glandt					Snack -
16:08:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Hiding In Plain Sight The Storm	NPS	(S)	(CC)	N/A	#101
	Storm, the first two-hour episode of Hiding in Plain Sight, focu th challenges, along with the observations and insights of fam		an twenty yo	ung peop	le with n	nental
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 mil make up the greatest percentage of the population and the la experiencing declining health faster than any other recent gener mine the overall health of America. This episode discusses the	abor force. They are also the least hea eration before them. How their health p	Ithy generation	on in rece	ent times	and they
20:00:00	Pov	NPS	(S)	(CC)	DVI	#3412H
powe	Not Going Quietly ing star in progressive politics and new father, Ady Barkan's li erful Senator on an airplane catapults him to fame, Ady and a thcare, in a journey that transforms his belief in what is possib	motley crew of activists ignite a once-i				
21:30:00	Getting Dot Older Painting Memories	APTEX	(S)	(CC)	N/A	#204H
segn	Roberto Mighty intimately interviews Baby Boomers and invit nent, Jean-Pierre paints his French childhood. George loves p bility, then she and her husband chose closed adoption with a	bickleball. Erica wonders about age dis	crimination.	Robbin ex	perience	
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisir	y Bennett Taylor and her husband Miles were newlyweds with ng a family Emily received the news that she had stage 4 lung rmination to live life to its fullest while fighting for the chance to	cancer. She and her husband recall the	neir cancer jo			
22.20.00	Medical Frantiara	ADTEX	(8)		NI/A	#1271

APTEX

(S)

(CC) N/A #137H

Wed, May 31, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H

Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.

Thu, Jun 01, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, affer research, millennials have become the most anxious generation in histo be treated.					
01:00:00	Maternity Care (Pregnancy Care)	SFPBS	(S)	(CC)	N/A	#941H
Foc	us: Dr. Robert Feldman has an update on the latest in maternity care.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of A tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers.	mericans who are caring for allenge of sandwich caregivir	children unc ng as the pop	ler the age oulation ag	e of 18 a ges and	nd older Americar
03:00:00	Living Well (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1216F
Dr. I	Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness	month in May.				
04:00:00	Kids & Teens #942 (10 Common Pediatric Er Visits)	SFPBS	(S)	(CC)	N/A	#942H
	us: Dr. Mendoza discusses the top 10 most common reasons for Pediatr		(-)	()		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	ription of the vices includi	different s		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation 981 the term "sandwich generation" was coined to describe a group of A		- I- 11 - I		o of 10 o	
relat	tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers.					
relat	tives at the same time. Today, millions of families are facing the dual cha				ges and	America
relat are 06:00:00 You tissu	tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers. Classical Stretch: By Essentrics	allenge of sandwich caregivir APTEX I to the tip of your toes. A he	ng as the pop (S) althy body re	(CC) (QUIAtion ag	N/A nealthy c	Americai #1221H onnectiv
relat are 06:00:00 You tissu	tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers. Classical Stretch: By Essentrics Connective Tissue r connective tissue surrounds your entire body from the top of your head ue, and a healthy connective tissue requires healthy muscles. Strengther anda Esmonde-White. Wai Lana Yoga	allenge of sandwich caregivir APTEX I to the tip of your toes. A he	ng as the pop (S) althy body re	(CC) (QUIAtion ag	N/A nealthy c	Americai #1221H onnectiv
relai are 06:00:00 You tissu Mira 06:30:00 Star	tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers. Classical Stretch: By Essentrics Connective Tissue r connective tissue surrounds your entire body from the top of your head ue, and a healthy connective tissue requires healthy muscles. Strengther anda Esmonde-White.	allenge of sandwich caregivir APTEX I to the tip of your toes. A he n and stretch every muscle a APTEX	(S) (S) althy body re ind all of you (S)	(CC) (Quires a h r connecti (CC)	yes and N/A nealthy c ve tissue N/A	America #1221F onnectiv e with #706H
relai are 06:00:00 You tissu Mira 06:30:00 Star	tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers. Classical Stretch: By Essentrics Connective Tissue r connective tissue surrounds your entire body from the top of your head ue, and a healthy connective tissue requires healthy muscles. Strengther and a Esmonde-White. Wai Lana Yoga Lean On It! (Part 2) nding, lying, or upside down, a wall makes challenging poses easy. The v	allenge of sandwich caregivir APTEX I to the tip of your toes. A he n and stretch every muscle a APTEX	(S) (S) althy body re ind all of you (S)	(CC) (Quires a h r connecti (CC)	yes and N/A nealthy c ve tissue N/A	America #1221F onnectiv e with #706H

Thu, Jun 01, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Finding Hope:	SFPBS	(S)	(CC)	- <u> </u>	#101H
00.00.00	Preventing Disease and Staying Healthy Town Hall	31703	(3)	(00)	IN/A	#10111
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
cons	Stress ss is a word that people throw around when they are feeling overwhelr sequences. Stress in all ages, as well as pandemic-related stress, affer n as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
vacc	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID contin cine. Childhood vaccine rates continue to decrease in certain areas of t reback.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#408H
Lonç	gevity Diet, Bunion surgery device, Hip replacement, Interventional car	diology, Immuno-oncology.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Finding The Light	SFPBS	(S)	(CC)	N/A	#205H
dedi	t can shape our future, hard work and a determined, healthy mindset ca icates her life to helping patients strengthen their mental health and conserver ance and hope make dreams attainable.					
12:00:00						
12.00.00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
	Medical Frontiers Medical Frontiers	APTEX APTEX	(S) (S)	(CC) (CC)	N/A N/A	#136H #137H
12:30:00						
12:30:00 13:00:00 A gri	Medical Frontiers	APTEX NETA	(S) (S)	(CC) (CC)	N/A N/A	#137H #0H
12:30:00 13:00:00 A gri "norr	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia	APTEX NETA	(S) (S)	(CC) (CC)	N/A N/A a calling	#137H #0H
12:30:00 13:00:00 A gri "norn 14:00:00 How	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others.	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex do	(S) (S) s time goes b (S) rives. Also is	(CC) (CC) y he finds (CC)	N/A N/A a calling N/A	#137H #0H g and ne #208H
12:30:00 13:00:00 A gri "norn 14:00:00 How	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay y to get your partner more excited about foreplay, plus what to do wher	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex do	(S) (S) s time goes b (S) rives. Also is	(CC) (CC) y he finds (CC)	N/A N/A a calling N/A	#137H #0H g and ne #208H et that c
12:30:00 13:00:00 A gri "nori 14:00:00 How impr 14:30:00	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay y to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex dr who highlights E-D treatment	(S) (S) s time goes b (S) tives. Also is s	(CC) (CC) y he finds (CC) there a sp	N/A N/A a calling N/A pecial di	#137H #0H g and ne #208H
12:30:00 13:00:00 A gri "nori 14:00:00 How impr 14:30:00	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay of to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert Health Insiders	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex dr who highlights E-D treatment	(S) (S) s time goes b (S) tives. Also is s	(CC) (CC) y he finds (CC) there a sp	N/A N/A a calling N/A pecial di	#137H #0H g and ne #208H et that c
12:30:00 13:00:00 A gri "norr 14:00:00 How impr 14:30:00 Focu 15:00:00 Focu	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay v to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert Health Insiders us: Blue zone, autism, chiropractic care	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex dr who highlights E-D treatment SFPBS SFPBS	(S) (S) s time goes b (S) tives. Also is s (S) (S) Hernandez-R	(CC) (CC) y he finds (CC) there a sp (CC) (CC) (CC) Rey 3. Illeg	N/A N/A a calling N/A pecial di N/A N/A gal Fillers	#137H #0H g and ne #208H et that c #1108F #201H s - Dr.
12:30:00 13:00:00 A gri "nori 14:00:00 How impr 14:30:00 Focu 15:00:00 Focu	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert Health Insiders us: Blue zone, autism, chiropractic care Smartlife us: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex dr who highlights E-D treatment SFPBS SFPBS	(S) (S) s time goes b (S) tives. Also is s (S) (S) Hernandez-R	(CC) (CC) y he finds (CC) there a sp (CC) (CC) (CC) Rey 3. Illeg	N/A N/A a calling N/A pecial di N/A N/A gal Fillers	#137H #0H g and ne #208H et that c #1108F #201H s - Dr.
12:30:00 13:00:00 A gri "nori 14:00:00 How impr 14:30:00 Focu 15:00:00 Focu Johr	Medical Frontiers Joe 238 ieving father must set aside his own beliefs to honor his son Joe's last mal" in Joe's legacy of service to others. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert Health Insiders us: Blue zone, autism, chiropractic care Smartlife us: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility in Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr	APTEX NETA wish to be an organ donor. As SFPBS n you have mismatched sex dr who highlights E-D treatment SFPBS SFPBS Preservation – Dr. Armando r. Alan Bauman 5. Making Foo	(S) (S) s time goes b (S) tives. Also is s (S) (S) Hernandez-R od Taste Goo	(CC) (CC) y he finds (CC) there a sp (CC) (CC) (CC) (CC) Rey 3. Illeg d - Jerom	N/A N/A a calling N/A pecial di N/A N/A gal Fillers e Turner	#137H #0H g and ne #208H et that c #1108F #201H s - Dr.

Thu, Jun 01, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:57:00		SFPBS	(S)	(CC)	- <u> </u>	 #205H
3. As	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2 sk The Expert Segment – Dan Simmons -Hazelden Betty Ford I e Vargas		ornruecha, N	licklaus C		s Hospital
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
	is episode, our "heroes" speak about finding help, inpatient and inalization of mental illness, and youth suicide.	l outpatient therapy, the added stigma	a of racial or	gender di	scrimina	ition, the
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong		( )	( )		
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702F
serv Neve	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio		our population	n become	s more o	diverse.
serv Neve disp	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S.	parities is increasingly important as c us than with the pandemic of COVID	our population -19. This epis	n become sode exar	s more on the state of the stat	diverse. e racial
serv Neve disp	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens	parities is increasingly important as c	our population	n become	s more o	diverse.
serv Neve disp 20:00:00	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl	parities is increasingly important as c us than with the pandemic of COVID NPS	our population -19. This epis (S)	n become sode exar	s more on the state of the stat	diverse. e racial
serv Neve disp 20:00:00	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens	parities is increasingly important as c us than with the pandemic of COVID NPS	our population -19. This epis (S)	n become sode exar	s more on the state of the stat	diverse. e racial
serv Nevd disp 20:00:00 As d	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdo Getting Dot Older	parities is increasingly important as c us than with the pandemic of COVID NPS	our population -19. This epis (S)	n become sode exar	s more o nines the DVI	diverse. e racial
serv Nevo disp 20:00:00 As d 21:30:00 Host Pase	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdo	parities is increasingly important as c us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness.	our population -19. This epis (S) rs. (S) Mission Impo Nalan rides I	n become sode exar (CC) (CC) ossible. In her motor	s more of nines the DVI N/A our Boo cycle in	diverse. e racial #2409 #205H omer
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serv Neve disp 20:00:00 As d 21:30:00 Host Pass and 22:00:00 How	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdo Getting Dot Older Taking Kids to Nature t Roberto Mighty intimately interviews Baby Boomers and invite sion segment, Anthony and Maja take urban kids to the woods. invests in crypto. Judy has very little money, but helps out her g	sparities is increasingly important as of us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness. grown Son. Viewers share revealing a SFPBS o when you have mismatched sex dr	our population -19. This epis (S) rs. (S) Mission Impo Nalan rides I answers to ou (S) ives. Also is	n become sode exar (CC) (CC) osssible. In her motor ur survey. (CC)	s more of nines the DVI N/A our Boo cycle in N/A	diverse. e racial #2409 #205H omer the dese #208H
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serv Neve 20:00:00 As d 21:30:00 Host Pass and 22:00:00 How impr 22:30:00	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdo Getting Dot Older Taking Kids to Nature Roberto Mighty intimately interviews Baby Boomers and invite sion segment, Anthony and Maja take urban kids to the woods. invests in crypto. Judy has very little money, but helps out her g Sex Talk with Dr. Lia Focusing On Foreplay	sparities is increasingly important as of us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness. grown Son. Viewers share revealing a SFPBS o when you have mismatched sex dr	our population -19. This epis (S) rs. (S) Mission Impo Nalan rides I answers to ou (S) ives. Also is	n become sode exar (CC) (CC) osssible. In her motor ur survey. (CC)	s more of nines the DVI N/A our Boo cycle in N/A	diverse. e racial #2409 #205H omer the dese #208H et that ca
serv Neve 20:00:00 As d 21:30:00 Host Pass and 22:00:00 How impr 22:30:00	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdo Getting Dot Older Taking Kids to Nature Roberto Mighty intimately interviews Baby Boomers and invite: sion segment, Anthony and Maja take urban kids to the woods. invests in crypto. Judy has very little money, but helps out her g Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to d ove your love life? And an interview with a men's sexual health Health Insiders	sparities is increasingly important as of us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness. grown Son. Viewers share revealing a SFPBS o when you have mismatched sex dr expert who highlights E-D treatments	our population -19. This epis (S) rs. (S) Mission Impo Nalan rides I answers to ou (S) ives. Also is s (S)	(CC) (CC) (CC) (CC) ossible. In her motor ur survey. (CC) there a s (CC)	s more of nines the DVI N/A our Boo cycle in N/A pecial di	diverse. e racial #2409 #205H omer the dese #208H et that ca
serv Neve disp 20:00:00 As d 21:30:00 Host Pass and 22:00:00 How impr 22:30:00 Focu	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdor Getting Dot Older Taking Kids to Nature Roberto Mighty intimately interviews Baby Boomers and invite sion segment, Anthony and Maja take urban kids to the woods. invests in crypto. Judy has very little money, but helps out her g Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to d ove your love life? And an interview with a men's sexual health Health Insiders us: Blue zone, autism, chiropractic care	sparities is increasingly important as of us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness. grown Son. Viewers share revealing a SFPBS to when you have mismatched sex dr expert who highlights E-D treatments SFPBS	our population -19. This epis (S) Ts. (S) Mission Impo Nalan rides I answers to ou (S) ives. Also is	(CC) (CC) (CC) (CC) ossible. In her motor ur survey. (CC) there a s	s more of nines the DVI N/A our Boo cycle in N/A pecial di N/A	diverse. e racial #2409 #205H omer the deser #208H et that ca #1108H
serv Neve disp 20:00:00 As d 21:30:00 Host Pass and 22:00:00 How impr 22:30:00 Focu	ices and often receive lower-quality care. Addressing health dis er has the disparity in access to healthcare become more obvio arities that exist in health and healthcare in the U.S. Independent Lens Love in the Time of Fentanyl eaths in Vancouver, Canada reach an all-time high, the Overdor Getting Dot Older Taking Kids to Nature Roberto Mighty intimately interviews Baby Boomers and invite sion segment, Anthony and Maja take urban kids to the woods. invests in crypto. Judy has very little money, but helps out her g Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to d ove your love life? And an interview with a men's sexual health Health Insiders us: Blue zone, autism, chiropractic care Doctor Q & A	sparities is increasingly important as of us than with the pandemic of COVID NPS ose Prevention Society opens its door APTEX s viewer participation. Boomer Quiz: Carolyn experiences homelessness. grown Son. Viewers share revealing a SFPBS to when you have mismatched sex dr expert who highlights E-D treatments SFPBS	our population -19. This epis (S) rs. (S) Mission Impo Nalan rides I answers to ou (S) ives. Also is s (S)	(CC) (CC) (CC) (CC) ossible. In her motor ur survey. (CC) there a s (CC)	s more of nines the DVI N/A our Boo cycle in N/A pecial di N/A	diverse. e racial #2409 #205H omer the dese #208H et that ca #1108H

vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	n in-depth descr ncare digital ser	iption of the vices includir	different s	services	
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United States or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and he omen every year. That's more than all cancers combined. But 80% of cardiac and stro e of heart disease in women and how we can lower cardiac risk and death.	art disease and	stroke comb	ined caus	e the de	eath of 1
01:00:00	Health Trends #943 (Heart Help)	SFPBS	(S)	(CC)	N/A	#943H
	out the latest trends that contribute to a healthy life. Focus: Dr. Deepa Sharma & Dr I fibrillation.	. Julio Barcena	discuss hea	art failure,	hyperte	nsion ar
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	iption of the vices includir	different s		includeo
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707
new	ety is the most common mental-health disorder in the United States, affecting nearly research, millennials have become the most anxious generation in history. This epis be treated.					
03:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224
Find	out the latest trends that contribute to a healthy life.					
04:00:00	Staying Healthy (Healthy Lifestyle Cooking)	SFPBS	(S)	(CC)	N/A	#944H
Dise	ase prevention and healthy lifestyle info. Focus: Angie Placeres & Francisco Jou disc thy cooking methods & reading labels.			. ,		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includii	ng teleme		includeo
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707
new	ety is the most common mental-health disorder in the United States, affecting nearly research, millennials have become the most anxious generation in history. This epis be treated.					•
06:00:00	Classical Stretch: By Essentrics Hip & Glute Flexibility	APTEX	(S)	(CC)	N/A	#1222
	n your hips and glutes are not doing their job properly you may feel discomfort through only strengthens, it also stretches these muscles leaving your entire lower body libera			Classical	Stretch	Workou
06:30:00	Wai Lana Yoga Dynamic Combo Rolls	APTEX	(S)	(CC)	N/A	#707H
Turn	upside down, stretch your hamstrings, test your balance, and strengthen your abs a	ll in one fun exe	rcise that co	mbines d	ifferent p	ooses.
07:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Your	r hands make it possible to do all your daily activities but what would you do if even o	ne hand was in	ured or usin	g it was e	xtremely	/ painful

Fri, Jun 02, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	team celebrate the arrival of the maternity home's long-awaited tional as well as medical support. Nurse Crane struggles with the		s a troubled	home life	and nee	eds his
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata ecia areata is a common autoimmune disorder that often result es and is one of the most requested topics from viewers every y		roughly 6.8	million peo	ople in th	ne United
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So man s they can prevent developing memory issues of any kind. There ng at what we can do to keep our brain healthy.					
11:00:00	Flip My Florida Yard The Bell Family - Vero Beach	WUCF	(S)	(N)	N/A	#208H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight n the council sends a letter announcing plans to cut Nonnatus H le cares for an unmarried expectant mother. Petra must move u			o her own	hands.	Nurse
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1001I
Siste	Episode 1 er Julienne and Dr. Turner clash over whether to provide a priva	te care service. A distressing birth ra	ises fears of	another 1	Thalidom	nide case
14:00:00 Eoci	Health Insiders us: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109F
14:30:00 Focu	Health Insiders is: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110F
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Cas y Schechter 4. Autism Overview -CARD Program - Silvia Gil & V					ma - Dr.
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H

16:20:00 Smartlife SFPBS (S) (CC) N/A #306H

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	2023 04/01/2023 - 00/30/	2023		i aye	200 01	557
Fri, Jun 0	02, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
Start				Cap		Lpisou
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Cha	nges in education and the effects of the pandemic have increased anxie nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resea	in Teenagers & Young Adu				
18:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					
cano	cer the word itself strikes fear in the heart. But many new treatments a cers. And while it's not all good news, more reasons exist today to face a how far treatments have come and see what has to happen in the future	cancer diagnosis with hope	e and optimis			
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	081 the term "sandwich generation" was coined to describe a group of A ives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers.					
20:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					
Carp	r hands make it possible to do all your daily activities but what would you bal tunnel, arthritis, and injuries can make doing even simple things impo b your hands healthy.					
21:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	/ID Lost and Learned explores a post pandemic reset through stories of rers through America, for a look at supply lines, education, mental health lobal contributors, each with a unique perspective from their part of the v	, law enforcement and enter				
22:00:00	Research Detectives (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#101H
_	Finding Lost Memory				_	
PBS	earch Detectives is an engrossing new series, developed in partnership and The Health Channel in April. In the first episode titled "Finding Lost inating research neuroscientists are dong to find effective treatments for	Memory," host Trace Domi	nguez gives v			
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep		. /	. ,		
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alonecia Areata		× /	/		

Alopecia Areata

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

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				, age	200 0.	001
Sat, Jun (						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
than one	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	etimes startin	g with a bare	ely noticea	able tren	nor in just
01:00:00	Healthcare Connect #945 (Rehab of Stroke Patients)	SFPBS	(S)	(CC)	N/A	#945H
Focu	is: Dr. Vargas discusses the use of EksoGT in the rehabilitation of stroke patients.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
	Health Trends #1226 (On-Demand Care Tips) David Mishkin discusses the Care On Demand app - Conditions addressed and treated th of Telehealth.	SFPBS I, benefits to p	(S) patients and	(CC) families, a	N/A and conf	#1226H inued
Ū			(=)	()		
04:00:00	Health Trends #946 (Heart and Stroke Risk)	SFPBS	(S)	(CC)	N/A	#946H
	out the latest trends that contribute to a healthy life. Focus: Dr. Michelle Brewster and cise can help with this condition.	Dr. Salman A	li discuss me	etabolic sy	yndrome	and how
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	Heart Disease In Women t Disease is the leading cause of death and disability for women in the United States. Yor women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	pined caus	se the de	eath of 1 ir
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#111H
	Basketball Birds/Looking for Litter					
Alma frien	n Alma and Rafia find a bird's nest in the park's basketball hoop, they recruit their frien a tries to think of a way to protect the nest, even when her friends aren't around. After c ds are surprised to find it full of litter again the next day! Alma and her friends go under n is coming from.	leaning up the	e playground	l, Alma, h	er family	, and
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#111H
	Going Green					
6.0	in Maakanzia and har trianda put a lid an achool trach by inventing a new was far reave	and woourt are	20			

SciGirl Mackenzie and her friends put a lid on school trash by inventing a new use for recycled yogurt cups.

10:34:00

Vida Y Salud

Segment 4

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(S)

(CC) N/A #7804H

SFPBS

Sat, Jun (	)3, 2023 Title					
Start	Subtitle	Distr	ib Stereo	Сар	AS2	Episode
07:00:00	Wild Kratts	PBS	6 (S)	(CC)	N/A	#404H
pang scale	Pangolin Rescue discovering a pangolin and its amazingly unique keratin scales golins in their forest are in trouble! The gang responds, uncovering s. The Wild Kratts must tap into the real power of the pangolin's nce Concept: Specialization for Defence.	ng Chef Gourmand Gaston's lat	est plan to mak	e Smoothie	s using	pangolin
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NET	A (S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPE	S (S)	(CC)	N/A	#7601H
	eeping with the Health Channel's spirit of innovative programmin v (with English subtitles) featuring groundbreaking medical breal					
08:13:00	Vida Y Salud Segment 2	SFPE	3S (S)	(CC)	N/A	#7602H
08:24:00	Vida Y Salud Segment 3	SFPE	S (S)	(CC)	N/A	#7603H
08:35:00	Vida Y Salud Segment 4	SFPE	3S (S)	(CC)	N/A	#7604H
08:47:00	Vida Y Salud Segment 5	SFPE	3S (S)	(CC)	N/A	#7605H
08:58:00	Vida Y Salud Segment 6	SFPE	3S (S)	(CC)	N/A	#7606H
09:10:00	Vida Y Salud Segment 7	SFPE	3S (S)	(CC)	N/A	#7607H
09:22:00	Vida Y Salud Segment 8	SFPE	3S (S)	(CC)	N/A	#7608H
09:34:00	Vida Y Salud Segment 9	SFPE	3S (S)	(CC)	N/A	#7609H
09:46:00	Vida Y Salud Segment 10	SFPE	3S (S)	(CC)	N/A	#7610H
10:00:00	Vida Y Salud Segment 1	SFPE	S (S)	(CC)	N/A	#7801H
	eeping with the Health Channel's spirit of innovative programmin v (with English subtitles) featuring groundbreaking medical breat					
10:13:00	Vida Y Salud Segment 2	SFPE	3S (S)	(CC)	N/A	#7802H
10:23:00	Vida Y Salud Segment 3	SFPE	S (S)	(CC)	N/A	#7803H

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Sat, Jun 03, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
10:55:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7806H
	Segment 6					
11:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
11:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
12:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
dem	munication throughout cancer care is increasingly important but little understoo onstrates the power of communicating about illness, a medical team's sustained					
	possibilities for improving patient outcomes. This documentary is designed to ra rse fields of education, and stimulate critical discussions about the ongoing nee ase.	lise public awareness d for enhanced health	s, provide an n communica	innovativ ation wher	e resour n facing	ce acros illness a
dive dise 14:00:00 Spe	rse fields of education, and stimulate critical discussions about the ongoing neer ase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo	ise public awareness d for enhanced health SFPBS	s, provide an communica (S)	innovativ ation when (CC)	e resour n facing N/A	rce acros illness a #207H
dive dise 14:00:00 Spe to pi	rse fields of education, and stimulate critical discussions about the ongoing need ase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections.	ise public awareness d for enhanced health SFPBS oosters really work an	s, provide an n communica (S) d an intervie	innovativ ation wher (CC) w with an	e resour n facing N/A expert a	rce acros illness ar #207H about wa
dive dise 14:00:00 Spe to pi 14:30:00	rse fields of education, and stimulate critical discussions about the ongoing neer ase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo	ise public awareness d for enhanced health SFPBS	s, provide an communica (S)	innovativ ation when (CC)	e resour n facing N/A	rce acros illness ar #207H
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dive dise 14:00:00 Spe to pi 14:30:00 Focu 15:00:00 1st I Way Bad	rse fields of education, and stimulate critical discussions about the ongoing need ase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections. Health Insiders us: Chiropractic care, certifications, PPD Smartlife nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Cov rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to F	ise public awareness d for enhanced health SFPBS bosters really work an SFPBS SFPBS id 19, Nutrition & Exe	s, provide an communica (S) d an intervie (S) (S) ercise, Fillers	innovativ ation when (CC) w with an (CC) (CC) vs Face	e resour n facing N/A expert a N/A N/A Creams	rce acros illness a #207H about wa #1106F #2201F , Healthy ain Q & A
dive dise 14:00:00 Spe to pr 14:30:00 Foct 15:00:00 1st H Way Bad 15:14:00	rse fields of education, and stimulate critical discussions about the ongoing need ase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections. Health Insiders us: Chiropractic care, certifications, PPD Smartlife nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Cov rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to F Habits that Wreck Your Teeth	ise public awareness d for enhanced health SFPBS oosters really work an SFPBS SFPBS id 19, Nutrition & Exe Prevent & Treat Tech	s, provide an (S) d an intervie (S) (S) ercise, Fillers Neck, Endor	innovativ (CC) w with an (CC) (CC) vs Face metriosis,	e resour n facing N/A expert a N/A N/A Creams, Back Pa	rce acros illness ar #207H about wa #1106F #2201F , Healthy ain Q & A #2202F
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dive dise 14:00:00 Spe to pr 14:30:00 Foct 15:00:00 15:00:00 15:14:00 15:29:00 15:48:00 15:59:00	rse fields of education, and stimulate critical discussions about the ongoing needase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections. Health Insiders us: Chiropractic care, certifications, PPD Smartlife nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Cov rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to P Habits that Wreck Your Teeth Smartlife Smartlife Smartlife Smartlife	itise public awareness d for enhanced health SFPBS bosters really work an SFPBS id 19, Nutrition & Exe Prevent & Treat Tech SFPBS SFPBS SFPBS SFPBS	s, provide an (S) d an intervie (S) (S) ercise, Fillers Neck, Endor (S) (S) (S) (S)	innovativ (CC) w with an (CC) (CC) vs Face metriosis, (CC) (CC) (CC) (CC)	e resour n facing N/A e expert a N/A N/A N/A N/A N/A N/A	rce acros illness ar #207H about wa #1106F #2201F #2202F #2202F #2203F #2204F #2205F
dive dise 14:00:00 Spe to pi 14:30:00 Focu 15:00:00 15:00:00 15:14:00 15:29:00 15:48:00 15:59:00	rse fields of education, and stimulate critical discussions about the ongoing needase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone be rotect yourself from sexually transmitted infections. Health Insiders us: Chiropractic care, certifications, PPD Smartlife nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Cov is to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to F Habits that Wreck Your Teeth Smartlife Smartlife Smartlife	itise public awareness d for enhanced health SFPBS bosters really work an SFPBS id 19, Nutrition & Exe Prevent & Treat Tech SFPBS SFPBS SFPBS SFPBS	s, provide an (S) d an intervie (S) (S) ercise, Fillers Neck, Endor (S) (S) (S) (S)	innovativ (CC) w with an (CC) (CC) vs Face metriosis, (CC) (CC) (CC) (CC)	e resour n facing N/A e expert a N/A N/A N/A N/A N/A N/A	rce acros illness ar #207H about wa #1106F #2201F #2202F #2202F #2203F #2204F #2205F
dive dise 14:00:00 Spe to pi 14:30:00 Focu 15:00:00 15:00:00 15:14:00 15:29:00 15:48:00 15:59:00	rse fields of education, and stimulate critical discussions about the ongoing needase. Sex Talk with Dr. Lia Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections. Health Insiders us: Chiropractic care, certifications, PPD Smartlife nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Cov rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to P Habits that Wreck Your Teeth Smartlife Smartlife Smartlife Smartlife	itise public awareness d for enhanced health SFPBS bosters really work an SFPBS id 19, Nutrition & Exe Prevent & Treat Tech SFPBS SFPBS SFPBS SFPBS	s, provide an (S) d an intervie (S) (S) ercise, Fillers Neck, Endor (S) (S) (S) (S)	innovativ (CC) w with an (CC) (CC) vs Face metriosis, (CC) (CC) (CC) (CC)	e resour n facing N/A e expert a N/A N/A N/A N/A N/A N/A	rce acros illness ar #207H about wa #1106F #2201F #2202F #2202F #2203F #2204F #2205F

Sat, Jun 03, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					
Carp	hands make it possible to do all your daily activities but what would you do if even on bal tunnel, arthritis, and injuries can make doing even simple things impossible but the your hands healthy.					
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#206H
	Doug The Pug					
uplif and	way to healing can take on different forms. Little 7 year old Leonor, was suffering from ing project to give her hope. What better medicine than an endearing song that was c a ridiculously cute and famous dog named Doug the Pug. This episode of Hope is Her ig individuals came together to give a little girl a world of hope to carry on.	reated from Le	nore and he	r sister Do	ot's imag	gination
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#208H
	The Bell Family - Vero Beach					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety					
new	ety is the most common mental-health disorder in the United States, affecting nearly c research, millennials have become the most anxious generation in history. This episo be treated.					
20:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
0	Finding Answers to Cancer					
cano	cer the word itself strikes fear in the heart. But many new treatments and therapies a ers. And while it's not all good news, more reasons exist today to face a cancer diagn how far treatments have come and see what has to happen in the future to successful	osis with hope	and optimis			
	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
22:00:00	Exercises for Better Sex					
22:00:00 Spee						
22:00:00 Spec to pr	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone boosters					
22:00:00 Spea to pr 22:30:00	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone boosters otect yourself from sexually transmitted infections.	really work ar	nd an intervie	w with an	expert :	about way
22:00:00 Spea to pr 22:30:00 Focu	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone boosters otect yourself from sexually transmitted infections. Health Insiders	really work ar	nd an intervie	w with an	expert :	about wa
22:00:00 Spea to pr 22:30:00	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone boosters otect yourself from sexually transmitted infections. Health Insiders is: Chiropractic care, certifications, PPD	really work ar	nd an intervie (S)	w with an (CC)	n expert a	about way #1106H
22:00:00 Spea to pr 22:30:00 Focu	Exercises for Better Sex cific exercises that can improve your sex life. Plus which natural testosterone boosters otect yourself from sexually transmitted infections. Health Insiders as: Chiropractic care, certifications, PPD Doctor Q & A	really work ar	nd an intervie (S)	w with an (CC)	n expert a	about way #1106H

The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.

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Sun, Jun						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	– <u> </u>	 #0Н
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthe sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	ription of the vices includi	different s		included in
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the o	ist cancer is the most common cancer among women worldwide, and this diagnosis national and psychological challenges, as well. It is something no one wants to face alor diagnosis, and their support can be crucial to recovery. The couple goes through cancer Spouse."	ne. The spouse	of the canc	er patient	feels the	e impact of
01:00:00	Heart Health #938 (A-Fib Update)	SFPBS	(S)	(CC)	N/A	#938H
Focu	us: Dr. Jose Martel discusses trends in cardiac electrophysiology and atrial fibrillation.		. ,	<b>、</b>		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthe sultations, emotional advice, second-opinion consultations, as well as a number of tool	in-depth desci care digital ser	ription of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more the gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss.	nan 60% of wo	men. The da	amage to I	health is	
03:00:00	Health Trends #1229 (Cerebral Palsy Update)	SFPBS	(S)	(CC)	N/A	#1229H
Dr. l	ucinda Arenas discusses rehabilitation treatment for patients with cerebral palsy.					
04:00:00	Heart Health (Vein Disease)	SFPBS	(S)	(CC)	N/A	#940H
Focu	us: Dr. Reagan Ross discusses endovascular surgery advancements.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthe sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different i episode discusses the challenges and solutions for sustained weight loss.	nan 60% of wo	men. The da	amage to I	health is	
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#138H
	Trick Or Treatasaurus/The Haunted Hallway					
frigh	n Junior accidentally ruins his dinosaur Halloween costume, Alma, Mami, and T'a Glo t-night delight. It's Halloween at the community center, and Alma, Rafia, and Lucas ar when Alma decides that she wants to make the Hallway even spookier than before, pe	e determined t	o have the b	est Haunt		
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#112H
	Star Power					
SciO	Sirls Avianna and Miranda help cut light pollution in their neighborhood.					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#510H
	City Hoppers!					
Whil	e Aviva and Koki help two Wild Kratt kids make a catapult. Chris and Martin explore th	ne world of ara	sshoppers.	Thev soon	realize	that these

While Aviva and Koki help two Wild Kratt kids make a catapult, Chris and Martin explore the world of grasshoppers. They soon realize that these mighty jumpers were really the first catapulters and the Kratt Brothers set off on a creature adventure to learn everything they can about the grasshopper's amazing jumping powers. Science Concept: How levers and catapults work.

Sun, Jun 04, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
08:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
08:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H
08:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H
09:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
09:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, Jun 04, 2023

	Title		<b>C</b> :	~		<b>_</b> .
Start	Subtitle	Distrib	Stereo	Сар	<u>AS2</u>	Episod
11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1608H
	Segment 8					
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
	ocyment o					
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1610 <b>⊢</b>
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
Whe	Episode Eight In the council sends a letter announcing plans to cut Nonna	tus House's funding. Sister Julienne tak	es matters int	o her own	hands.	Nurse
	e cares for an unmarried expectant mother. Petra must mo					
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1001H
Sict	Episode 1	orivato caro sonvico. A distrossina birth	raises fears of	anothor T	balidom	nido cosc
31516	er Julienne and Dr. Turner clash over whether to provide a p	private care service. A distressing birtin	alses lears of	anouner i	nanuon	
14:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor					
raisi	y Bennett Taylor and her husband Miles were newlyweds w ng a family Emily received the news that she had stage 4 lu rmination to live life to its fullest while fighting for the chance	ing cancer. She and her husband recall	their cancer jo			
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1107ŀ
	Health Insiders us: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107F
		SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1107F #101H
Focu 15:00:00 Focu 3. U	us: Running, autoimmune disease, addiction	SFPBS porah Longwill 2. Horse therapy to work	(S) through relation	(CC) onships - I	N/A Dr. Shell	#101H ley Gree
Focu 15:00:00 Focu 3. U Diab	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb nderstanding Addiction - Dan Simmons (Hazelden Naples F	SFPBS porah Longwill 2. Horse therapy to work	(S) through relation	(CC) onships - I	N/A Dr. Shell	ley Gree
Focu 15:00:00 Focu 3. U Diab 15:14:00	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb nderstanding Addiction - Dan Simmons (Hazelden Naples F betes- Charles Mattocks	SFPBS borah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept	(S) through relation . Cpt. Patrick	(CC) onships - I Bayne 5. I	N/A Dr. Shell Helping	#101H ley Gree Others v
Focu 15:00:00 Focu 3. U Diab 15:14:00 15:25:00	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F ietes- Charles Mattocks Smartlife	SFPBS oorah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS	(S) through relation . Cpt. Patrick (S)	(CC) onships - I Bayne 5. I (CC)	N/A Dr. Shell Helping N/A	#101H ley Gree Others v #102H #103H
Focu 15:00:00 Focu 3. U	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb nderstanding Addiction - Dan Simmons (Hazelden Naples F betes- Charles Mattocks Smartlife Smartlife	SFPBS borah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS	(S) through relation . Cpt. Patrick (S) (S)	(CC) onships - I Bayne 5. I (CC) (CC)	N/A Dr. Shell Helping N/A N/A	#101H ley Gree Others v #102H #103H #104H
Focu 15:00:00 Focu 3. U Diate 15:14:00 15:25:00 15:45:00 15:58:00 Focu Rela	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F ietes- Charles Mattocks Smartlife Smartlife Smartlife	SFPBS porah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS SFPBS SFPBS Artery Disease & Leg Pain - Dr. Bernie F	(S) through relation . Cpt. Patrick (S) (S) (S) (S) Ternandez 3. S	(CC) onships - I Bayne 5. I (CC) (CC) (CC) (CC) Social Mec	N/A Dr. Shell Helping N/A N/A N/A N/A dia and	#101H ley Gree Others v #102H #103H #104H #105H
Focu 15:00:00 Focu 3. U Diate 15:14:00 15:25:00 15:45:00 15:58:00 Focu Rela	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F ietes- Charles Mattocks Smartlife Smartlife Smartlife us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral A tionships - Paula Levine, PhD 4. Ask the Expert Segment -	SFPBS porah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS SFPBS SFPBS Artery Disease & Leg Pain - Dr. Bernie F	(S) through relation . Cpt. Patrick (S) (S) (S) (S) Ternandez 3. S	(CC) onships - I Bayne 5. I (CC) (CC) (CC) (CC) Social Mec	N/A Dr. Shell Helping N/A N/A N/A N/A dia and	#101H ley Gree Others v #102H #103H #104H #105H Snack -
Focu 15:00:00 Focu 3. U Diate 15:14:00 15:25:00 15:45:00 15:58:00 Focu Rela Sand	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F ietes- Charles Mattocks Smartlife Smartlife Smartlife us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral A tionships - Paula Levine, PhD 4. Ask the Expert Segment - di Glandt	SFPBS borah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS SFPBS SFPBS Artery Disease & Leg Pain - Dr. Bernie F Dr. Frederick Chaleff and Jerome Turn	(S) through relation . Cpt. Patrick (S) (S) (S) (S) Fernandez 3. S er 5. Healthy <i>i</i>	(CC) onships - I Bayne 5. I (CC) (CC) (CC) (CC) Social Mec After-Hour	N/A Dr. Shell Helping N/A N/A N/A N/A dia and School	#101H ley Gree Others v #102H #103H #104H #105H Snack - #106H
Focu 15:00:00 Focu 3. U Diab 15:14:00 15:25:00 15:45:00 15:58:00 Focu Rela Sanu 16:08:00	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F betes- Charles Mattocks Smartlife Smartlife Smartlife us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral A tionships - Paula Levine, PhD 4. Ask the Expert Segment - di Glandt Smartlife	SFPBS borah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS SFPBS Artery Disease & Leg Pain - Dr. Bernie F Dr. Frederick Chaleff and Jerome Turn SFPBS	(S) through relation . Cpt. Patrick (S) (S) (S) Fernandez 3. S er 5. Healthy 7 (S)	(CC) onships - I Bayne 5. I (CC) (CC) (CC) (CC) Social Mec After-Hour (CC)	N/A Dr. Shell Helping N/A N/A N/A dia and School N/A	#101H ley Gree Others v #102H #103H #104H #105H
Focu 15:00:00 Focu 3. U Diab 15:14:00 15:25:00 15:45:00 15:58:00 Focu Rela Sanu 16:08:00 16:20:00	us: Running, autoimmune disease, addiction Smartlife us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deb inderstanding Addiction - Dan Simmons (Hazelden Naples F betes- Charles Mattocks Smartlife Smartlife Smartlife us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral A tionships - Paula Levine, PhD 4. Ask the Expert Segment - di Glandt Smartlife Smartlife	SFPBS borah Longwill 2. Horse therapy to work Foundation) 4. CPR Training - Fire Dept SFPBS SFPBS SFPBS Artery Disease & Leg Pain - Dr. Bernie F Dr. Frederick Chaleff and Jerome Turn SFPBS SFPBS	(S) through relation . Cpt. Patrick (S) (S) (S) (S) Fernandez 3. S er 5. Healthy of (S) (S)	(CC) onships - I Bayne 5. H (CC) (CC) (CC) Social Mec After-Hour (CC) (CC)	N/A Dr. Shell Helping N/A N/A N/A dia and School N/A N/A	#101H ley Gree Others v #102H #103H #104H #105H Snack - #106H #107H

The Storm, the first two-hour episode of Hiding in Plain Sight, focuses on the lived experience of more than twenty young people with mental health challenges, along with the observations and insights of families, providers, and advocates.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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#### Sun, Jun 04, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Growing Bolder Move Forward. Give Back.	APTEX	(S)	(CC)	N/A	#801H

Many times, it's the hard turns we take in life that provide the greatest lessons and lead us to create projects of passion and purpose. At one point in her journey, Stephanie Bowman was homeless and had lost custody of her children. Once she was clean and sober, she founded One Heart for Women and Children to ensure that other women had the resources she did not. Plus, veteran David Williams was homeless for 14 years. Now, as a homeless ambassador for the City of Orlando, he shows others their lives can change for the better. At 100 years of age, Dr Loretta Ford is truly a Rock Star of Aging as she continues to support the occupation she co-founded in 1965 - nurse practitioners.

20:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					

Cancer-- the word itself strikes fear in the heart. But many new treatments and therapies are available to manage, or even cure, many different cancers. And while it's not all good news, more reasons exist today to face a cancer diagnosis with hope and optimism. In this Town Hall, we will see how far treatments have come and see what has to happen in the future to successfully battle cancer.

21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H

How to get your partner more excited about foreplay, plus what to do when you have mismatched sex drives. Also is there a special diet that can improve your love life? And an interview with a men's sexual health expert who highlights E-D treatments

22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1108H
Focu	us: Blue zone, autism, chiropractic care					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H

Racial Disparities In Health

All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

Mon, Jun 05, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital se	rvices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long t-COVID symptoms.	-term health effects of the p	eople who are	e suffering	g from de	ebilitating
01:00:00	Maternity Care (Pregnancy Care)	SFPBS	(S)	(CC)	N/A	#941H
Focu	us: Dr. Robert Feldman has an update on the latest in maternity care.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital se	rvices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of A tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers.					
03:00:00	Mental Health #1231 (Mental Health Help)	SFPBS	(S)	(CC)	N/A	#1231H
Heat	ther Winters and Demian Laudisio discuss Mental Health. Focus: First A	Aid.				
04:00:00	Kids & Teens #942 (10 Common Pediatric Er Visits)	SFPBS	(S)	(CC)	N/A	#942H
Focu	us: Dr. Mendoza discusses the top 10 most common reasons for Pediat	ric ER visits.		, , ,		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital se	rvices includi	ng teleme		includeo
05:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of A tives at the same time. Today, millions of families are facing the dual cha having children later. This episode focuses on these caregivers.	Americans who are caring fo allenge of sandwich caregivi	r children unc ng as the pop	ler the age oulation aç	e of 18 a ges and	nd older America
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1223I
Toda	Classical Stretch: By Essentrics Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view lassical Stretch that decompresses your vertebrae and stretches your s	vs of the Caribbean sea. Joir		· · ·		
Toda	Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view	vs of the Caribbean sea. Joir		· · ·		in episo
Toda of Cl 06:30:00 This	Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view lassical Stretch that decompresses your vertebrae and stretches your s Wai Lana Yoga	rs of the Caribbean sea. Joir pine. APTEX	n Miranda Esr (S)	monde-Wl (CC)	hite for a N/A	in episo #708H
Toda of Cl 06:30:00 This	Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view lassical Stretch that decompresses your vertebrae and stretches your sp Wai Lana Yoga Ease Into It! seven-stage forward bend will ease your hamstrings to their maximum	rs of the Caribbean sea. Joir pine. APTEX	n Miranda Esr (S)	monde-Wl (CC)	hite for a N/A	in episoo #708H
Toda of Cl 06:30:00 This benc 07:00:00 COV view	Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view lassical Stretch that decompresses your vertebrae and stretches your sp Wai Lana Yoga Ease Into It! s seven-stage forward bend will ease your hamstrings to their maximum d and twist.	rs of the Caribbean sea. Joir pine. APTEX length. Then rest your legs a NETA floss, lessons and looking fo h, law enforcement and ente	Niranda Esr (S) as you focus (S) prward. Three	monde-Wi (CC) on your to (CC) • US-base	hite for a N/A orso with N/A d hosts t	#708H a side #0H take
Toda of Cl 06:30:00 This benc 07:00:00 COV view	Stretch Your Spine ay's episode is set on the patio of a stunning villa with breathtaking view lassical Stretch that decompresses your vertebrae and stretches your sp Wai Lana Yoga Ease Into It! s seven-stage forward bend will ease your hamstrings to their maximum d and twist. Covid Lost and Learned /ID Lost and Learned explores a post pandemic reset through stories of yers through America, for a look at supply lines, education, mental health	rs of the Caribbean sea. Joir pine. APTEX length. Then rest your legs a NETA floss, lessons and looking fo h, law enforcement and ente	Niranda Esr (S) as you focus (S) prward. Three	monde-Wi (CC) on your to (CC) • US-base	hite for a N/A orso with N/A d hosts t	#708H a side #0H take

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Mon, Jun 05, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	Racial Disparities In Health cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic min ces and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	iorities are les mportant as c	ss likely to re	ceive pre n become	ventive h s more o	nealth diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
othe cost	Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the word Alzheir word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their low uses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come wi	th a tren	nendous
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1001H
Siste	Episode 1 r Julienne and Dr. Turner clash over whether to provide a private care service. A distre	essing birth ra	ises fears of	another 7	halidom	ide case.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
	Episode 2 r Frances finds herself in a tricky situation when a pregnant woman confides in her. Tri y. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbli		d by her sude	den admit	tance to	the Lady
14:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#106H
seco neve	Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, a clos nd child. Yet within months of giving birth Lisa was told the devasting news; she had st r smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full ac stating cancer.	age 4 lung ca	ancer. For an	athletic,	young w	oman who
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1114H
Focu	s: Autism, brain cancer, skin care					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	s: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER Iren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa		Johnson 3. S	Scoliosis i	n Teens	- Nicklaus
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H

Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PHd 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castrellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa

Mon, Jun 05, 2023

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Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Smartlife	SFPBS	(S)	(CC)	N/A	#406H
Smartlife	SFPBS	(S)	(CC)	N/A	#407H
Smartlife	SFPBS	(S)	(CC)	N/A	#408H
Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
	Subtitle         Smartlife         Smartlife         Smartlife         Finding Hope-Town Hall         Managing The Mental Health Crisis Town Hall         Finding Hope-Town Hall         Monaging The Mental Health Crisis Town Hall         Doctor Q & A         All About Your Skin         Second Opinion with Joan Lunden	SubtitleDistribSmartlifeSFPBSSmartlifeSFPBSSmartlifeSFPBSSmartlifeSFPBSFinding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBSFinding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBSDoctor Q & A All About Your SkinNETASecond Opinion with Joan LundenAPTEX	SubtitleDistribStereoSmartlifeSFPBS(S)SmartlifeSFPBS(S)SmartlifeSFPBS(S)SmartlifeSFPBS(S)Finding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)Finding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)Cotor Q & A All About Your SkinNETA(S)Second Opinion with Joan LundenAPTEX(S)	SubtitleDistribStereoCapSmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)Finding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)(CC)Finding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)(CC)Doctor Q & A All About Your SkinNETA(S)(CC)Second Opinion with Joan LundenAPTEX(S)(CC)	SubtitleDistribStereoCapAS2SmartlifeSFPBS(S)(CC)N/ASmartlifeSFPBS(S)(CC)N/ASmartlifeSFPBS(S)(CC)N/ASmartlifeSFPBS(S)(CC)N/AFinding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)(CC)N/AFinding Hope-Town Hall Managing The Mental Health Crisis Town HallSFPBS(S)(CC)N/ADoctor Q & A All About Your SkinNETA(S)(CC)N/ASecond Opinion with Joan LundenAPTEX(S)(CC)N/A

one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

20:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

21:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					

Cancer-- the word itself strikes fear in the heart. But many new treatments and therapies are available to manage, or even cure, many different cancers. And while it's not all good news, more reasons exist today to face a cancer diagnosis with hope and optimism. In this Town Hall, we will see how far treatments have come and see what has to happen in the future to successfully battle cancer.

22:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#106H	
	Lie Driver						

Lisa Briggs

Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the devasting news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.

22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H

Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

Tue, Jun 06, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	ices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complicat r high-income countries in the world. And behind these statistics lie startling racial di ien of color.					
01:00:00	Dermatology (Skin-Care Help)	SFPBS	(S)	(CC)	N/A	#947H
	us: Monica Ponce shares advice and information about the best treatments and care superficial to the in-depth. Monica Ponce, PA (Sunset Dermatology)	e of diseases dea	ling with the	skin, nail	s, and h	air, from
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	ices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United State or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and he omen every year. That's more than all cancers combined. But 80% of cardiac and str e of heart disease in women and how we can lower cardiac risk and death.	eart disease and	stroke comb	ined caus	se the de	eath of 1 ir
03:00:00	Healthy Living #1250 (Aging Throat Issues)	SFPBS	(S)	(CC)	N/A	#1250H
Henr	ry Guzman and Dr. Vivero discuss swallowing difficulties with aging in support of Be	tter Hearing and	Speech Mor	nth.		
04:00:00	Living Well #949 (Endocrinology Tips)	SFPBS	(S)	(CC)	N/A	#949H
Expe	erts tell you how to live well. Focus: Dr. Lara Paraskos discusses adrenal glands, os	teoporosis and p	ituitary glano	ds.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	ices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and he omen every year. That's more than all cancers combined. But 80% of cardiac and str e of heart disease in women and how we can lower cardiac risk and death.	eart disease and	stroke comb	ined caus	se the de	eath of 1 ir
06:00:00	Classical Stretch: By Essentrics Upper Body Pain Relief	APTEX	(S)	(CC)	N/A	#1224H
	elieve upper body pain you must stretch and strengthen every muscle in your body. aica liberates your entire body while focusing on your shoulders, back, and neck - le				lontego	Bay,
06:30:00	Wai Lana Yoga Perfect Posture	APTEX	(S)	(CC)	N/A	#709H
Wai	Lana shows you a series of poses to loosen the shoulders and open the chest, mak	ing good posture	a breeze.			
07:00:00	Happy Yoga with Sarah Starr Pebble Shore	NETA	(S)	(CC)	N/A	#706
Deel	Pebble Shore					

Recharge along the pebble beach at sunset with an energizing flow practice as we focus on increasing lower body mobility while strengthening your core, hips, glutes and more.

Tue, Jun 06, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	VID Lost and Learned explores a post pandemic reset through stories of loss, vers through America, for a look at supply lines, education, mental health, law global contributors, each with a unique perspective from their part of the world	enforcement and enter				
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
10:00:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	ennials were born between the years 1981 and 1996. At 73 million, they are the y make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before the ermine the overall health of America. This episode discusses the issue of Mille	ey are also the least heal them. How their health p	Ithy generation	on in rece	ent times	and the
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stage	Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and w 163 million adults in the U.S. are overweight or obese - two thirds of men, an gering, but people still struggle every day to drop the pounds. Everyone has episode discusses the challenges and solutions for sustained weight loss.	nd more than 60% of wo	men. The da	mage to h	nealth is	
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#409H
Hair	r transplant, Stress & self-confidence, Knee replacement, opioids w/o respirat	ory suppression, Addict	ion.			
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug	SFPBS	(S)	(CC)	N/A	#206H
uplift and	way to healing can take on different forms. Little 7 year old Leonor, was suffer fting project to give her hope. What better medicine than an endearing song the a ridiculously cute and famous dog named Doug the Pug. This episode of Ho ng individuals came together to give a little girl a world of hope to carry on.	hat was created from Le	nore and he	r sister Do	ot's imag	ination
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
13:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	v to get your partner more excited about foreplay, plus what to do when you h rove your love life? And an interview with a men's sexual health expert who h			there a s	pecial di	et that c
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1115F
	us: Chronic disease, knee replacement, mental crisis					
	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
Focu 15:00:00 Focu	Smartlife us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood O derick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bac	besity - Dr. Scarlet Con	stant 3. Wom	. ,		

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Tue, Jun 06, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therap z-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is	<b>,</b>		0		eana
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	/ID Lost and Learned explores a post pandemic reset through stories rers through America, for a look at supply lines, education, mental he lobal contributors, each with a unique perspective from their part of the	alth, law enforcement and enterl	ward. Three	US-based		
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#210
	The Henley Family - Coral Springs					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence	SFPBS	(S)	(CC)	N/A	#207H
chall	ents raise their children to ultimately achieve their independence. Yet lenges for parents of children with special needs. Hope is Here focus is going to great lengths to empower individuals with intellectual disa	ses on a family, a very special for	undation and	d a Florida	a hospita	
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
Brea	The Cancer Spouse ast cancer is the most common cancer among women worldwide, and	this diagnosis not only brings n	hysical chal	lenges hi	ıt sianifi	cant
emot the d	tional and psychological challenges, as well. It is something no one v diagnosis, and their support can be crucial to recovery. The couple go cer Spouse."	wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
20:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plagı Takir	takes for someone to become dependent on opioids is seven days of uing the United States. 7 DAYS is an empathic, delicate look at some ng a macro perspective on the issue, the film explores how addiction underserved.	e of the individuals who have be	come the fac	ce of this r	national	tragedy.
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
demo and	munication throughout cancer care is increasingly important but little onstrates the power of communicating about illness, a medical team possibilities for improving patient outcomes. This documentary is des rse fields of education, and stimulate critical discussions about the or ase.	's sustained ability to rely on con signed to raise public awareness	nmunication , provide an	when pro innovativ	viding q e resoui	ce across
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#208H
	Focusing On Foreplay					
	to get your partner more excited about foreplay, plus what to do whe ove your love life? And an interview with a men's sexual health expe			there a s	pecial di	et that car
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1115H
	is: Chronic disease, knee replacement, mental crisis		. /	. /		

Focus: Chronic disease, knee replacement, mental crisis

Tue, Jun 06, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

Wed, Jun 07, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital service	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great a effective and can drastically increase the life expectancy of the pa		non procedu	re. This p	rocedure	e is 94-
01:00:00	Healthy Living #950 (Exercise Training Tips)	SFPBS	(S)	(CC)	N/A	#950H
	ical experts share the essential factors of a healthy lifestyle. Focus nod and motivational strategies to help you stick to your training an		aldi discuss	the gyroto	onic train	ing
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital service	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	kinson's Disease is the fastest growing neurological disorder in the six million people worldwide. The symptoms generally develop slo hand. While tremors are common in Parkinson's, the disease progr tments of Parkinson's Disease, and the search for a cure.	wly over years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
03:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224H
Find	out the latest trends that contribute to a healthy life.					
04:00:00	Staying Healthy (Breast Implant Issues)	SFPBS	(S)	(CC)	N/A	#951H
	ease prevention and healthy lifestyle info. Focus: News Anchor Jen ggles she faced, the recovery process and what she has learned from		with her bre	east impla	ints rem	oval, the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, preser subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital service	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	kinson's Disease is the fastest growing neurological disorder in the six million people worldwide. The symptoms generally develop slo hand. While tremors are common in Parkinson's, the disease progr tments of Parkinson's Disease, and the search for a cure.	wly over years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1225H
	Balance ay's episode of Classical Stretch challenges your balance. Join Mira improves your balance.	anda Esmonde-White for a full bo	dy workout tl	nat streng	thens yo	our core
06:30:00	Wai Lana Yoga Threaded Twist	APTEX	(S)	(CC)	N/A	#710H
	eading your arm through your leg gives you stability and leverage for dstand, and deep relaxation.	or a great spinal twist. Round out t	he session v	vith an en	ergizing	breath,
	7 Davies The Origin Origin		(0)	(00)		#011
07:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H

plaguing the United States. 7 DAYS is an empathic, delicate look at some of the individuals who have become the face of this national tragedy. Taking a macro perspective on the issue, the film explores how addiction is rarely a choice, but a vicious cycle that preys on the disenfranchised and underserved.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
8:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight In the council sends a letter announcing plans to cut Nonnatus House's to ne cares for an unmarried expectant mother. Petra must move up her we			o her own	hands.	Nurse
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
relat	Caregiving: The Sandwich Generation 081 the term "sandwich generation" was coined to describe a group of A ives at the same time. Today, millions of families are facing the dual cha naving children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707F
new	ety is the most common mental-health disorder in the United States, affer research, millennials have become the most anxious generation in histo be treated.					
1:00:00	Conscious Living The Many Faces of the Divine	NETA	(S)	(CC)	N/A	#103H
litter rock	itation and uplifting vegetarian cuisine. Then, we're back in the jungles of its land and temples. Sometimes nature provides the best religious exp s of Sedona, Arizona that's literally been touched by angels. Finally, we verted monastery with a mission to provide an inclusive, non-denomination	eriences, so we visit a healin find a moment of calm outsic	g retreat tuc le the bustle	ked into the of New Y	ne majes ork City	stic red
11:30:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private care s	service. A distressing birth ra	ises fears of	another T	halidom	ide case
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
	er Frances finds herself in a tricky situation when a pregnant woman con y. Cyril helps an evicted family find shelter. Sister Julienne's new ventur		d by her sude	den admit	tance to	the Lad
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Lisa Briggs	SFPBS	(S)	(CC)	N/A	#106H
seco neve	can be full of hope and dreams. Lisa Briggs was enjoying a successful bond child. Yet within months of giving birth Lisa was told the devasting near smoked, the diagnosis seemed unreal. After the shock wore off, Lisa vastating cancer.	ews; she had stage 4 lung ca	ncer. For an	athletic, y	oung w	oman w
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117
Focu	us: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
Foci	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for					
with	Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tan lates Reformer - Ginelle Ruffa	iya Palion, PA 5. Recovery a	inter surgery	- Matt Pao	ck, pers	onal trai

Wed, Jun 07, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	us: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and S ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blar		er 3. Meditatio	on - Leslie	e Glickm	an, Yoga
insu						
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
	Health Effects of Gaming					
17:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer					
cano	cer the word itself strikes fear in the heart. But many new treatments a cers. And while it's not all good news, more reasons exist today to face a how far treatments have come and see what has to happen in the future	cancer diagnosis with hope	and optimisi			
18:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-t	term health effects of the pe	ople who are	suffering	from de	ebilitating
post	-COVID symptoms.					
20:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	ty years of mammograms and trillions of dollars of research have had virt ee courageous women navigate their way through medical fact and fiction their way to health, hope, and healing.	ually no impact on breast can while challenging the multi-	ancer surviva -billion dollar	Il rates sir cancer in	ice the 1 idustrial	1980s. complex
21:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
com	uffalo, New York a research team is studying the dreams of dying patient pletely re framing the dying process. End of life experiences are intrinsic dying process really entails, and why dying has been misunderstood for s	to the process of dying. film				
22:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#106H
1:6-	Lisa Briggs	unimene e elece lucit feuriluu	ubile selekus	4:	م امن	h
seco neve	can be full of hope and dreams. Lisa Briggs was enjoying a successful b and child. Yet within months of giving birth Lisa was told the devasting ne er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa w astating cancer.	ws; she had stage 4 lung ca	incer. For an	athletic, y	oung w	oman wł
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes			-		

Date: 07/06/2	WPBTHC 2023 04/01/2023 - 06/30/2023			Page	254 of 337
Wed, Jun	07, 2023			- 0 -	
	Title				
Start	Subtitle	Distrib	Stereo	Сар	AS2 Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A #1705H

Daily Program Listing II

Second Opinion with Joan Lunden 23:30:00 **Conquering Obesity** 

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hop cer screening guidelines allow for the screening for younger individual onger a death sentence.					
01:00:00	Pain Management #952 (Pain Relief)	SFPBS	(S)	(CC)	N/A	#952H
Foc	us: Dr.Jose Mena talks about approaches for controlling chronic pain	to improve quality of life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the	ast cancer is the most common cancer among women worldwide, and otional and psychological challenges, as well. It is something no one w diagnosis, and their support can be crucial to recovery. The couple go acer Spouse."	ants to face alone. The spouse	of the cance	er patient	feels the	e impact o
03:00:00	Health Trends #1226 (On-Demand Care Tips)	SFPBS	(S)	(CC)	N/A	#1226H
	David Mishkin discusses the Care On Demand app - Conditions addr	essed and treated, benefits to p	patients and	families, a	and cont	inued
grov	wth of Telehealth.					
Ū	Living Well #954 (Allergies and Asthma)	SFPBS	(S)	(CC)	N/A	#954H
04:00:00			(S)	(CC)		
04:00:00 Foc	Living Well #954 (Allergies and Asthma)		(S) (S)	(CC) (CC)		
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Thu, Jun 08, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Title

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	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	 #101H
	Stomach Pain, Reflux Disease and Ibs		(0)	(00)		
00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	r hands make it possible to do all your daily activities but what would you oal tunnel, arthritis, and injuries can make doing even simple things import your hands healthy.					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
9:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
0:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the or women's health issue. It is the cause of death for 1 in 5 women in the omen every year. That's more than all cancers combined. But 80% of ca e of heart disease in women and how we can lower cardiac risk and dea	U.S., and heart disease and diac and stroke events can b	stroke comb	ined caus	e the de	eath of 1 i
0:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world six million people worldwide. The symptoms generally develop slowly o hand. While tremors are common in Parkinson's, the disease progression ments of Parkinson's Disease, and the search for a cure.	ver years, sometimes starting	g with a bare	ly noticea	ble trem	nor in just
1:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#409H
	transplant, Stress & self-confidence, Knee replacement, opioids w/o res	niroton aunorogoion Addicti	on			
Hair	······································	pliatory suppression, Addicti	011.			
Hair 1:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug	SFPBS	(S)	(CC)	N/A	#206H
1:30:00 The upliff and	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS suffering from a very rare ca ong that was created from Le of Hope is Here is about how	(S) incer, and it v nore and he	was decid r sister Do	ed she i ot's imag	needed a jination
1:30:00 The upliff and	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug way to healing can take on different forms. Little 7 year old Leonor, was ting project to give her hope. What better medicine than an endearing so a ridiculously cute and famous dog named Doug the Pug. This episode	SFPBS suffering from a very rare ca ong that was created from Le of Hope is Here is about how	(S) incer, and it v nore and he	was decid r sister Do	ed she i ot's imag	needed a jination
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1:30:00 The uplifi and carir 2:00:00 2:30:00 3:00:00 4:00:00 The 4:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug way to healing can take on different forms. Little 7 year old Leonor, was ting project to give her hope. What better medicine than an endearing so a ridiculously cute and famous dog named Doug the Pug. This episode ing individuals came together to give a little girl a world of hope to carry of Medical Frontiers Medical Frontiers Finding Hope: Preventing Disease and Staying Healthy Town Hall Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss sup	SFPBS suffering from a very rare ca ong that was created from Le of Hope is Here is about how n. APTEX APTEX SFPBS SFPBS oplements and an interview w	(S) nocer, and it v nore and here a famous d (S) (S) (S) vith an exper	was decid r sister Do og, creativ (CC) (CC) (CC) (CC) t on ways	ed she i ot's imag vity and N/A N/A N/A N/A to be le	needed a jination a group o #137H #138H #101H #209H ss lonely

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Thu, Jun 08, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
Focu	us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal train Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA					
16:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Hiding In Plain Sight	NPS	(S)	(CC)	N/A	#101
	The Storm Storm, the first two-hour episode of Hiding in Plain Sight, focuses on the lived experien th challenges, along with the observations and insights of families, providers, and advor		ian twenty yo	oung peop	ole with r	nental
19:00:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dispa en of color.					
20:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plagı Takiı	takes for someone to become dependent on opioids is seven days of use. Legal prescuing the United States. 7 DAYS is an empathic, delicate look at some of the individuals ng a macro perspective on the issue, the film explores how addiction is rarely a choice, underserved.	who have be	come the fac	ce of this	national	tragedy.
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and	munication throughout cancer care is increasingly important but little understood. This is onstrates the power of communicating about illness, a medical team's sustained ability possibilities for improving patient outcomes. This documentary is designed to raise pub rse fields of education, and stimulate critical discussions about the ongoing need for en ase.	to rely on co lic awarenes	mmunication s, provide an	when pro innovativ	viding q e resou	rce across
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
The	Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss supplements and a	an interview v	with an exper	rt on ways	to be le	ss lonely.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
Focu	is: Bladder pain syndrome, cancer and nutrition, mental health help					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

Fri, Jun 09, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presensubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital se	rvices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergesidered the next pandemic, antibiotic resistance is a threat to global		ndangering th	ne efficacy	of antib	iotics.
01:00:00	Healthy Living #956 (Sleep Issues)	SFPBS	(S)	(CC)	N/A	#956H
sym	ical experts share the essential factors of a healthy lifestyle. Focus ptoms to look out for and when you should seek the help of a sleep ons are.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presensubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital se	rvices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the -COVID symptoms.	long-term health effects of the p	eople who are	e suffering	from de	ebilitating
03:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Privivors' Day.	ogram. Focus: Rehabilitative trea	itments in sup	oport of Na	ational C	ancer
04:00:00	Sports Medicine #957 (Healthy Living)	SFPBS	(S)	(CC)	N/A	#957H
the t	ing-edge treatment and prevention of injuries related to sports and op 10 fitness and health success habits to help create positive last thy eating habits, and wellness habits (such as sleep, ways to redu	ing changes. He explains mindse	et/mental habi			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presensubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	a number of healthcare digital se	rvices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the -COVID symptoms.	long-term health effects of the p	eople who are	e suffering	from de	ebilitating
06:00:00	Classical Stretch: By Essentrics Shoulder Strengthening	APTEX	(S)	(CC)	N/A	#1227H
	full-body episode of Classical Stretch strengthens every muscle in full-body workout in front of the beautiful Caribbean sea.	your body while targeting your s	houlders. Joii	n Miranda	-Esmono	de white
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#712H
	Lengthen Your Legs					
Tigh	t legs are often the cause of back troubles. Keep both quads and h	namstrings supple with an easy v	ersion of split	s and a fu	n thigh s	stretch.
07:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plag Taki	takes for someone to become dependent on opioids is seven days uing the United States. 7 DAYS is an empathic, delicate look at so ng a macro perspective on the issue, the film explores how addiction underserved.	me of the individuals who have b	ecome the fa	ce of this i	national	tragedy.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Fri, Jun	09,	2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	en the council sends a letter announcing plans to cut Nonnatus Hou ne cares for an unmarried expectant mother. Petra must move up h			o her own	hands.	Nurse
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one diagnosis, and their support can be crucial to recovery. The couple cer Spouse."	wants to face alone. The spouse	of the cance	er patient	feels the	e impact c
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) ve continue to track "long-haulers," we are learning more about the -COVID symptoms.	long-term health effects of the pe	ople who are	suffering	ı from de	bilitating
11:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#210
	The Henley Family - Coral Springs					
11:30:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
PBS	earch Detectives is an engrossing new series, developed in partner and The Health Channel in April. In the first episode titled "Finding inating research neuroscientists are dong to find effective treatment	Lost Memory," host Trace Domin	iguez gives v			
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private c	are service. A distressing birth ra	ises fears of	another 1	halidom	ide case.
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
Siste Emil <u>y</u>	er Frances finds herself in a tricky situation when a pregnant woman y. Cyril helps an evicted family find shelter. Sister Julienne's new ve	n confides in her. Trixie is troubled enture hits a stumbling block.	d by her sudo	den admit	tance to	the Lady
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
Focu	us: Stress, burn first aid, emergency prep					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1133H
Focu	us: Stroke, vaccines, mental crisis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - I 9 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol -		Building Body	y Image -	Melissa	Spann,
	4. Baoki an ana mysical merapy won raceab o. choicsteror					
	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
PHD		SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#802H #803H

Fri, Jun 09, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
	Smartlife					
15:54:00 Foci		SFPBS	(S) mont Dr M	(CC) lichaol Co	N/A	#805H
	us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry So rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Sim		ment - Dr. w	lichael Go	nzalez r	kamos 4
16:07:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Hiding In Plain Sight	NPS	(S)	(CC)	N/A	#102
1	Resilience		6			4 4
	is episode, our "heroes" speak about finding help, inpatient and outpa inalization of mental illness, and youth suicide.	atient therapy, the added stigma	a of racial or	gender di	scrimina	tion, the
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803I
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great ad effective and can drastically increase the life expectancy of the patie		non procedu	ıre. This p	rocedure	e is 94-
20:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	ty years of mammograms and trillions of dollars of research have had ee courageous women navigate their way through medical fact and fic their way to health, hope, and healing.					
21:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
com	uffalo, New York a research team is studying the dreams of dying pat pletely re framing the dying process. End of life experiences are intrin dying process really entails, and why dying has been misunderstood f	sic to the process of dying. film				
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#801H
_	Chemical Dependency					
focu Asso	earch into the commonality of brain patterns of chemical dependency s on the social and economic factors of mental health, can help famili ociate Professor of Psychiatry, and Associate Professor of Cellular an Inclusion at Yale School of Medicine.	es treat and prevent addiction.	Guest: Nii A	ddy, Ph.D	., Albert	E. Kent
	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
22:30:00						
22:30:00 23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.

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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u> </u>	 #0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of he ultations, emotional advice, second-opinion consultations, as well as a number of	h an in-depth descr althcare digital serv	iption of the vices includi	different s	services	
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of w	ork is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
01:00:00	Health Trends #958 (Sleep, Teens and Braces)	SFPBS	(S)	(CC)	N/A	#958H
teen	out the latest trends that contribute to a healthy life. Focus: Dr. Bober and Dr. Ha agers and how dentists screen for sleep apnea. They explain how dentists can pr een ages 6 and 12 rather than waiting to do traditional braces after their adult teel	omote growth of he	althy airway			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of he ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from compli- r high-income countries in the world. And behind these statistics lie startling racial en of color.					
03:00:00	All About Cancer (Breast Care)	SFPBS	(S)	(CC)	N/A	#1255H
Brea	st Cancer and nutrition is the focus of a new book "Experts in Pink."					
04:00:00	Heart Health #959 (Heart Rehab)	SFPBS	(S)	(CC)	N/A	#959H
	th is where the heart is. Practical information that can lead to a long healthy life. entive tips and cardiac rehabilitation options.	Focus: Dr. Joshua	Harris discu	sses hear	t disease	9
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of he ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from compli- r high-income countries in the world. And behind these statistics lie startling racial en of color.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#0
	Alma Goes to Puerto Rico					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#403H
	Snowy Owl Invasion		( )	· · ·		
Nort	in and Chris are hanging out in China with their Giant panda friend Stuffo, when the America. Since these raptors live in the Arctic, it's up to the Wild Kratts to solve toriality, population cycles, migration.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children		. /	、 /		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#501H
20.00.00	Segment 1	511 20		(00)		
ln ke	eping with the Health Channel's spirit of innovative programming, Vida y Salud is	a fast-paced, fun a	and informati	ive Spanis	sh-langu	age health

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H
08:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
08:30:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#504H
08:44:00	Segment 4 Vida Y Salud	SFPBS	(S)	(CC)	N/A	#505H
	Segment 5					
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H
09:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
09:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H
	eeping with the Health Channel's spirit of innovative programmin w (with English subtitles) featuring groundbreaking medical brea					
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
10:34:00 10:46:00	Segment 4 Vida Y Salud	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1604H #1605H
	Segment 4 Vida Y Salud Segment 5 Vida Y Salud					
10:46:00	Segment 4 Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H

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Start	Title					
	Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1609H
	Segment 9	0.1.20	(0)	(00)		
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1610H
	Segment 10					
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anx nnel's one-hour virtual town hall, Finding Hope: The Mental Health Cri- e issues affecting our children and offer practical advice based on rese	sis in Teenagers & Young Adu				
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#208H
	Focusing On Foreplay					
	v to get your partner more excited about foreplay, plus what to do wher rove your love life? And an interview with a men's sexual health expert			there a s	pecial di	et that ca
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1115H
Foc	us: Chronic disease, knee replacement, mental crisis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childh lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station			nen and H	leart Dis	ease - Dr
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:13:00 15:27:00	Smartlife Smartlife	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#502H #503H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:27:00 15:44:00 15:58:00 Foc	Smartlife Smartlife	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As	(S) (S) (S) sk the Expert	(CC) (CC) (CC) t Segmen	N/A N/A N/A t - Dr. Ile	#503H #504H #505H
15:27:00 15:44:00 15:58:00 Foc	Smartlife Smartlife Smartlife us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As	(S) (S) (S) sk the Expert	(CC) (CC) (CC) t Segmen	N/A N/A N/A t - Dr. Ile	#503H #504H #505H
15:27:00 15:44:00 15:58:00 Foc Pere	Smartlife Smartlife Smartlife us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is A	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As Nzheimer's? - Michael Pearsor	(S) (S) (S) sk the Expert n, Alzheimer	(CC) (CC) (CC) t Segmen 's Associa	N/A N/A N/A t - Dr. Ile ition	#503H #504H #505H eana
15:27:00 15:44:00 15:58:00 Foc Pere 16:12:00	Smartlife Smartlife Smartlife us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is A Smartlife	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As Nzheimer's? - Michael Pearsor SFPBS	(S) (S) (S) sk the Expert n, Alzheimer' (S)	(CC) (CC) (CC) t Segmen 's Associa (CC)	N/A N/A N/A t - Dr. Ile tion N/A	#503H #504H #505H eana #506H
15:27:00 15:44:00 15:58:00 Foc Pere 16:12:00 16:27:00	Smartlife Smartlife Us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is A Smartlife Smartlife	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As Nzheimer's? - Michael Pearsor SFPBS SFPBS	(S) (S) (S) sk the Expert n, Alzheimer' (S) (S)	(CC) (CC) t Segmen 's Associa (CC) (CC)	N/A N/A t - Dr. Ile ttion N/A N/A	#503H #504H #505H eana #506H #507H
15:27:00 15:44:00 15:58:00 Foc Pere 16:12:00 16:27:00 16:44:00 17:00:00 You Carj	Smartlife Smartlife Smartlife Us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is A Smartlife Smartlife Smartlife Hope and Healing (Sfpbs Town Hall)	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As Nzheimer's? - Michael Pearsor SFPBS SFPBS SFPBS SFPBS SFPBS	(S) (S) (S) sk the Expert (S) (S) (S) (S) (S) urred or using	(CC) (CC) t Segmen 's Associa (CC) (CC) (CC) (CC) (CC)	N/A N/A t - Dr. Ile tition N/A N/A N/A N/A X/R	#503H #504H #505H eana #506H #507H #508H #101H y painful?
15:27:00 15:44:00 15:58:00 Foc Pere 16:12:00 16:27:00 16:44:00 17:00:00 You Carj	Smartlife Smartlife Smartlife Us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is A Smartlife Smartlife Smartlife Hope and Healing (Sfpbs Town Hall) Treating Hand Pain r hands make it possible to do all your daily activities but what would y bal tunnel, arthritis, and injuries can make doing even simple things im	SFPBS SFPBS SFPBS Services - Vickie Zamora 3. As Nzheimer's? - Michael Pearsor SFPBS SFPBS SFPBS SFPBS SFPBS	(S) (S) (S) sk the Expert (S) (S) (S) (S) (S) urred or using	(CC) (CC) t Segmen 's Associa (CC) (CC) (CC) (CC) (CC)	N/A N/A t - Dr. Ile tition N/A N/A N/A N/A X/R	#503H #504H #505H eana #506H #507H #508H #101H y painful?

Parents raise their children to ultimately achieve their independence. Yet removing barriers to attain the goal of independence is filled with great challenges for parents of children with special needs. Hope is Here focuses on a family, a very special foundation and a Florida hospital system that is going to great lengths to empower individuals with intellectual disabilities with strength, confidence and a sense of self-worth.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	- <u> </u>	#210
	The Henley Family - Coral Springs			( )		
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#801H
	Chemical Dependency					
Asso	s on the social and economic factors of mental health, can help families treat and pre ociate Professor of Psychiatry, and Associate Professor of Cellular and Molecular Phy Inclusion at Yale School of Medicine.					
20:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
and						
21:00:00 Com dem	Journey Through Breast Cancer munication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili	ty to rely on cor	mmunication	when pro	viding q	
21:00:00 Com dem and	Journey Through Breast Cancer munication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise por rse fields of education, and stimulate critical discussions about the ongoing need for e	is film is adapte ty to rely on cor ublic awarenes	ed from years mmunication s, provide an	of resear when pro innovativ	ch and viding q e resour	uality ca
21:00:00 Com dem and dive	Journey Through Breast Cancer munication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise por rse fields of education, and stimulate critical discussions about the ongoing need for e	is film is adapte ty to rely on cor ublic awarenes	ed from years mmunication s, provide an	of resear when pro innovativ	ch and viding q e resour	uality ca
21:00:00 Com dem and dive dise	Journey Through Breast Cancer immunication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise p rse fields of education, and stimulate critical discussions about the ongoing need for e ase.	is film is adapte ty to rely on cor ublic awarenes enhanced healt	ed from years mmunication s, provide an h communica	of resear when pro innovativ ation when	rch and viding q e resour n facing	uality ca rce acros illness a
21:00:00 Com and dive dise 22:00:00 How	Journey Through Breast Cancer munication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise p rse fields of education, and stimulate critical discussions about the ongoing need for e ase. Sex Talk with Dr. Lia	is film is adapte ty to rely on cor ublic awareness enhanced healt SFPBS matched sex dr	d from years mmunication s, provide an h communica (S) ives. Also is	of resear when pro innovativ ation when (CC)	rch and viding q e resour n facing N/A	uality ca rce acros illness a #208H
21:00:00 Com and dive dise 22:00:00 How	Journey Through Breast Cancer immunication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise p rse fields of education, and stimulate critical discussions about the ongoing need for e ase. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do when you have misu	is film is adapte ty to rely on cor ublic awareness enhanced healt SFPBS matched sex dr	d from years mmunication s, provide an h communica (S) ives. Also is	of resear when pro innovativ ation when (CC)	rch and viding q e resour n facing N/A	uality ca rce acros illness a #208H iet that c
21:00:00 Com dem and dive dise 22:00:00 How impr 22:30:00	Journey Through Breast Cancer immunication throughout cancer care is increasingly important but little understood. This onstrates the power of communicating about illness, a medical team's sustained abilit possibilities for improving patient outcomes. This documentary is designed to raise private fields of education, and stimulate critical discussions about the ongoing need for ease. Sex Talk with Dr. Lia Focusing On Foreplay of to get your partner more excited about foreplay, plus what to do when you have mist ove your love life? And an interview with a men's sexual health expert who highlights	is film is adapte ty to rely on cor ublic awareness enhanced healt SFPBS matched sex dr E-D treatments	d from years mmunication s, provide an h communica (S) ives. Also is	of resear when pro innovativ tion when (CC) there a s	rch and viding q e resour n facing N/A pecial di	uality ca rce acros illness a #208H
21:00:00 Com dem and dive dise 22:00:00 How impr 22:30:00	Journey Through Breast Cancer imunication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise prise fields of education, and stimulate critical discussions about the ongoing need for ease. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do when you have misin ove your love life? And an interview with a men's sexual health expert who highlights Health Insiders	is film is adapte ty to rely on cor ublic awareness enhanced healt SFPBS matched sex dr E-D treatments	d from years mmunication s, provide an h communica (S) ives. Also is	of resear when pro innovativ tion when (CC) there a s	rch and viding q e resour n facing N/A pecial di	uality ca rce acros illness a #208H iet that c
21:00:00 Com dem and dive dise 22:00:00 How impr 22:30:00 Focu	Journey Through Breast Cancer imunication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise pri- se fields of education, and stimulate critical discussions about the ongoing need for e ase. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do when you have misin ove your love life? And an interview with a men's sexual health expert who highlights Health Insiders us: Chronic disease, knee replacement, mental crisis	is film is adapte ty to rely on con ublic awarenes: enhanced healt SFPBS matched sex dr E-D treatments SFPBS	d from years mmunication s, provide an h communica (S) ives. Also is S (S)	of resear when pro innovativ ation when (CC) there a s (CC)	rch and viding q e resour n facing N/A pecial di N/A	uality ca rce acros illness a #208H iet that c #1115h
21:00:00 Com dem and dive dise 22:00:00 How impr 22:30:00 Focu	Journey Through Breast Cancer imunication throughout cancer care is increasingly important but little understood. Thi onstrates the power of communicating about illness, a medical team's sustained abili possibilities for improving patient outcomes. This documentary is designed to raise pur- se fields of education, and stimulate critical discussions about the ongoing need for e ase. Sex Talk with Dr. Lia Focusing On Foreplay to get your partner more excited about foreplay, plus what to do when you have misin ove your love life? And an interview with a men's sexual health expert who highlights Health Insiders us: Chronic disease, knee replacement, mental crisis	is film is adapte ty to rely on con ublic awarenes: enhanced healt SFPBS matched sex dr E-D treatments SFPBS	d from years mmunication s, provide an h communica (S) ives. Also is S (S)	of resear when pro innovativ ation when (CC) there a s (CC)	rch and viding q e resour n facing N/A pecial di N/A	uality ca rce acro illness a #208H iet that c #1115I

Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u> </u>	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	er of healthcare digital ser	iption of the vices includir	different s		included
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects on as depression and anxiety.					issues
01:00:00	Healthy Living #950 (Exercise Training Tips)	SFPBS	(S)	(CC)	N/A	#950H
	ical experts share the essential factors of a healthy lifestyle. Focus: Henry nod and motivational strategies to help you stick to your training and rehab		aldi discuss	the gyroto	onic train	iing
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	er of healthcare digital ser	vices includii	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one	kinson's Disease is the fastest growing neurological disorder in the world. It is is million people worldwide. The symptoms generally develop slowly ove hand. While tremors are common in Parkinson's, the disease progression tments of Parkinson's Disease, and the search for a cure.	r years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
03:00:00	All About Cancer (Urogenital System)	SFPBS	(S)	(CC)	N/A	#1259H
Dr. E	Bruno Bastos discusses genitourinary cancer.					
04:00:00	Staying Healthy (Breast Implant Issues)	SFPBS	(S)	(CC)	N/A	#951H
	ease prevention and healthy lifestyle info. Focus: News Anchor Jen Herrera ggles she faced, the recovery process and what she has learned from this of		/ with her bre	east impla	nts rem	oval, the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nur	er of healthcare digital ser	vices includi	ng teleme		included
	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
05:30:00						
05:30:00	Parkinson's Disease					
Park than one	Parkinson's Disease kinson's Disease is the fastest growing neurological disorder in the world. It is a willion people worldwide. The symptoms generally develop slowly ove hand. While tremors are common in Parkinson's, the disease progression timents of Parkinson's Disease, and the search for a cure.	r years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
Park than one	kinson's Disease is the fastest growing neurological disorder in the world. It is x million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression	r years, sometimes startin	g with a bare	ely noticea	able tren	nor in just
Park than one treat	kinson's Disease is the fastest growing neurological disorder in the world. It six million people worldwide. The symptoms generally develop slowly ove hand. While tremors are common in Parkinson's, the disease progression is tments of Parkinson's Disease, and the search for a cure.	r years, sométimes startin is unique to each person.	g with a bare This episode	ely noticea e looks at t	able tren the caus	nor in just ses and
Park than one treat	kinson's Disease is the fastest growing neurological disorder in the world. It six million people worldwide. The symptoms generally develop slowly ove hand. While tremors are common in Parkinson's, the disease progression trements of Parkinson's Disease, and the search for a cure. Alma's Way	r years, sométimes startin is unique to each person.	g with a bare This episode	ely noticea e looks at t	able tren the caus	nor in just ses and
Park than one treat 06:00:00	kinson's Disease is the fastest growing neurological disorder in the world. It is six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is timents of Parkinson's Disease, and the search for a cure. Alma's Way Song of the Summer/Leapin Lizards	r years, sométimes startin is unique to each person. PBS	g with a bare This episode (S)	ely noticea looks at f	able tren the caus DVI	nor in just ses and #117H
Park than one treat 06:00:00 06:30:00 Akin	kinson's Disease is the fastest growing neurological disorder in the world. It is six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is tments of Parkinson's Disease, and the search for a cure. Alma's Way Song of the Summer/Leapin Lizards Scigirls	r years, sométimes startin is unique to each person. PBS PBSPL	g with a bare This episode (S) (S)	ely noticea looks at ( (CC) (CC)	able tren the caus DVI N/A	nor in just ses and #117H #201H
Park than one treat 06:00:00 06:30:00 Akin	kinson's Disease is the fastest growing neurological disorder in the world. It is six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is tments of Parkinson's Disease, and the search for a cure. Alma's Way Song of the Summer/Leapin Lizards Scigirls Aquabots a and friends dive into underwater robotics at the U.S. Naval Academy, bu	r years, sométimes startin is unique to each person. PBS PBSPL	g with a bare This episode (S) (S)	ely noticea looks at ( (CC) (CC)	able tren the caus DVI N/A	nor in just ses and #117H #201H

protecting a youngster from a crocodile, the Kratt brothers find themselves stepping into the injured monkey's role. While Aviva nurses the monkey back to health, Chris and Martin must keep the troop together and soon discover the important communication function of the proboscis monkeys strangest feature - his huge, droopy, bulbous nose! They uncover some of the different methods animals utilize to communicate important information to each other.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
08:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
09:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
10:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
11:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Sun, Jun 11, 2023

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:18:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2907H
	Segment 7					
11:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H
	Segment 8					
11:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2909H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2910H
	Segment 10					
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private of	care service. A distressing birth ra	ises fears of	another T	halidom	ide case.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
	Episode 2			. ,		
	er Frances finds herself in a tricky situation when a pregnant woma ly. Cyril helps an evicted family find shelter. Sister Julienne's new v		d by her sud	den admit	tance to	the Lady
14:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#106H
	Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a succes					
	ond child. Yet within months of giving birth Lisa was told the devasti					
	er smoked, the diagnosis seemed unreal. After the shock wore off, astating cancer.					
						r than he
deva 14:30:00	astating cancer.	Lisa went into full action ahead as	her will to li	ve proved	stronge	r than he
deva 14:30:00 Foci 15:00:00	astating cancer. Health Insiders us: Stroke, teens and mental health, bladder pain syndrome Smartlife	Liša went into full action ahead as SFPBS SFPBS	her will to li (S) (S)	ve proved (CC) (CC)	stronge N/A N/A	r than he #1117H #601H
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	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
17:00:00	Hiding In Plain Sight	NPS	(S)	(CC)	N/A	#102
	Resilience					
	nis episode, our "heroes" speak about finding help, inpatient and outpati inalization of mental illness, and youth suicide.	ent therapy, the added stigma	a of racial or	gender di	scrimina	tion, the
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Growing Bolder	APTEX	(S)	(CC)	N/A	#802H
	Playbook for Life					
Spu	re helping you create your own playbook for life with three legendary fo rrier, Bobby Bowden and Jimmy Johnson. These champions of the grid off the field.					
20:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
	ee courageous women navigate their way through medical fact and fiction	on while challenging the multi-	-billion dollar	cancer in	dustrial	complex
	their way to health, hope, and healing.					
21:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
21:00:00 In Bi com		nts. By asking a single questi c to the process of dying. film	on "Are you o	dreaming	?", they a	are
21:00:00 In Bi com the c	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrins	nts. By asking a single questi c to the process of dying. film	on "Are you o	dreaming	?", they a	are
21:00:00 In Bi com the c	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for	nts. By asking a single questi c to the process of dying. film so long.	on "Are you o establishes	dreaming? why dying	?", they a g is relev	are vant, wha
21:00:00 In Bi com the c 22:00:00	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia	nts. By asking a single questi c to the process of dying. film so long. SFPBS	on "Are you o establishes (S)	dreaming? why dying (CC)	?", they a g is relev N/A	are vant, wha #209H
21:00:00 In Bi com the o 22:00:00 The	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	nts. By asking a single questi c to the process of dying. film so long. SFPBS	on "Are you o establishes (S)	dreaming? why dying (CC)	?", they a g is relev N/A	are vant, wha #209H ss lonely
21:00:00 In Bi com the o 22:00:00 The 22:30:00	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie pletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of Ioneliness on your mind and lifestyle, a look at weight loss su	nts. By asking a single questi c to the process of dying. film so long. SFPBS	on "Are you o establishes (S) vith an exper	dreaming? why dying (CC) t on ways	?", they a g is relev N/A to be le	are vant, wha #209H ss lonely
21:00:00 In Bi com the o 22:00:00 The 22:30:00	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie ipletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss su Health Insiders	nts. By asking a single questi c to the process of dying. film so long. SFPBS	on "Are you o establishes (S) vith an exper	dreaming? why dying (CC) t on ways	?", they a g is relev N/A to be le	are vant, wha #209H
21:00:00 In Bi com the o 22:00:00 The 22:30:00 Focu	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie ipletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss su Health Insiders us: Bladder pain syndrome, cancer and nutrition, mental health help	nts. By asking a single questi c to the process of dying. film so long. SFPBS pplements and an interview v SFPBS	on "Are you o establishes (S) vith an exper (S)	dreaming? why dying (CC) t on ways (CC)	?", they a g is relev N/A to be le N/A	are vant, wha #209H ss lonely #1118H
21:00:00 In Bi com the o 22:00:00 The 22:30:00 Focu	Death Is But A Dream uffalo, New York a research team is studying the dreams of dying patie ipletely re framing the dying process. End of life experiences are intrins dying process really entails, and why dying has been misunderstood for Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss su Health Insiders us: Bladder pain syndrome, cancer and nutrition, mental health help Doctor Q & A	nts. By asking a single questi c to the process of dying. film so long. SFPBS pplements and an interview v SFPBS	on "Are you o establishes (S) vith an exper (S)	dreaming? why dying (CC) t on ways (CC)	?", they a g is relev N/A to be le N/A	are vant, wha #209H ss lonely #1118H

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

Mon, Jun 12, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continu- ine. Childhood vaccine rates continue to decrease in certain areas of th eback.					
01:00:00	Pain Management #952 (Pain Relief)	SFPBS	(S)	(CC)	N/A	#952H
Focu	us: Dr.Jose Mena talks about approaches for controlling chronic pain to	improve quality of life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ist cancer is the most common cancer among women worldwide, and th tional and psychological challenges, as well. It is something no one war diagnosis, and their support can be crucial to recovery. The couple goes cer Spouse."	its to face alone. The spouse	of the cance	er patient	feels the	e impact of
03:00:00	Kids and Teens (Teen Anxiety)	SFPBS	(S)	(CC)	N/A	#1262H
	adira Torres discusses warding off anxiety and depression in kids durin lose their sense of belonging.	ig the summer. Focus: Wher	there is no i	outine, bo	oredom	sets in and
04:00:00	Living Well #954 (Allergies and Asthma)	SFPBS	(S)	(CC)	N/A	#954H
Focu	us: Dr. Andrew Rivera tells you how to live well in allergy season. Exper	ts tell you how to live well.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ist cancer is the most common cancer among women worldwide, and th tional and psychological challenges, as well. It is something no one war diagnosis, and their support can be crucial to recovery. The couple goes cer Spouse."	its to face alone. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1228H
	Full Leg Toning episode of Classical Stretch strengthens and tones every muscle group nda Esmonde-White in Montego-Bay, Jamaica for a full leg toning work		tronger, lean	er, and m	iore defii	ned. Join
06:30:00	Wai Lana Yoga Special: Chair Poses	APTEX	(S)	(CC)	N/A	#713H
Wai	Lana shows you creative ways to use a chair in forward bends, backber	nds, and even inversions.				
07:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
08:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H

Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
10:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
PBS	earch Detectives is an engrossing new series, developed in partners and The Health Channel in April. In the first episode titled "Finding L inating research neuroscientists are dong to find effective treatments	ost Memory," host Trace Domir	iguez gives v			
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die er high-income countries in the world. And behind these statistics lie s nen of color.					
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
	Episode 2 er Frances finds herself in a tricky situation when a pregnant woman ly. Cyril helps an evicted family find shelter. Sister Julienne's new ver		d by her sud	den admit	tance to	the Lady
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	omplicated pregnancy leads the Nonnatus team on a path of discover th presents a series of challenges.	ry. Sister Hilda and Dr. Turner g	et involved w	vith a your	ng woma	in whose
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Boni worl	nie Addario, a lung cancer survivor, tells her story of hope and how s d.	he has come to help lung cance	er patients ar	nd caregiv	ers arou	nd the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
1	us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: C metic procedures)	over-the-counter medication safe	ety 3. Dr. Joh	n Martin:	Types o	f fillers
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	us: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Gu endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercis		Pain - Dr. Go	sha Bruso	ovanik 4.	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Slee oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Mak				oarthritis	- Ron
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
17.00.00	Finding Answers to Cancer	01100	(0)	(00)		#10211
cano	ncer the word itself strikes fear in the heart. But many new treatments and thera cers. And while it's not all good news, more reasons exist today to face a cancer how far treatments have come and see what has to happen in the future to succ	diagnosis with hope	and optimisi			
18:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	Ir hands make it possible to do all your daily activities but what would you do if even pal tunnel, arthritis, and injuries can make doing even simple things impossible b p your hands healthy.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		(-)	()		
19:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	diagnosis and treatment of lung cancer has been one of the most hopeful advar cer screening guidelines allow for the screening for younger individuals with less					
no lo	onger a death sentence.					
20:00:00 Clim	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N					
20:00:00 Clim pron Pass Ode ocea in a	Frozen Obsession	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this	equences of the 18-day, oard the Sw , birds, mam pering assess	a warmin 2,000-mile vedish rese mals, and sment of v	ng climat e Northv earch ice l physica what's at	e more vest ebreake al stake. E
20:00:00 Clim pron Pass Ode ocea in a	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N nounced and observable than in the Polar Regions. The documentary FROZEN isage Project expedition through the stunningly beautiful and extreme Canadian . en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this	equences of the 18-day, oard the Sw , birds, mam pering assess	a warmin 2,000-mile vedish rese mals, and sment of v	ng climat e Northv earch ice l physica what's at	e more vest ebreaker al t stake. E
20:00:00 Clim pron Pas: Ode ocea in a gene 21:00:00 GEN spec and expe	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N nounced and observable than in the Polar Regions. The documentary FROZEN isage Project expedition through the stunningly beautiful and extreme Canadian en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra	equences of the 18-day, poard the Sw birds, mam bering assess expedition, (S) s which your to speak frai mmaking. In ndin and Dr.	a warmin 2,000-mil vedish resumals, and sment of w who repro- (CC) ng people nkly about terwoven	ng climat e Northv earch icc d physica what's at esent the N/A t on the a t their ch are inter	e more vest ebreaken il stake. E e next #0H autism vallenges rviews w
20:00:00 Clim pron Pas: Ode ocea in a gene 21:00:00 GEN spec and expe	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N nounced and observable than in the Polar Regions. The documentary FROZEN of isage Project expedition through the stunningly beautiful and extreme Canadian A en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the Generation A: Portraits of Autism and the Arts NERATION A: Portraits of Autism & the Arts" takes a close look at creative thera ctrum are utilizing to reach their highest potential. The film provides a platform fo their dreams; and to showcase their talents which include dancing, singing, pair erts in the field, some of whom are also on the spectrum such as autism role mo r frank and moving insight. Winner, The Raising Autism Awareness Award - Golo Hope Is Here (Sfpbs/Health Channel Local)	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra	equences of the 18-day, poard the Sw birds, mam bering assess expedition, (S) s which your to speak frai mmaking. In ndin and Dr.	a warmin 2,000-mil vedish resumals, and sment of w who repro- (CC) ng people nkly about terwoven	ng climat e Northv earch icc d physica what's at esent the N/A t on the a t their ch are inter	e more vest ebreake il stake. f e next #0H autism vallenges rviews w
20:00:00 Clim pron Pass Ode ocea in a gene 21:00:00 GEN spec and expe their 22:00:00	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N nounced and observable than in the Polar Regions. The documentary FROZEN of isage Project expedition through the stunningly beautiful and extreme Canadian J en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the Generation A: Portraits of Autism and the Arts NERATION A: Portraits of Autism & the Arts" takes a close look at creative theral ctrum are utilizing to reach their highest potential. The film provides a platform for their dreams; and to showcase their talents which include dancing, singing, pair erts in the field, some of whom are also on the spectrum such as autism role mo r frank and moving insight. Winner, The Raising Autism Awareness Award - Gold Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario nnie Addario, a lung cancer survivor, tells her story of hope and how she has corr	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra den Door Intl. Film Fe	equences of the 18-day, poard the Sw birds, mam pering assess expedition, (S) s which your to speak frai mmaking. In ndin and Dr. stival. (S)	a warmin 2,000-mil vedish resumals, and sment of v who repro- (CC) ng people nkly about terwoven . Stephen (CC)	ng climat e Northw earch ici d physica what's at esent the N/A t on the a t their ch are inter Shore, w N/A	e more vest ebreake i stake. I e next #0H autism vallenges views w who offe #101H
20:00:00 Clim pron Pass Ode ocea in a gene 21:00:00 GEN spec and expe their 22:00:00 Bon	Frozen Obsession nate change is a critical scientific and social issue that confronts today's world. N nounced and observable than in the Polar Regions. The documentary FROZEN of isage Project expedition through the stunningly beautiful and extreme Canadian J en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the Generation A: Portraits of Autism and the Arts NERATION A: Portraits of Autism & the Arts" takes a close look at creative theral ctrum are utilizing to reach their highest potential. The film provides a platform for their dreams; and to showcase their talents which include dancing, singing, pair erts in the field, some of whom are also on the spectrum such as autism role mo r frank and moving insight. Winner, The Raising Autism Awareness Award - Gold Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario nnie Addario, a lung cancer survivor, tells her story of hope and how she has corr	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra den Door Intl. Film Fe	equences of the 18-day, poard the Sw birds, mam pering assess expedition, (S) s which your to speak frai mmaking. In ndin and Dr. stival. (S)	a warmin 2,000-mil vedish resumals, and sment of v who repro- (CC) ng people nkly about terwoven . Stephen (CC)	ng climat e Northw earch ici d physica what's at esent the N/A t on the a t their ch are inter Shore, w N/A	e more vest ebreaker i stake. E e next #0H autism vallenges rviews w who offe #101H
20:00:00 Clim pron Pass Ode ocea in a gene 21:00:00 GEN spec and expe their 22:00:00 Bonn worl	Frozen Obsession mate change is a critical scientific and social issue that confronts today's world. No hounced and observable than in the Polar Regions. The documentary FROZEN of isage Project expedition through the stunningly beautiful and extreme Canadian A en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the Generation A: Portraits of Autism and the Arts NERATION A: Portraits of Autism & the Arts" takes a close look at creative theral ctrum are utilizing to reach their highest potential. The film provides a platform for their dreams; and to showcase their talents which include dancing, singing, pair erts in the field, some of whom are also on the spectrum such as autism role mo r frank and moving insight. Winner, The Raising Autism Awareness Award - Gold Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario mie Addario, a lung cancer survivor, tells her story of hope and how she has corr Id.	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra den Door Intl. Film Fe SFPBS ne to help lung cance	equences of the 18-day, board the Sw birds, mam bering assess expedition, (S) s which your to speak frai mmaking. In ndin and Dr. stival. (S) r patients an	a warmin 2,000-mil vedish resumals, and sment of v who repro- (CC) ng people nkly about terwoven . Stephen (CC) nd caregive	ng climat e Northw earch ici d physica what's at esent the N/A t their ch are inter Shore, n N/A ers arou	e more vest ebreake i stake. I e next #0H autism vallenges views w who offe #101H nd the
20:00:00 Clim pron Pass Ode ocea in a gene 21:00:00 GEN spec and expec their 22:00:00 Bonn worl 22:30:00	Frozen Obsession mate change is a critical scientific and social issue that confronts today's world. No hounced and observable than in the Polar Regions. The documentary FROZEN of sage Project expedition through the stunningly beautiful and extreme Canadian J en. During the expedition, the Northwest Passage Project team studies water che anography. As FROZEN OBSESSION bears witness to a dramatically changing hopeful turn, the film also witnesses the exhilarating life-changing experiences of eration of scientists and decision makers who will surely make a difference in the Generation A: Portraits of Autism and the Arts NERATION A: Portraits of Autism & the Arts" takes a close look at creative theral ctrum are utilizing to reach their highest potential. The film provides a platform fo their dreams; and to showcase their talents which include dancing, singing, pair erts in the field, some of whom are also on the spectrum such as autism role mo r frank and moving insight. Winner, The Raising Autism Awareness Award - Gold Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario mie Addario, a lung cancer survivor, tells her story of hope and how she has corr Id. Medical Frontiers	lowhere are the cons OBSESSION follows Arctic Archipelago at emistry, microbiology Arctic, we gain a sot of the students on this e world. NETA pies and art program or youths with autism nting and animated fil dels, Dr. Temple Gra den Door Intl. Film Fe SFPBS ne to help lung cance APTEX	equences of the 18-day, board the Sw birds, mam bering assess s expedition, (S) s which your to speak fram mmaking. In ndin and Dr. estival. (S) r patients an (S)	a warmin 2,000-mild vedish resumals, and sment of v who repro- (CC) ng people nkly about terwoven . Stephen (CC) nd caregive (CC)	ng climat e Northve earch ice d physica what's at esent the N/A on the a t their ch are inter Shore, w N/A ers arou	e more vest ebreake i stake. I e next #0H autism allenges rviews w who offe #101H nd the #139H

emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse."

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpites and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8 ı	million peo	ople in tl	ne United
01:00:00	Dermatology #960 (Skincare Update)	SFPBS	(S)	(CC)	N/A	#960H
	us: Dr. Ileana Perez-Quintairos shares advice and information about the from the superficial to the in-depth.	best treatments and care of	diseases de	aling with	the skin	, nails, a
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great adva effective and can drastically increase the life expectancy of the patient.	-	non procedu	re. This p	rocedure	e is 94-
03:00:00	Mental Health (Grief Relief)	SFPBS	(S)	(CC)	N/A	#1264H
Amy	Exum & Nicole Rodriguez discuss grieving and the different stages of g	grief.				
04:00:00	Orthopedics #961 (Ankle Injury)	SFPBS	(S)	(CC)	N/A	#961H
	n surgical to nonsurgical procedures, learn the treatments that will resto Kinmon discusses ankle replacement and emerging treatment options		after it has su	iffered tra	uma. Fo	cus: Dr.
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
Норг	Heart Valve Replacement rt valve replacement is an area in medicine which has made great adva	acements and is a very com	non procedu	ra Thie n	rocodur	- ie 0/-
	effective and can drastically increase the life expectancy of the patient.		non procedu	re. mis p	loceduit	5 13 34-
06:00:00	Classical Stretch: By Essentrics Body Shaping	APTEX	(S)	(CC)	N/A	#1229H
	Miranda Esmonde-White for a poolside workout in paradise. Today's er with more definition and tone.	bisode of Classical Stretch sh	napes every	muscle in	your bo	dy leavir
06:30:00	Wai Lana Yoga Stand Strong	APTEX	(S)	(CC)	N/A	#714H
	nd firm in a variety of standing poses, then end the session by tensing an ily relaxed.	nd releasing the various parts	s of your bod	y, one by	one, un	til you ar
07:00:00	Happy Yoga with Sarah Starr Sunflower Gold	NETA	(S)	(CC)	N/A	#707
	el in the golden sunflower sunset as you enjoy a gentle yoga practice us easy to follow yoga moves to create more ease in your neck, shoulders		ding gentle s	eated sur	n salutat	ons alor
				(00)		#40511
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H

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08:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
10:00:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	d is a very comr	non procedu	re. This p	rocedure	e is 94-
10:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances are screening guidelines allow for the screening for younger individuals with less of a anger a death sentence.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#410H
CBD	(Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.					
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence	SFPBS	(S)	(CC)	N/A	#207H
chall	ints raise their children to ultimately achieve their independence. Yet removing barrie enges for parents of children with special needs. Hope is Here focuses on a family, a is going to great lengths to empower individuals with intellectual disabilities with strer	a very special fo	undation and	d a Florida	a hospita	
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
13:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	hands make it possible to do all your daily activities but what would you do if even o bal tunnel, arthritis, and injuries can make doing even simple things impossible but the b your hands healthy.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
The	Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss supplements an	nd an interview v	vith an exper	t on ways	to be le	ss lonely
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	is- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cance ver questions)	er screenings 3.			k: Back	pain
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	is: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abra		isovanik 3. E	Baptist Ho	me Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:33:00						
15:33:00 15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H

Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episo
				<u> </u>		
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308
17:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	ty years of mammograms and trillions of dollars of research have had virtually r e courageous women navigate their way through medical fact and fiction while their way to health, hope, and healing.					
18:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201F
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story	SFPBS	(S)	(CC)	N/A	#208F
pain Yet i	gine being a child fighting cancer. Treatments, medications and uncertainty fill y with a fierce determination. Once strong again, he was filled with gratitude bec it was a symbolic jacket that he wore during the days of his cancer treatments t er up other children dealing with cancer around the United States. Hope is Here	ause of the love and shat inspired him to sta	support he re Irt his own or	eceived du	uring his n desigr	treatm
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805
	misuse and overuse of antibiotics is contributing to the rapid emergence of resi sidered the next pandemic, antibiotic resistance is a threat to global health and		dangering th	e efficacy	of antib	iotics.
20:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#0H
	BUSY LIVING follows one thrill-seeking couple's unique love story. He survive ful recovery. Together they aspired to jump out of a plane again.	ed a crippling skydiving	g accident. S	the suppo	rted him	n throug
•						
21:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
21:00:00 Gini Ecor Acad Saw Rob Suza	in The Time of Covid-19 is a documentary about structural economic inequalitie nomist Heather Boushey, Former President & CEO of the Washington Center for demy of Social Insurance; Max Richtman, President of the National Committee hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada I ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of F anne Firstenberg and her public art installation "In America How Could this Hap nomic inequalities in America and their consequences from Wheeling, West VA	es in America magnifi or Equitable Growth; \ to Preserve Social Se HenryNickie; DC Cour Equity, Building Bridge open". The film highlig	ed by the Co Villiam Arnor curity & Mec ncilmember a es Across the nts powerful	ovid-19 Pa ne, CEO c dicare; Au at Large, F e River. Al first hand	andemic. of the Na thors Isa Robert V Iso featu accoun	Featur ational abel Vhite; uring ar ts of
21:00:00 Gini Ecor Acad Saw Rob Suza ecor Mus	in The Time of Covid-19 is a documentary about structural economic inequalitie nomist Heather Boushey, Former President & CEO of the Washington Center for demy of Social Insurance; Max Richtman, President of the National Committee hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada I ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of F anne Firstenberg and her public art installation "In America How Could this Hap nomic inequalities in America and their consequences from Wheeling, West VA	es in America magnifi or Equitable Growth; \ to Preserve Social Se HenryNickie; DC Cour Equity, Building Bridge open". The film highlig	ed by the Co Villiam Arnor curity & Mec ncilmember a es Across the nts powerful	ovid-19 Pa ne, CEO c dicare; Au at Large, F e River. Al first hand	andemic. of the Na thors Isa Robert V Iso featu accoun	Featur ational abel Vhite; uring ar ts of Mark T
21:00:00 Gini Ecor Acad Saw Rob Suza ecor Mus 22:00:00	in The Time of Covid-19 is a documentary about structural economic inequalitie nomist Heather Boushey, Former President & CEO of the Washington Center for demy of Social Insurance; Max Richtman, President of the National Committee hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada I ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of f anne Firstenberg and her public art installation "In America How Could this Hap nomic inequalities in America and their consequences from Wheeling, West VA ick. Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	es in America magnifi or Equitable Growth; \ to Preserve Social Se HenryNickie; DC Cour Equity, Building Bridge open". The film highlig activist Amy Jo Hutch SFPBS	ed by the Co William Arnor courity & Mec noilmember a es Across the hts powerful hison and Jac (S)	ovid-19 Pa ne, CEO c dicare; Au at Large, F e River. Al first hand ckson, OF (CC)	andemic. of the Na thors Isa Robert V Iso featu I accoun H Judge N/A	. Featur ational abel Vhite; uring ar ts of Mark T #209H
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As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.

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Wed, Jun 14, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe ubscription plan AllHealthGo has created to offer users access to a numbe ultations, emotional advice, second-opinion consultations, as well as a nun	r of healthcare digital service	iption of the vices includir	different s	services	included ir
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So many Americar they can prevent developing memory issues of any kind. There is a promi- ng at what we can do to keep our brain healthy.					
01:00:00	Health Trends #962 (Adult Speech Help)	SFPBS	(S)	(CC)	N/A	#962H
Find	out the latest trends that contribute to a healthy life. Focus: Amanda Moshe	e discusses trends in adu	It speech the	erapy.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewe ubscription plan AllHealthGo has created to offer users access to a numbe ultations, emotional advice, second-opinion consultations, as well as a num	ers with an in-depth descr r of healthcare digital ser	iption of the vices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful a er screening guidelines allow for the screening for younger individuals with nger a death sentence.					
03:00:00	All About Cancer (Breast Care)	SFPBS	(S)	(CC)	N/A	#1255H
Brea	st Cancer and nutrition is the focus of a new book "Experts in Pink."					
04:00:00	Mental Health #963 (Trauma Recovery)	SFPBS	(S)	(CC)	N/A	#963H
	ything you need to know to enjoy life - from balancing activities and efforts on and Dr. Ehrlich discuss what the conventional treatment for trauma is an onts.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe ubscription plan AllHealthGo has created to offer users access to a numbe ultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital service	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful a er screening guidelines allow for the screening for younger individuals with nger a death sentence.					
06:00:00	Classical Stretch: By Essentrics Quad Flexibility	APTEX	(S)	(CC)	N/A	#1230H
so in	quad muscles in the front of your thighs are one of the largest muscles in y portant to full body health. Join Miranda Esmonde-White for a Classical St muscles.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#715H
	Butterfly Shoulderstand					
Toda	ay you'll go from Plough to Shoulderstand to Butterfly and Bridge in a fun flo	ow of upside down poses.				
07:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thirt	y years of mammograms and trillions of dollars of research have had virtua				nce the 1	980s.

Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s. Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
Siste	er Julienne and Dr. Turner clash over whether to provide a private c	are service. A distressing birth ra	ises fears of	another T	halidom	nide case.
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emerg sidered the next pandemic, antibiotic resistance is a threat to global		dangering th	e efficacy	of antib	iotics.
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the crit etes.	ical areas of work is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
11:00:00	Conscious Living Vegan Mexican Fiesta	NETA	(S)	(CC)	N/A	#104H
Mich Gallo	it spicy? Then get your taste buds ready for this episode, where we hael and Bianca team up in the kitchen to make her favorite savory so o with Tortilla chips. Then, Bianca hangs out with a sustainable lifes hen, Michael steals the show with a yummy vegan Dulce de Leche f	sweet potato and black bean que style expert for some eco-chic out	sadillas, spic	cy guacam	nole and	Pico de
11:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
	er Frances finds herself in a tricky situation when a pregnant womar ly. Cyril helps an evicted family find shelter. Sister Julienne's new ve		d by her sud	den admit	tance to	the Lady
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	omplicated pregnancy leads the Nonnatus team on a path of discove th presents a series of challenges.	ery. Sister Hilda and Dr. Turner g	et involved w	/ith a your	ng woma	an whose
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Boni world	nie Addario, a lung cancer survivor, tells her story of hope and how	she has come to help lung cance	er patients ar	nd caregiv	ers arou	ind the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	us- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. AL RCIO FAGUNDES: Proton therapy	LVARO GOMEZ, ANN DEVELAS	CO: Womer	1 & heart d	lisease	3. DR.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Co ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Ya st	•			0	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H

Wed, Jun 14, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Ha Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's				. Ask the	e Experts,
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have e courageous women navigate their way through medical fact their way to health, hope, and healing.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
19:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the etes.	e critical areas of work is to stop pre-d	liabetes from	ı turning ir	nto full-fl	edged
20:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
pron Pass Oder ocea in a l	ate change is a critical scientific and social issue that confronts ounced and observable than in the Polar Regions. The docume sage Project expedition through the stunningly beautiful and ex n. During the expedition, the Northwest Passage Project team anography. As FROZEN OBSESSION bears witness to a dram hopeful turn, the film also witnesses the exhilarating life-changi eration of scientists and decision makers who will surely make a	entary FROZEN OBSESSION follows treme Canadian Arctic Archipelago al studies water chemistry, microbiology atically changing Arctic, we gain a sot ng experiences of the students on this	the 18-day, board the Sw birds, mam bering asses	2,000-mile vedish resonals, and sment of v	e Northv earch ice I physica what's at	vest ebreaker al t stake. Bi
21:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
spec and f expe	IERATION A: Portraits of Autism & the Arts" takes a close look strum are utilizing to reach their highest potential. The film provi their dreams; and to showcase their talents which include danc erts in the field, some of whom are also on the spectrum such a frank and moving insight. Winner, The Raising Autism Awaren	des a platform for youths with autism ing, singing, painting and animated fil s autism role models, Dr. Temple Gra	to speak frai Immaking. In andin and Dr	nkly about iterwoven	t their ch are inte	allenges rviews wi
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Bonr world	nie Addario, a lung cancer survivor, tells her story of hope and	how she has come to help lung cance	er patients ar	nd caregiv	ers arou	nd the
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					

Racial Disparities In Maternal Health

Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.

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Thu, Jun	15, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healtho sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and serv Neve	cross America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic mi ices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande arities that exist in health and healthcare in the U.S.	norities are les important as o	ss likely to re our population	ceive pre n become	ventive l s more	nealth diverse.
01:00:00	Healthcare Connect #964 (Rescue Help)	SFPBS	(S)	(CC)	N/A	#964H
Lisa	Mae Williams and Annette Miller discuss telemedicine intensive care unit nursing inte	rventions to pr	• •	` '	).	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healtho sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant b sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	of antib	iotics.
03:00:00	All About Cancer (Urogenital System)	SFPBS	(S)	(CC)	N/A	#1259H
Dr. E	Bruno Bastos discusses genitourinary cancer.					
04:00:00	Dermatology #965 (Skincare Help)	SFPBS	(S)	(CC)	N/A	#965H
	ical experts share advice and information about the best treatments and care of diseas rficial to the in-depth.	ses dealing wit	th the skin, n	ails, and I	hair, fror	n the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healtho sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant b sidered the next pandemic, antibiotic resistance is a threat to global health and food set		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1301H
you'l	come to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Can I rebalance the muscle chains of your lower body. This gentle, standing & barre worko e you feeling energized and more flexible					
06:30:00	Wai Lana Yoga Backbend Boons	APTEX	(S)	(CC)	N/A	#716H
<b>T</b>	a range of backbends to strengthen your spine, stretch your abdominal organs, and bu	iild your stamir	na.			
iry a						
	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
07:00:00 07:30:00		WUCF	(S) (S)	(N) (CC)	N/A N/A	#201H #108H

Thu, Jun 15, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
Carp	Treating Hand Pain r hands make it possible to do all your daily activities but what wou bal tunnel, arthritis, and injuries can make doing even simple things b your hands healthy.					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
10:00:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overw sequences. Stress in all ages, as well as pandemic-related stress, in as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID co cine. Childhood vaccine rates continue to decrease in certain areas eback.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#410H
	) (Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental impla		(0)	(00)		<i>"</i> 11011
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence	SFPBS	(S)	(CC)	N/A	#207H
chall	ents raise their children to ultimately achieve their independence. Y lenges for parents of children with special needs. Hope is Here foc is going to great lengths to empower individuals with intellectual di	uses on a family, a very special fo	undation and	d a Florida	a hospita	
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased nnel's one-hour virtual town hall, Finding Hope: The Mental Health is issues affecting our children and offer practical advice based on	Crisis in Teenagers & Young Adu				
14:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	at to do when you can't seem to get aroused, plus ways to improve tionship issues at home.	your sex drive. Then a sex therap	ist talks abou	ut how to	work thr	ough
	Health Insiders	SFPBS	(S)	(CC)	N/A	#1005H
14:30:00		appear provention) 2 Wilbert Fue				
Focu	us- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skir Jose Llach: ER vs. Urgent Care	r cancer prevention) 2. wilbert Fue	erte, Mayret (	Gonzalez:	Antibio	ic safety 3
Focu Dr. J		SFPBS	rte, Mayret ( (S)	Gonzalez: (CC)	Antibiot	ic safety ( #1101H
Focu Dr. J 15:00:00 Focu	Jose Llach: ER vs. Urgent Care	SFPBS sic Oral Care - Dr. Julia E. 3. Risk	(S)	(CC)	N/A	#1101H
Focu Dr. J 15:00:00 Focu	Jose Llach: ER vs. Urgent Care Smartlife us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Bas	SFPBS sic Oral Care - Dr. Julia E. 3. Risk	(S)	(CC)	N/A	#1101H

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	2023 04/01/2023 - 06/30/2	020		i ugo	200 01	007
Thu, Jun	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. ety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5.					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:33:00	Smartlife	SFPBS			N1/A	#1107H
10.33.00	Sinaluie	36603	(S)	(CC)	N/A	#1107日
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
ocea in a	an. During the expedition, the Northwest Passage Project team studies wa anography. As FROZEN OBSESSION bears witness to a dramatically cha hopeful turn, the film also witnesses the exhilarating life-changing experie eration of scientists and decision makers who will surely make a difference	nging Arctic, we gain a sob nces of the students on this	ering asses	sment of w	what's at	stake. B
18:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
and expe	ctrum are utilizing to reach their highest potential. The film provides a platf their dreams; and to showcase their talents which include dancing, singin erts in the field, some of whom are also on the spectrum such as autism ro frank and moving insight. Winner, The Raising Autism Awareness Award	g, painting and animated fil ble models, Dr. Temple Gra	mmaking. In ndin and Dr.	terwoven	are inter	rviews wit
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed sequences. Stress in all ages, as well as pandemic-related stress, affects n as depression and anxiety.					issues
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis is e issues affecting our children and offer practical advice based on research	n Teenagers & Young Adu				
21:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	r hands make it possible to do all your daily activities but what would you o bal tunnel, arthritis, and injuries can make doing even simple things impos b your hands healthy.					
•		SFPBS	(S)	(CC)	N/A	#210H
22:00:00	Sex Talk with Dr. Lia	0.1.20	( )	()	1.17	#21011
22:00:00 Wha	Sex Talk with Dr. Lia Improving Your Sex Drive at to do when you can't seem to get aroused, plus ways to improve your se tionship issues at home.					
22:00:00 Wha	Improving Your Sex Drive at to do when you can't seem to get aroused, plus ways to improve your se					

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# Date: 07/06/2023

Thu, Jun 1	15, 2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H

Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.

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				i ugo	202 01	001
Fri, Jun 1	6, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of the sultations.	Ithcare digital serv	ices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
other cost	eimer's Disease is an under-recognized public health crisis. And while the word Alz r word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective.	ars. Not only does	s Alzheimer'	s come wi	ith a trer	mendous
01:00:00	Staying Healthy #966 (Self-Care)	SFPBS	(S)	(CC)	N/A	#966H
	ase prevention and healthy lifestyle info. Focus: lana Sundari discusses the import	ance of making tir				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of the sultations of the sultations are as a number of the sultations of the sultations are sultations.	Ithcare digital serv	ices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical areas of wo etes.	rk is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
03:00:00	Brain Health (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1266H
Dani	iel D'Amour discusses stroke awareness.					
04:00:00	Heart Health #967 (Heart Health)	SFPBS	(S)	(CC)	N/A	#967H
Heal	th is where the heart is. Focus: Dr. Phillip Erwin, cardiologist has practical informa	tion that can lead	to a long he	althy life.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of the sultations.	Ithcare digital serv	ices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical areas of wo etes.	rk is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1302H
your	Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceansic posture. By loosening, lengthening, and liberating your spine you will feel greater i on will allow you to go deeper into the strengthening exercises.					
06:30:00	Wai Lana Yoga Lunge!	APTEX	(S)	(CC)	N/A	#717H
Com	bine a lunge with a hamstring stretch to loosen up your hips, then strengthen your	arms and test you	ır balance w	ith Two-H	and Sna	ake Pose.
07:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
canc	Finding Answers to Cancer cer the word itself strikes fear in the heart. But many new treatments and therapi- cers. And while it's not all good news, more reasons exist today to face a cancer dia how far treatments have come and see what has to happen in the future to succes	agnosis with hope	and optimis			
08:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1001H
0:-+-						

Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.

# Fri, Jun 16, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
10:00:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye		roughly 6.8 r	nillion peo	ople in th	ne Unite
10:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810
ways	number of Americans living with Alzheimer's is growing. So many s they can prevent developing memory issues of any kind. There ing at what we can do to keep our brain healthy.					
11:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002
	er Frances finds herself in a tricky situation when a pregnant wom y. Cyril helps an evicted family find shelter. Sister Julienne's new		d by her sude	den admit	tance to	the La
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003
	mplicated pregnancy leads the Nonnatus team on a path of disco th presents a series of challenges.	overy. Sister Hilda and Dr. Turner g	et involved w	ith a your	ng woma	an whos
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1006
	us- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MIC SCARLET CONSTANT: Tantrums & giving your kids shots	HAEL SWARTZON, PATIENT: PR	P/Stem cell i	njections	for knee	arthritis
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007
heal	Ith Insiders 1007 Why is the measles vaccine so important for chi th and ways to detect heart disease long before a potentially deva th insiders					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001
	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract mons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. L					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005
Hair	us: 1. Living with a Family Member with Disabilities - Yadira Torre Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose I nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost		Patterson an	d Richard		

16:11:00 Smartlife SFPBS (S) (CC) N/A #1006H

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Fri, Jun 1						
	Title					
Start	Subtitle	Distril	Stereo	Сар	AS2	Episod
16:30:00	Smartlife	SFPB	6 (S)	(CC)	N/A	#1007H
16:45:00	Smartlife	SFPB	6 (S)	(CC)	N/A	#1008H
17:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#0H
	T BUSY LIVING follows one thrill-seeking couple's unique love story. ful recovery. Together they aspired to jump out of a plane again.	He survived a crippling skyd	iving accident.	She suppo	rted him	I through
18:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Acae Saw Rob Suza	nomist Heather Boushey, Former President & CEO of the Washingto demy of Social Insurance; Max Richtman, President of the National ( <i>v</i> hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellov ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the E anne Firstenberg and her public art installation "In America How Cou nomic inequalities in America and their consequences from Wheeling sick.	Committee to Preserve Socia w Makada HenryNickie; DC ( Director of Equity, Building Br Ild this Happen". The film hig	I Security & M Councilmembe idges Across t hlights powerfi	edicare; Au r at Large, I he River. A ul first hand	thors Isa Robert V Iso featu accoun	abel Vhite; uring artis ts of
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
19:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTE	κ (S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID cont cine. Childhood vaccine rates continue to decrease in certain areas on neback.					
20:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thir Thre	The Cure ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing.	d virtually no impact on breas	t cancer surviv	al rates sir	nce the 1	980s.
Thre	ty years of mammograms and trillions of dollars of research have have courageous women navigate their way through medical fact and fi	d virtually no impact on breas	st cancer surviv oulti-billion dolla	al rates sir	nce the 1	980s.
Thiri Thre find 21:00:00 In B com	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing.	d virtually no impact on breas ction while challenging the m NETA tients. By asking a single qu nsic to the process of dying.	et cancer surviv sulti-billion dolla (S) estion "Are you	val rates sir ar cancer in (CC) ı dreamingʻ	nce the 1 idustrial N/A ?", they a	I980s. comple> #0H are
Thiri Thre find 21:00:00 In B com the o	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa nepletely re framing the dying process. End of life experiences are intri	d virtually no impact on breas ction while challenging the m NETA tients. By asking a single qu nsic to the process of dying.	t cancer surviv iulti-billion dolla (S) estion "Are you film establishe	val rates sir ar cancer in (CC) ı dreamingʻ	nce the 1 idustrial N/A ?", they a	I980s. comple> #0H are
Thir Thre find 21:00:00 In B com the o 22:00:00	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa npletely re framing the dying process. End of life experiences are intri dying process really entails, and why dying has been misunderstood Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families	d virtually no impact on breas ction while challenging the m NETA ttients. By asking a single qu nsic to the process of dying. for so long. NETA	t cancer surviv ulti-billion dolla (S) estion "Are you film establishe (S)	val rates sir ar cancer in (CC) u dreaming s why dying (CC)	N/A N/A ?", they a y is relev N/A	I980s. complex #0H are /ant, wha #802H
Thir Thre find 21:00:00 In B com the o 22:00:00 A cc entir	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa npletely re framing the dying process. End of life experiences are intri dying process really entails, and why dying has been misunderstood Healthy Minds with Dr. Jeffrey Borenstein	d virtually no impact on breas ction while challenging the m NETA ttients. By asking a single qu nsic to the process of dying. for so long. NETA ats the invisible wounds of w	t cancer surviv ulti-billion dolla (S) estion "Are you film establishe (S) ar, lowers barri	val rates sir ar cancer in (CC) u dreaming s why dying (CC) ers to care	nce the 1 Idustrial N/A ?", they a g is relev N/A , and set	I980s. comple> #0H are vant, wha #802H rves the
Thir Thre find 21:00:00 In B com the o 22:00:00 A cc entir Proj	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa upletely re framing the dying process. End of life experiences are intri dying process really entails, and why dying has been misunderstood Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families onfidential mental health resource for active military and veterans treat re family facing a wide range of mental health issues including PTSD	d virtually no impact on breas ction while challenging the m NETA ttients. By asking a single qu nsic to the process of dying. for so long. NETA ats the invisible wounds of w	t cancer surviv uulti-billion dolla (S) estion "Are you film establishe (S) ar, lowers barri suicide prever	val rates sir ar cancer in (CC) u dreaming s why dying (CC) ers to care	nce the 1 Idustrial N/A ?", they a g is relev N/A , and set	980s. complex #0H are vant, wha #802H rves the
Thir Thre find 21:00:00 In B com the o 22:00:00 A cc entir	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa upletely re framing the dying process. End of life experiences are intri dying process really entails, and why dying has been misunderstood Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families onfidential mental health resource for active military and veterans treat re family facing a wide range of mental health issues including PTSD ject CEO James D. McDonough, Jr. (COL U.S. Army Retired).	d virtually no impact on breas ction while challenging the m NETA ttients. By asking a single qu nsic to the process of dying. for so long. NETA ats the invisible wounds of w b, chemical dependency, and	st cancer surviv iulti-billion dolla (S) estion "Are you film establishe (S) ar, lowers barri suicide prever	val rates sir ar cancer in (CC) u dreaming s why dying (CC) ers to care ttion. Gues	N/A N/A ?", they a g is relev N/A , and set t: Heads	I980s. complex #0H are /ant, wh: #802H rves the trong
Thir Thre find 21:00:00 In B com the o 22:00:00 A cc entir Proj 22:30:00	ty years of mammograms and trillions of dollars of research have have ee courageous women navigate their way through medical fact and fi their way to health, hope, and healing. Death Is But A Dream suffalo, New York a research team is studying the dreams of dying pa poletely re framing the dying process. End of life experiences are intri dying process really entails, and why dying has been misunderstood Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families onfidential mental health resource for active military and veterans treat re family facing a wide range of mental health issues including PTSD ject CEO James D. McDonough, Jr. (COL U.S. Army Retired). Medical Frontiers Doctor Q & A	d virtually no impact on breas ction while challenging the m NETA titents. By asking a single qu nsic to the process of dying. for so long. NETA ats the invisible wounds of w b, chemical dependency, and	t cancer surviv ulti-billion dolla (S) estion "Are you film establishe (S) ar, lowers barri suicide prever (S) (S)	val rates sir ar cancer in (CC) I dreaming s why dying (CC) ers to care ttion. Guess (CC)	N/A N/A ?", they a g is relev N/A , and sei t: Heads N/A	980s. comple. #0H are /ant, wh #802H trong #139H

The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital service	iption of the vices includir	different s		included i
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	nnials were born between the years 1981 and 1996. At 73 million, they are y make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of Mi	ney are also the least hea e them. How their health p	thy generati	on in rece	ent times	and they
01:00:00	Plastic/Cosm Surgery #968 (Implants & Cancer Risk)	SFPBS	(S)	(CC)	N/A	#968H
	n the latest techniques involving the restoration, reconstruction, or alteratio ant-associated anaplastic large cell lymphoma (BIA-ALCL) and most comm			enger disc	usses bi	reast
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital service	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects on a s depression and anxiety.					issues
03:00:00	Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H
Dr. S	Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine.	Focus: Treating the whole	e patient.			
04:00:00	Living Well #969 (Lung Issues)	SFPBS	(S)	(CC)	N/A	#969H
and	erts tell you how to live well. Focus: Dr.Keith Jamal Robinson & Yamile Leo shares information on the American Lung Association's upcoming Fight for / with lung cancer and her hope & inspiration for the future of this disease.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	ers with an in-depth descr er of healthcare digital ser	iption of the vices includir	different s	services	
This the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe	ers with an in-depth descr er of healthcare digital ser	iption of the vices includir	different s	services	
This the s cons 05:30:00 Stre cons	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a nun Second Opinion with Joan Lunden	ers with an in-depth descr er of healthcare digital sen nber of tools to manage n APTEX but stress comes with rea	iption of the vices includin nedical costs (S) Il physical ar	different s ng telemer (CC) nd mental	services dicine N/A health	included i #1807H
This the s cons 05:30:00 Stre cons	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects of	ers with an in-depth descr er of healthcare digital sen nber of tools to manage n APTEX but stress comes with rea	iption of the vices includin nedical costs (S) Il physical ar	different s ng telemer (CC) nd mental	services dicine N/A health	included i #1807H
This the s cons 05:30:00 Stre cons such	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects on a depression and anxiety. Alma's Way	ers with an in-depth descr er of healthcare digital sen nber of tools to manage n APTEX but stress comes with rea ur overall health, and con	iption of the vices includin nedical costs (S) Il physical ar tributes to ot	different s ng telemen (CC) nd mental her menta	services dicine N/A health al health	included i #1807H issues
This the s cons 05:30:00 Stre cons such 06:00:00 06:30:00 Natu	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects on a s depression and anxiety. Alma's Way Alma's New Kicks/Star Ball Scigirls	ers with an in-depth descr er of healthcare digital sem mber of tools to manage m APTEX but stress comes with rea ur overall health, and com PBS PBSPL	iption of the vices includin hedical costs (S) Il physical ar tributes to ot (S) (S)	different s ng telemen (CC) nd mental her mental (CC) (CC)	services dicine N/A health al health DVI N/A	included in #1807H issues #114H #202H
This the s cons 05:30:00 Stre cons such 06:00:00 06:30:00 Natu	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects of a s depression and anxiety. Alma's Way Alma's New Kicks/Star Ball Scigirls Mother Nature's Shoes ure's designs, from polar bear paws to penguin flippers, inspire Elin and her	ers with an in-depth descr er of healthcare digital sem mber of tools to manage m APTEX but stress comes with rea ur overall health, and com PBS PBSPL	iption of the vices includin hedical costs (S) Il physical ar tributes to ot (S) (S)	different s ng telemen (CC) nd mental her mental (CC) (CC)	services dicine N/A health al health DVI N/A on Minn	included i #1807H issues #114H #202H

Chris and Martin get caught in the middle of a Zebra stampede, and when the dust clears, a lone baby Zebra is left behind. The Wild Kratts must find the young zebra's herd and return him to his mom. Along the way, they learn the secrets of patterns in the creature world and how the zebra's stripes are critical to a special defense called "confusion camouflage."

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
08:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
09:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
10:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
11:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:18:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2907H
	Segment 7					
11:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H
	Segment 8					
11:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2909H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2910H
	Segment 10					
12:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
13:00:00	Finding Hope Town Hall	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
The	Importance of Cuddling and Physical Touch					aa laaabu
Ine	impact of loneliness on your mind and lifestyle, a look at weight loss sup	plements and an interview v	vith an expe	t on ways	to de le	ss ionely.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	us- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewsk wer questions)	i: Lung cancer screenings 3.	. Dr. Gosha I	Brusovanil	k: Back	pain
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. H		usovanik 3. E	Baptist Hor	me Heal	th Care,
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:36:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
	us: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Childi Iman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Ca	en, Amy Exum, psychothera				
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall		-			
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#208H
	Oliver's Story nine being a child fighting cancer. Treatments, medications and uncertain	atu fill ugun daur Albau nama			a bia di	

Imagine being a child fighting cancer. Treatments, medications and uncertainty fill your day. A boy named Oliver decided to face his disease and pain with a fierce determination. Once strong again, he was filled with gratitude because of the love and support he received during his treatment. Yet it was a symbolic jacket that he wore during the days of his cancer treatments that inspired him to start his own organization designed to cheer up other children dealing with cancer around the United States. Hope is Here covers the selfless story of Oliver's Patch Project.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#802H
	Help for Veterans & Military Families					
entir	infidential mental health resource for active military and veterans treats the invisible wo re family facing a wide range of mental health issues including PTSD, chemical dependent ect CEO James D. McDonough, Jr. (COL U.S. Army Retired).					
20:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
ocea	n. During the expedition, the Northwest Passage Project team studies water chemistry, anography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, beact it turn, the film class witnesses the outpilerating life changing autoriances of the other.	we gain a sol	bering asses	sment of v	what's at	
ocea in a gene	anography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, hopeful turn, the film also witnesses the exhilarating life-changing experiences of the st eration of scientists and decision makers who will surely make a difference in the world.	we gain a sol udents on thi	bering assess s expedition,	sment of v who repr	what's at esent the	e next
ocea in a gene 21:00:00 GEN spec and expe	anography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, hopeful turn, the film also witnesses the exhilarating life-changing experiences of the st eration of scientists and decision makers who will surely make a difference in the world. Generation A: Portraits of Autism and the Arts IERATION A: Portraits of Autism & the Arts" takes a close look at creative therapies an ctrum are utilizing to reach their highest potential. The film provides a platform for youth their dreams; and to showcase their talents which include dancing, singing, painting an erts in the field, some of whom are also on the spectrum such as autism role models, D	we gain a sol udents on thi NETA d art program s with autism d animated fi r. Temple Gra	ering assess s expedition, (S) s which your to speak frai mmaking. In andin and Dr.	(CC) mg people nkly about	N/A on the a are inte	e next #0H autism allenge rviews v
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Sun, Jun						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different reepisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to I	health is	
01:00:00	Health Trends #962 (Adult Speech Help)	SFPBS	(S)	(CC)	N/A	#962H
Find	out the latest trends that contribute to a healthy life. Focus: Amanda Moshe discusses	trends in adu	It speech the	erapy.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital service	vices includi	different s		included in
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a sn onger a death sentence.					
03:00:00	Living Well (Wellness Trends)	SFPBS	(S)	(CC)	N/A	#1306H
Jasn	nine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfu	Iness & Med	itation.			
04:00:00	Mental Health #963 (Trauma Recovery)	SFPBS	(S)	(CC)	N/A	#963H
	ything you need to know to enjoy life - from balancing activities and efforts - to achievin an and Dr. Ehrlich discuss what the conventional treatment for trauma is and the respec- ents.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includii	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a sn nger a death sentence.					
06:00:00	Alma's Way Beatbox Big Time/Super Sisters	PBS	(S)	(CC)	DVI	#110H
the h	a's great at beatboxing so good that she thinks she doesn't need to practice with Eddie hard way that practice makes perfect when she ruins the performance. Alma wants to b hi. But when Junior doesn't seem happy with her not-so-super deeds, Alma must figure	e a "super sis	ter" to Junio	r, just like	Tia Glo	ria is to
06:30:00	Scigirls Habitat Havoc	PBSPL	(S)	(CC)	N/A	#203H
Budo	ling naturalist Lea and her SCIGIRLS pals investigate what the non-native Canary Islar	nd Palm does	to San Dieg	o habitats	s, compa	aring the

Budding naturalist Lea and her SCIGIRLS pals investigate what the non-native Canary Island Palm does to San Diego habitats, comparing the palms to native trees.

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	 #515H
	The Erminator			( )		
winte the h	e on a mission to explore the creature powers of the chi ers - Martin and Chris get separated. While Chris makes elp of this little weasel, Martin also learns what it takes egies to survive in harsh environments.	it back to the Tortuga with his chickadee fir	ndings, Martir	encounte	ers an e	rmine. W
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H
	eping with the Health Channel's spirit of innovative prog (with English subtitles) featuring groundbreaking media					
08:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3002H
	Segment 2		(-)	()		
08:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3003H
	Segment 3					
08:40:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3004H
	Segment 4					
08:52:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3005H
	Segment 5					
09:02:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3006H
	Segment 6					
09:15:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3007H
	Segment 7					
09:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3008H
	Segment 8					
09:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
09:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3101H
- ا حدا	Segment 1	romming Vide v Coludia a fact accord for	and informet	Vo Coort	h lann	000
	eping with the Health Channel's spirit of innovative prog (with English subtitles) featuring groundbreaking medi					

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
10:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H

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10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H
11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
11:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
	er Frances finds herself in a tricky situation when a pregnant won y. Cyril helps an evicted family find shelter. Sister Julienne's new		d by her sude	den admitt	tance to	the Lady
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	mplicated pregnancy leads the Nonnatus team on a path of disc th presents a series of challenges.	overy. Sister Hilda and Dr. Turner ge	et involved w	ith a youn	ig woma	an whose
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Bonr world	nie Addario, a lung cancer survivor, tells her story of hope and ho d.	ow she has come to help lung cance	r patients an	d caregive	ers arou	ind the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	us- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. CIO FAGUNDES: Proton therapy		. ,	. ,		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, t					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
Focu	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harla Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's K		Dr. Juan P.	Alvarez 3.		
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H

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Sun, Jun	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virtually no impac e courageous women navigate their way through medical fact and fiction while challeng heir way to health, hope, and healing.					
18:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
com	uffalo, New York a research team is studying the dreams of dying patients. By asking a pletely re framing the dying process. End of life experiences are intrinsic to the process lying process really entails, and why dying has been misunderstood for so long.					
19:00:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H
19:30:00	Growing Bolder	APTEX	(S)	(CC)	N/A	#803H
	The Power of Creative Engagement					
Plus resta	es and others, Cosmo Wilson shines the light on some of the greatest bands in rock. H , one of the gifts of aging is the opportunity to reinvent yourself, again and again. From , uranteur, Maxine Earhart has done just that and she's not finished yet.	beauty queer	n to roadie to	o seamstre	ess and	
20:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#0H
	BUSY LIVING follows one thrill-seeking couple's unique love story. He survived a cripp ful recovery. Together they aspired to jump out of a plane again.	oling skydivin	g accident. S	She suppo	orted him	1 through
21:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robe Suza	in The Time of Covid-19 is a documentary about structural economic inequalities in Am nomist Heather Boushey, Former President & CEO of the Washington Center for Equita lemy of Social Insurance; Max Richtman, President of the National Committee to Prese hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNic ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, B none Firstenberg and her public art installation "In America How Could this Happen". Th omic inequalities in America and their consequences from Wheeling, West VA activist ck.	ble Growth; \ rve Social Se kie; DC Cou uilding Bridg e film highlig	William Arno ecurity & Mee ncilmember es Across th hts powerful	ne, CEO dicare; Au at Large, e River. A first hanc	of the Na ithors Isa Robert V Iso featu I accoun	ational abel Vhite; uring artis ts of
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	t to do when you can't seem to get aroused, plus ways to improve your sex drive. Then ionship issues at home.	a sex therap	ist talks abo	ut how to	work thr	ough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1005H
	is- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2 ose Llach: ER vs. Urgent Care	2. Wilbert Fue	erte, Mayret	Gonzalez	Antibio	tic safety
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
Coo	Pre-Diabetes	to stop pro d	liabotos from	turning is	nto full fl	odacd
diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d		i turning li	no iuii-li	euyeu

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number the sultations of the subscription	of healthcare digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	281 the term "sandwich generation" was coined to describe a group of Ameri ives at the same time. Today, millions of families are facing the dual challeng having children later. This episode focuses on these caregivers.					
01:00:00	Healthcare Connect #964 (Rescue Help)	SFPBS	(S)	(CC)	N/A	#964H
Lisa	-Mae Williams and Annette Miller discuss telemedicine intensive care unit nu	rsing interventions to pr		to rescue	-	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number sultations.	of healthcare digital ser	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of n sidered the next pandemic, antibiotic resistance is a threat to global health a		dangering th	e efficacy	of antib	iotics.
03:00:00	Healthy Living (Blood Disorders)	SFPBS	(S)	(CC)	N/A	#1309H
Dr. \	/ictor Guardiola discusses sickle cell disease, in support of World Sickle Cell	Day. Focus: Treatment	of other bloc	od disorde	ers.	
04:00:00	Dermatology #965 (Skincare Help)	SFPBS	(S)	(CC)	N/A	#965H
	ical experts share advice and information about the best treatments and care erficial to the in-depth.	e of diseases dealing wit	h the skin, n	ails, and I	nair, fror	n the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of residered the next pandemic, antibiotic resistance is a threat to global health an		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1303H
and	ngthen your core and lengthen your full-body with Miranda Esmonde-White. dynamic all-standing workout will tone your waist, activate your core, increas spine fully stretched and strengthened.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#718H
Bullo	Animal Poses dog, Pigeon, Dolphin, and Stretching Dog all have something to teach us abc	out stretching and streng	thening vario	ous parts	of our be	odies.
07:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#102H
	Finding Answers to Cancer			( )		
cano	cer the word itself strikes fear in the heart. But many new treatments and the cers. And while it's not all good news, more reasons exist today to face a can how far treatments have come and see what has to happen in the future to s	cer diagnosis with hope	and optimisi			
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
	Episode 2					

Sister Frances finds herself in a tricky situation when a pregnant woman confides in her. Trixie is troubled by her sudden admittance to the Lady Emily. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling block.

Start

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AS2 Episode

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09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and servi Neve	cross America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic mi ices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande arities that exist in health and healthcare in the U.S.	norities are less important as ou	s likely to re ir populatio	eceive pre on become	ventive s more	health diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzhei r word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo uses Alzheimer's Disease from a caregiver and a public health perspective.	. Not only does	Alzheimer	's come wi	th a tre	mendous
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1003H
	Episode 3					
	mplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and th presents a series of challenges.	d Dr. Turner ge	t involved v	with a your	ng wom	an whose
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1004H
	uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arri igan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	val of four new	pupil midw	vives. One	of them	i, Nancy
14:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#102H
	Jill Costello					
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. But that d ant, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and e ase would eventually define her legacy.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1008H
	IS- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CA BEL, MEL VALENZUELA Spray tan safety	RROL SCOTT	Healthcare	disparities	3. DR	JILL
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	is: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Co ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children					osha
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1805H
-	is: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask	the Event Cor		Coordet C		

Focus: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. Ask the Expert Segment - Dr. Scarlet Constant 4. Diagnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root

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10. 01/00/				i ugo	200 01	001
Mon, Jun	19, 2023					
<b>.</b>	Title		<b>.</b>			
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
ocea in a	n. During the expedition, the Northwest Passage Project team studies water chemistinography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic hopeful turn, the film also witnesses the exhilarating life-changing experiences of the ration of scientists and decision makers who will surely make a difference in the work.	c, we gain a sol students on thi	pering asses	sment of v	what's a	t stake. Bi
18:00:00	Generation A: Portraits of Autism and the Arts	NETA	(S)	(CC)	N/A	#0H
spec and expe	IERATION A: Portraits of Autism & the Arts" takes a close look at creative therapies a trum are utilizing to reach their highest potential. The film provides a platform for you their dreams; and to showcase their talents which include dancing, singing, painting a rts in the field, some of whom are also on the spectrum such as autism role models, frank and moving insight. Winner, The Raising Autism Awareness Award - Golden D	ths with autism and animated fi Dr. Temple Gra	to speak frai Immaking. In andin and Dr.	nkly abou iterwoven	t their ch are inte	nallenges rviews wit
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					
	ecia areata is a common autoimmune disorder that often results in unpredictable hain as and is one of the most requested topics from viewers every year.	r loss. It affects	roughly 6.8 I	million pe	ople in t	ne United
20:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H

22:00:00 Hope Is Here (Sfpbs/Health Channel Local) Jill Costello

Managing The Mental Health Crisis Town Hall

Lung cancer diagnoses for young, non-smoking individuals are a growing trend. But that didn't intimidate the athletic and courageous lung cancer patient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and eradicate the stigma that only smokers contracted the disease would eventually define her legacy.

SFPBS

(S)

(CC)

N/A

#102H

22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H

Stress

Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety.

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Tue, Jun 20, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rio subscription plan AllHealthGo has created to offer users sultations, emotional advice, second-opinion consultation	access to a number of healthcare digital ser	ription of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the U research, millennials have become the most anxious gebe treated.					
01:00:00	Healthy Living #970 (Mobility Training)	SFPBS	(S)	(CC)	N/A	#970H
	ical experts share the essential factors of a healthy lifes ility and conditioning training, all in a one. They share in					nobility,
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rio subscription plan AllHealthGo has created to offer users sultations, emotional advice, second-opinion consultation	access to a number of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with ine. Childhood vaccine rates continue to decrease in ce eback.					
03:00:00	Heart Health (Mri Imaging)	SFPBS	(S)	(CC)	N/A	#1313H
Dr. F	Ricardo Cury & Dr. Constantino Pena discuss the landm	ark new MRI technology. Focus: The benefit	ts of this type	e of imagir	ng for pa	atients.
04:00:00	Dermatology (Skincare Help)	SFPBS	(S)	(CC)	N/A	#971H
	us: Natalie Suarez shares advice and information about superficial to the in-depth.	he best treatments and care of diseases de	aling with the	e skin, nai	ls, and I	nair, from
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rio subscription plan AllHealthGo has created to offer users sultations, emotional advice, second-opinion consultation	access to a number of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with ine. Childhood vaccine rates continue to decrease in ce eback.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1304H
your	Miranda in beautiful Bermuda! In this standing & barre we balance, strengthen your full body, and stimulate your brate your brain!					
06:30:00	Wai Lana Yoga Special: Hemorrhoids	APTEX	(S)	(CC)	N/A	#719H
Asw	ini Mudra is an easy technique that helps relieve this co	nmon ailment. Combine it with the poses on	i today's sho	w for effec	ctive res	ults.
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#708

Allow the magnificent red rock wilderness to inspire your practice as you enjoy an accessible yoga session using a chair for support. Including modified sun salutations and standing poses to build strength in your lower body and more openness in your hips.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs		(-)	()		
08:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#142H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, wake up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	he least heal their health p	Ithy generation	on in rece	nt times	and the
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	t obesity is associated with a decrease in life expectancy for both men and women, as wat 163 million adults in the U.S. are overweight or obese - two thirds of men, and more that gering, but people still struggle every day to drop the pounds. Everyone has different respisode discusses the challenges and solutions for sustained weight loss.	n 60% of wo	men. The da	mage to h	nealth is	
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#411H
Hip r	eplacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes mana	gement.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story	SFPBS	(S)	(CC)	N/A	#208H
pain Yet i	ine being a child fighting cancer. Treatments, medications and uncertainty fill your day. with a fierce determination. Once strong again, he was filled with gratitude because of t t was a symbolic jacket that he wore during the days of his cancer treatments that inspir or up other children dealing with cancer around the United States. Hope is Here covers t	he love and s ed him to sta	support he re art his own or	eceived du ganizatio	uring his n desigr	treatme
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
13:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					
Carp	hands make it possible to do all your daily activities but what would you do if even one al tunnel, arthritis, and injuries can make doing even simple things impossible but there your hands healthy.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	t to do when you can't seem to get aroused, plus ways to improve your sex drive. Then tonship issues at home.	a sex therap	ist talks abou	ut how to	work thr	ough
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701F
	is: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for S noma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HP					, iMatter
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702F

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Tue, Jun 20, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
15:58:00		SFPBS	a	(S)	(S) (CC)	(S) (CC) N/A

Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa

16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

SFPBS

(S)

(CC)

#202H

N/A

#### 18:00:00 Flip My Florida Yard (Sfpbs)

Anfuso-Greene Family - Jacksonville

Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff.

18:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#209H
	Vacc Camp					

Children who are ventilator-dependent are limited in their ability to participate in sports and recreation. Enjoying childhood to its fullest is often not possible. Every year VACC Camp affords children on ventilators the chance to enjoy a stress-free week at the beach along with other water activities such as sailing or going to the pool as they are supported by camp volunteers and the Miami Beach Fire and Rescue. This episode of Hope is Here interviews a participating doctor at Nicklaus Children's Hospital as well as two families who enjoy this special opportunity to see their children enjoy the ocean for the first time.

19:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#103
	Exposing The Fentanyl Crisis					

20:00:00 Expect A Miracle NETA (S) (CC) N/A #0 "Expect a Miracle: Finding Light in the Darkness of a Pandemic," is the dual story of the AIDS crisis in San Diego and Fraternity House - the only hospice in San Diego County that took patients near death to give them a safe place to die with dignity and love. The riveting film centers on a

handful of everyday people who became heroes, caring for a marginalized and persecuted population in a time of heightened fear, misinformation and mass rejection from their families, society and the government.

21:00:00 Patient No More NETA (S) (CC) N/A #0 Queer women are not statistically "safe," but there are medical spaces that have been crafted so that they can be treated with the same dignity as any other patient. Patient No More explores the barriers LGBTQ+ women navigate across health care systems, and how the never-ending hunt for affirming care affects their lives.

22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A #210H Improving Your Sex Drive What to do when you can't seem to get aroused, plus ways to improve your sex drive. Then a sex therapist talks about how to work through relationship issues at home. 22.30.00 Health Insiders SEPRS (S)(CC)#1010H  $NI/\Delta$ 

22.00.00		OFFEC	(0)	(00)	19/7	#101011
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Tue, Jun 20, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

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Wed, Jun 21, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease in Women rt Disease is the leading cause of death and disability for women in the United States. Yo or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke e of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 ir
01:00:00	Pain Management #972 (Chronic Pain)	SFPBS	(S)	(CC)	N/A	#972H
Focu	us: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality	of life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
•	ecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 ı	nillion peo	ople in th	ne United
03:00:00	Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H
	Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Trea		e patient.	()		
04:00:00	Men's Health (Stomach Issues)	SFPBS	(S)	(CC)	N/A	#974H
	epth exploration of a wide variety of issues that affect men's health. Focus: Dr. Eduardo and different treatment options.	Ruan discus	ses the mos	t common	I GI diso	rders in
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includii	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
•	ecia areata is a common autoimmune disorder that often results in unpredictable hair lo es and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1305H
	st your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esn et your blood pumping, strengthen your entire body, and increase your overall energy!	nonde-White	combines le	g, core, ai	nd back	exercises
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#720H
Let	Lotus your body bend in Blowing Tree. Loosen your legs for Lotus with a five-part stretch, ther	n do some lvir	ng-down vers	sions of th	ne postu	re.
07:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
07.00.00	Govid 15. What Did We Learn: Town Hall (Sipus)	01-00	(3)	(00)	IN/A	
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
	Episode 2					

Sister Frances finds herself in a tricky situation when a pregnant woman confides in her. Trixie is troubled by her sudden admittance to the Lady Emily. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling block.

Wed, Jun 21, 2023

Smartlife

15:33:00

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americans who a tives at the same time. Today, millions of families are facing the dual challenge of sandy having children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety					
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episod be treated.					
11:00:00	Conscious Living Ready, Set, Go!	NETA	(S)	(CC)	N/A	#105H
ten v need ham	the life is a journey and not a destination, put on your adventure boots, grab your GPS and with us on the legendary North Shore of Oahu where we take surf and yoga lessons with ds a fancy hotel room? We relish the great outdoors at a glamping retreat in Ithaca, New mock naps under the midnight stars. Finally, we take an inner journey and explore som cago Art Institute in the Windy City to the winding canals of the Venice Biennale.	h a former co v York with go	mpetitive sur ourmet s'mor	rfer turneo res, local f	d girl bos foraging	ss. Who and
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	Antuso-Greene Family - Jacksonville sode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre c dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff. Call The Midwife					ng issue
their due 12:00:00 A cc	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.	meable drivev	vay to solve (S)	an ongoir (CC)	ng floodii DVI	ng issue #1003H
their due 12:00:00 A cc	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff. Call The Midwife Episode 3 omplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and	meable drivev	vay to solve (S)	an ongoir (CC)	ng floodii DVI	ng issue #1003H an whose
their due 12:00:00 A cc heal 13:00:00 It's J	<ul> <li>Anfuso-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard creater dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.</li> <li>Call The Midwife Episode 3</li> <li>Call pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and th presents a series of challenges.</li> <li>Call The Midwife</li> </ul>	PBS Dr. Turner ge PBS	vay to solve (S) et involved w (S)	an ongóir (CC) vith a your (CC)	ng floodii DVI ng woma DVI	ng issue #1003H an whose #1004H
their due 12:00:00 A cc heal 13:00:00 It's J	<ul> <li>a dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.</li> <li>Call The Midwife Episode 3</li> <li>call The Midwife Episode 3</li> <li>call The Midwife Episode 4</li> <li>b dreams. A series of challenges.</li> <li>call The Midwife Episode 4</li> </ul>	PBS Dr. Turner ge PBS	vay to solve (S) et involved w (S)	an ongóir (CC) vith a your (CC)	ng floodii DVI ng woma DVI	ng issue #1003H an whose #1004H
their due 12:00:00 A cc heal 13:00:00 It's C Corr 14:00:00 Lung patie	<ul> <li>And State of Control of Control</li></ul>	PBS Dr. Turner ge PBS val of four new SFPBS dn't intimidate	vay to solve (S) et involved w (S) v pupil midwi (S) the athletic a	an ongóir (CC) vith a your (CC) ves. One (CC) and coura	ng floodii DVI ng woma DVI of them, N/A ngeous lu	ng issue #1003H an whose #1004H , Nancy #102H ung canc
their due 12:00:00 A cc heal 13:00:00 It's C Corr 14:00:00 Lung patie	<ul> <li>A provide #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard created and the surrounded by Florida Friendly plants is built and a new pertor improper stormwater runoff.</li> <li>Call The Midwife Episode 3</li> <li>Call The Midwife Episode 3</li> <li>Call The Midwife Episode 4</li> <li>July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrivingan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.</li> <li>Hope Is Here (Sfpbs/Health Channel Local) Jill Costello</li> <li>g cancer diagnoses for young, non-smoking individuals are a growing trend. But that diagent, 21-year-old Jill Costello.</li> </ul>	PBS Dr. Turner ge PBS val of four new SFPBS dn't intimidate	vay to solve (S) et involved w (S) v pupil midwi (S) the athletic a	an ongóir (CC) vith a your (CC) ves. One (CC) and coura	ng floodii DVI ng woma DVI of them, N/A ngeous lu	ng issue #1003H an whose #1004H , Nancy #102H ung cance acted the
their due 12:00:00 A cc heal 13:00:00 It's C Corr 14:00:00 Lung patie dise 14:30:00 Foc	<ul> <li>A provide #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard created and the surrounded by Florida Friendly plants is built and a new pertor improper stormwater runoff.</li> <li>Call The Midwife Episode 3</li> <li>Call The Midwife Episode 3</li> <li>Call The Midwife Episode 4</li> <li>July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrivingan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.</li> <li>Hope Is Here (Sfpbs/Health Channel Local) Jill Costello</li> <li>g cancer diagnoses for young, non-smoking individuals are a growing trend. But that dident, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and e ase would eventually define her legacy.</li> </ul>	PBS PBS Dr. Turner ge PBS val of four new SFPBS dn't intimidate radicate the s SFPBS	vay to solve (S) et involved w (S) v pupil midwi (S) the athletic a tigma that or (S)	an ongoir (CC) vith a your (CC) ves. One (CC) and coura hly smoke (CC)	ng floodii DVI ng woma DVI of them, N/A ngeous Iu rs contra N/A	#1003H #1003H an whose #1004H , Nancy #102H ung cance acted the #1012H
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their due 12:00:00 A cc heal 13:00:00 It's C Corr 14:00:00 Lung patie dise 14:30:00 Focu DR. 15:00:00 Focu	<ul> <li>And Strategy and Strat</li></ul>	PBS PBS Dr. Turner ge PBS val of four new SFPBS dn't intimidate radicate the s SFPBS NIK, patient: S SFPBS hy Shopping T	vay to solve (S) et involved w (S) v pupil midwi (S) the athletic a tigma that or (S) pine surgery (S)	an ongóir (CC) vith a your (CC) ves. One (CC) and coura nly smoke (CC) v (Patient	ng floodii DVI ng woma DVI of them, N/A ngeous lu ris contra N/A story – F N/A	ng issue #1003H an whose #1004H , Nancy #102H ung canc acted the #1012H Paola) 3. #1401H

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Wed, Jun 21, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:47:00	Smartlife	SFPBS	(S)	(CC)	 N/A	#1404H
		020	(0)	(00)		
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
	Is: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Heale					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
PBS	earch Detectives is an engrossing new series, developed in partnership with The Werth and The Health Channel in April. In the first episode titled "Finding Lost Memory," host nating research neuroscientists are dong to find effective treatments for Dementia and	Trace Domir	nguez gives v			
17:30:00	Growing Up Green	NETA	(S)	(CC)	N/A	#0H
walls Gline initia the e	limate change impacts increase, a few schools across the country are motivating their s in real world experiences trying to solve environmental problems in their own communer (One Carbon Footprint At A Time, Schools That Change Communities, We're Still He tive in Michigan, where a statewide effort involving thousands of students in both rural environments students inhabit, as well as student educational outcomes across a broad worth emulating.	ities. Growing ere) tells the s and urban are	g Up Green, story of a unic eas, is having	a docume que enviro g a profou	entary fil onmenta ind impa	m by Bob I educatio ict on both
18:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Carp	hands make it possible to do all your daily activities but what would you do if even one al tunnel, arthritis, and injuries can make doing even simple things impossible but there your hands healthy.					
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increases they can prevent developing memory issues of any kind. There is a promising body of ng at what we can do to keep our brain healthy.					
20:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#0H
	BUSY LIVING follows one thrill-seeking couple's unique love story. He survived a cripp ful recovery. Together they aspired to jump out of a plane again.	oling skydivin	g accident. S	She suppo	orted him	through a
21:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robo Suza	in The Time of Covid-19 is a documentary about structural economic inequalities in Am nomist Heather Boushey, Former President & CEO of the Washington Center for Equita lemy of Social Insurance; Max Richtman, President of the National Committee to Prese hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNic ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, B anne Firstenberg and her public art installation "In America How Could this Happen". Th iomic inequalities in America and their consequences from Wheeling, West VA activist ck.	able Growth; erve Social Seckie; DC Cou suilding Bridg ne film highlig	ied by the Co William Arno ecurity & Mee ncilmember es Across the hts powerful	ovid-19 Pa ne, CEO dicare; Au at Large, e River. A first hand	andemic of the Na ithors Isa Robert V Iso featu I accoun	ational abel Vhite; uring artist ts of
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	cancer diagnoses for young, non-smoking individuals are a growing trend. But that dic int, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and er ase would eventually define her legacy.					

Wed, Jun 21, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, Jun 2	22, 2023					
	Title					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects nea six million people worldwide. The symptoms generally develop slowly over years, son hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	netimes startin	g with a bare	ely noticea	able tren	nor in just
01:00:00	Spine & Back Care #976 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#976H
Focu	us: Dr. Gosha Brusovanik has the latest on spine and back conditions and how to treat	them for a pa	. ,	<b>x</b>		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre s they can prevent developing memory issues of any kind. There is a promising body o ing at what we can do to keep our brain healthy.					
03:00:00	Living Well (Wellness Trends)	SFPBS	(S)	(CC)	N/A	#1306H
Jasr	nine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mind	fulness & Med	itation			
	5 157 5 15 67					
04:00:00	Sports Medicine (Athletic Injuries)	SFPBS	(S)	(CC)	N/A	#977H
Cutt		SFPBS al health and fi	(S) tness. Focus	s: Dr. Dere	ek Papp	and Dr.
Cutt	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physica	SFPBS al health and fi	(S) tness. Focus	s: Dr. Dere	ek Papp	and Dr.
Cutti Lisa 05:00:00 This the s	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physica Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital ser	(S) tness. Focus I ankle, and (S) iption of the vices includii	s: Dr. Dere how best (CC) different s ng teleme	ek Papp to preve N/A services	and Dr. ent them. #0H
Cutti Lisa 05:00:00 This the s	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physica Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital ser	(S) tness. Focus I ankle, and (S) iption of the vices includii	s: Dr. Dere how best (CC) different s ng teleme	ek Papp to preve N/A services	and Dr. ent them. #0H
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physic: Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their b	: Dr. Dere how best (CC) different s ng teleme (CC) orain heal	ek Papp to preve N/A services dicine N/A th and lo	and Dr. ent them. #0H included i #1810H pooking for
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physica Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increas s they can prevent developing memory issues of any kind. There is a promising body of	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their b	: Dr. Dere how best (CC) different s ng teleme (CC) orain heal	ek Papp to preve N/A services dicine N/A th and lo	and Dr. ent them. #0H included in #1810H pooking for
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physica Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increas s they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy.	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their t ind medical costs (S) y direction it	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built	ek Papp to preve N/A services dicine N/A th and Ic bund the N/A to move	and Dr. ent them. #0H included in #1810H boking for country #1306H ! The
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physic: Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increas s they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics is all-standing, advanced strengthening workout Miranda will bend, twist, and work the	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their t ind medical costs (S) y direction it	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built	ek Papp to preve N/A services dicine N/A th and Ic und the N/A to move strong, a	and Dr. ent them. #0H included in #1810H boking for country #1306H ! The
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th intel 06:30:00 Bala	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physic: Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increas is they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics is all-standing, advanced strengthening workout Miranda will bend, twist, and work the ligently designed exercises used in this workout will keep the connective tissue of your Wai Lana Yoga	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every r spine and bac APTEX	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their the d medical costs (S) y direction it ck flexible, lu (S)	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built ibricated, (CC)	ek Papp to preve N/A services dicine N/A th and lo bund the N/A to move strong, a N/A	and Dr. ent them. #0H included in #1810H poking for country #1306H ! The and mobile #721H
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th intel 06:30:00 Bala	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physical Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthd sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increases in they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics is all-standing, advanced strengthening workout Miranda will bend, twist, and work the ligently designed exercises used in this workout will keep the connective tissue of your Wai Lana Yoga Toes & Palms Balance Ince in push-up position, then test your strength and stamina by turning sideways to ba asy twist will give you energy for Yoga Dance. Flip My Florida Yard	SFPBS al health and fi bow, knee and SFPBS in-depth descr care digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every r spine and bac APTEX	(S) tness. Focus l ankle, and l (S) iption of the vices includin hedical costs (S) sted in their the d medical costs (S) y direction it ck flexible, lu (S)	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built ibricated, (CC)	ek Papp to preve N/A services dicine N/A th and lo bund the N/A to move strong, a N/A	and Dr. ent them. #0H included in #1810H poking for country #1306H ! The and mobile #721H
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th intell 06:30:00 Bala an e	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physics Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthd sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increas is they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics is all-standing, advanced strengthening workout Miranda will bend, twist, and work the ligently designed exercises used in this workout will keep the connective tissue of your Wai Lana Yoga Toes & Palms Balance Ince in push-up position, then test your strength and stamina by turning sideways to ba asy twist will give you energy for Yoga Dance.	SFPBS al health and fi bow, knee and SFPBS in-depth descr are digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every r spine and bac APTEX alance on one	(S) tness. Focus l ankle, and l (S) iption of the vices includin nedical costs (S) sted in their the d medical cost (S) y direction it ck flexible, lu (S) hand and foo	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built ibricated, (CC) ot. An ene	ek Papp to preve N/A services dicine N/A th and lo bund the N/A to move strong, a N/A ergizing l	and Dr. ent them. #0H included i #1810H booking for country #1306H ! The and mobile #721H breath and
Cutti Lisa 05:00:00 This the s cons 05:30:00 The ways looki 06:00:00 In th intell 06:30:00 Bala an e	Sports Medicine (Athletic Injuries) ing-edge treatment and prevention of injuries related to sports and exercise for physical Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, el All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthd sultations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increases in they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics is all-standing, advanced strengthening workout Miranda will bend, twist, and work the ligently designed exercises used in this workout will keep the connective tissue of your Wai Lana Yoga Toes & Palms Balance Ince in push-up position, then test your strength and stamina by turning sideways to ba asy twist will give you energy for Yoga Dance. Flip My Florida Yard	SFPBS al health and fi bow, knee and SFPBS in-depth descr are digital sen s to manage n APTEX easingly interes of evidence, an APTEX e spine in every r spine and bac APTEX alance on one	(S) tness. Focus l ankle, and l (S) iption of the vices includin nedical costs (S) sted in their the d medical cost (S) y direction it ck flexible, lu (S) hand and foo	s: Dr. Dere how best (CC) different s ng teleme (CC) orain heal enters aro (CC) was built ibricated, (CC) ot. An ene	ek Papp to preve N/A services dicine N/A th and lo bund the N/A to move strong, a N/A ergizing l	and Dr. ent them. #0H included in #1810H booking for country #1306H ! The and mobile #721H breath and

Thu, Jun 22, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased an nnel's one-hour virtual town hall, Finding Hope: The Mental Health Cu e issues affecting our children and offer practical advice based on res	risis in Teenagers & Young Adu				
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#142H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in th or women's health issue. It is the cause of death for 1 in 5 women in t omen every year. That's more than all cancers combined. But 80% of e of heart disease in women and how we can lower cardiac risk and c	he U.S., and heart disease and cardiac and stroke events can I	stroke comb	ined caus	e the de	eath of 1
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709F
	Parkinson's Disease					
than one	kinson's Disease is the fastest growing neurological disorder in the work is a six million people worldwide. The symptoms generally develop slowl hand. While tremors are common in Parkinson's, the disease progress treents of Parkinson's Disease, and the search for a cure.	y over years, sometimes startin	g with a bare	ely noticea	able trem	nor in jus
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#411H
Hip ı	replacement, Glaucoma, Brain Aneurysms, Headaches, Varicose vei	ns, Diabetes management.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story	SFPBS	(S)	(CC)	N/A	#208H
pain Yet i	gine being a child fighting cancer. Treatments, medications and uncer with a fierce determination. Once strong again, he was filled with gra it was a symbolic jacket that he wore during the days of his cancer tre er up other children dealing with cancer around the United States. Ho	titude because of the love and seatments that inspired him to sta	support he re art his own o	eceived du rganizatio	uring his n desigr	treatme
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
13:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
cano	cer the word itself strikes fear in the heart. But many new treatment cers. And while it's not all good news, more reasons exist today to fac how far treatments have come and see what has to happen in the fut	e a cancer diagnosis with hope	and optimis			
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	aphrodisiacs really work? Then, how to speak openly with your partne sex life.	r, and a women's sexual health	coach has a	advice on	how to i	mprove
	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00						
14:30:00 15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501F

15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
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Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Title

Date: 07/06/2023

Thu, Jun 22, 2023

N/A #105H

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(CC)

<b>—</b> · · ·	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, De Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Below The Belt: The Last Health Taboo	NPS	(S)	(CC)	N/A	#0H
	ugh the lens of endometriosis, examine the widespread problems in our healthc als how millions are silenced and how, by fighting back, they can improve health		proportionate	ely affect v	vomen.	This film
18:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	with familiar problems such as stress, mild depression, sleeplessness, grief, etc can occur when profit-driven medicine intersects with human beings in distress. Doctor Q & A	c. This is the untold s NETA	tory of the ve (S)	ery seriou: (CC)	s conse	quences #105H
	The Truth About Prostate Cancer		(-)	()		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and o servi Neve	cross America, there are large and persistent racial differences in health and ac die sooner than white people. Compared with whites, members of racial and eth ices and often receive lower-quality care. Addressing health disparities is increa er has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	nic minorities are les singly important as o	s likely to re ur populatio	ceive prev n become	ventive l s more (	nealth diverse.
20:00:00	Expect A Miracle	NETA	(S)	(CC)	N/A	#0
	ect a Miracle: Finding Light in the Darkness of a Pandemic," is the dual story of pice in San Diego County that took patients near death to give them a safe place iful of everyday people who became heroes, caring for a marginalized and person the second state of the second secon	to die with dignity ar	n Diego and nd love. The	Fraternity riveting fil	m cente	ers on a
hand	mass rejection from their families, society and the government.	ecuted population in		gilleneu i	5ai, 1113	
hand and		NETA	(S)	(CC)	N/A	#0
hand and 21:00:00 Quee any o	mass rejection from their families, society and the government.	NETA en crafted so that the	(S) y can be trea	(CC) ated with t	N/A he sam	#0 e dignity as
hand and 21:00:00 Quee any o for a	mass rejection from their families, society and the government. Patient No More er women are not statistically "safe," but there are medical spaces that have bee other patient. Patient No More explores the barriers LGBTQ+ women navigate a ffirming care affects their lives. Sex Talk with Dr. Lia	NETA en crafted so that the	(S) y can be trea	(CC) ated with t	N/A he sam	#0 e dignity as
hand and 21:00:00 Quee any o for a	mass rejection from their families, society and the government. Patient No More er women are not statistically "safe," but there are medical spaces that have bee other patient. Patient No More explores the barriers LGBTQ+ women navigate a ffirming care affects their lives.	NETA en crafted so that the across health care sy	(S) y can be tre stems, and f	(CC) ated with t now the ne	N/A he sam ever-end	#0 e dignity as ling hunt
hand and 21:00:00 Quea any o for a 22:00:00 Do a	mass rejection from their families, society and the government. Patient No More er women are not statistically "safe," but there are medical spaces that have bee other patient. Patient No More explores the barriers LGBTQ+ women navigate a ffirming care affects their lives. Sex Talk with Dr. Lia	NETA en crafted so that the across health care sy SFPBS	(S) y can be trea stems, and h (S)	(CC) ated with t now the ne (CC)	N/A he sam ever-end N/A	#0 e dignity as ling hunt #211H

23:00:00 Doctor Q & A The Truth About Prostate Cancer

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, Jun	22, 2023						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode	
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H	

#### Brain Health

The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.

Fri, Jun 23, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includii	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ist cancer is the most common cancer among women worldwide, and this diagnosis not tional and psychological challenges, as well. It is something no one wants to face alone diagnosis, and their support can be crucial to recovery. The couple goes through cancer cer Spouse."	. The spouse	of the cance	er patient	feels the	e impact o
01:00:00	Plastic/Cosmetic Surgery#978 (Men's Update)	SFPBS	(S)	(CC)	N/A	#978H
Focu	is: Dr. Ricardo Castrellon has the latest techniques involving the restoration, reconstruct	ction, or altera	tion of the b	ody.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	ices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
serv Neve	die sooner than white people. Compared with whites, members of racial and ethnic min ices and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the panden arities that exist in health and healthcare in the U.S. Spine & Back Care (Your Aching Back)	mportant as o	ur populatio	n become	s more	diverse.
Dr. E	Brusovanik discusses spine and back conditions and how to treat them for a pain free lif	fe	. ,			
04:00:00	All About Cancer #979 (Breast Cancer Update)	SFPBS	(S)	(CC)	N/A	#979H
	s to prevent some cancers; lifestyle, family history and more. Focus: Dr. Joseph Panoff the different treatment options.	discusses ac	vancements	s in breast	cancer	diagnosis
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	ices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic min ices and often receive lower-quality care. Addressing health disparities is increasingly ir er has the disparity in access to healthcare become more obvious than with the panden arities that exist in health and healthcare in the U.S.	iorities are les mportant as o	s likely to re ur populatio	ceive pre n become	ventive l s more	health diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1307H
all-s	feet are the foundation of our bodies and keeping them strong and flexible is a major fa tanding beginner workout Miranda will work the musculature and joints of your feet, ank and healthy.					
	Wai Lana Yoga Special: Blankets	APTEX	(S)	(CC)	N/A	#722
06:30:00	Wai Lana Yoga Special: Blankets kets can make your yoga session easier and more enjoyable. Wai Lana shows you how		(S)	(CC)	N/A	#722
06:30:00	Special: Blankets		(S) (S)	(CC) (CC)	N/A N/A	#722 #0H

GET BUSY LIVING follows one thrill-seeking couple's unique love story. He survived a crippling skydiving accident. She supported him through a painful recovery. Together they aspired to jump out of a plane again.

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	Fri,	Jun	23.	2023
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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1002H
<u> </u>	Episode 2	<del>.</del>				
	er Frances finds herself in a tricky situation when a pregnant wom y. Cyril helps an evicted family find shelter. Sister Julienne's new		d by her sud	den admit	tance to	the Lady
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ist cancer is the most common cancer among women worldwide, tional and psychological challenges, as well. It is something no or diagnosis, and their support can be crucial to recovery. The couple cer Spouse."	ne wants to face alone. The spouse	of the cance	er patient	feels the	e impact o
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the -COVID symptoms.	e long-term health effects of the pe	ople who are	e suffering	from de	bilitating
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The FI dreams. A front yard deck surrounded by Florida Friendly plants to improper stormwater runoff.					
11:30:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	mplicated pregnancy leads the Nonnatus team on a path of disco th presents a series of challenges.	very. Sister Hilda and Dr. Turner g	et involved w	ith a your	ng woma	in whose
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1004H
	uly 1966, and Britain is in the grip of World Cup fever. Nonnatus I igan, makes quite an impact. Cyril and Lucille's relationship contir		v pupil midwi	ves. One	of them	Nancy
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1015H
Focu addio	us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. D ction	R. DANIEL MARTINEZ Erectile Dy	sfunction 3.	DR. DANI	IEL BOE	ER Opioi
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
Focu addie	us- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. D ction	R. DANIEL MARTINEZ Erectile Dy	sfunction 3.	DR. DANI	IEL BOE	ER Opioi
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Hear riz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - uctor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H

Fri, Jun 23, 2023

# Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Marth vard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	a Viera 3. The Power of Maco		iannine 4.	Dental I	Myths - D
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#0H
	Γ BUSY LIVING follows one thrill-seeking couple's unique love story. He Iful recovery. Together they aspired to jump out of a plane again.	survived a crippling skydiving	g accident. S	She suppo	rted him	through
18:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Rob Suz	will, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow M ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Dire anne Firstenberg and her public art installation "In America How Could nomic inequalities in America and their consequences from Wheeling, V sick.	ctor of Equity, Building Bridge this Happen". The film highlig	es Across the hts powerful	e River. A first hand	lso featu accoun	iring artis ts of
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
10.20.00	Second Opinion with Joan Lunden	APTEX	(S)			
19:30:00	Alzheimer's: A Public Health Crisis	AFTEX	(3)	(CC)	N/A	#1703H
Alzh othe cost		the word Alzheimer's strikes for every 20 years. Not only does care for their loved ones, whil	ear in aging s Alzheimer's	American s come wi	s more t th a tren	han any nendous
Alzh othe cost disc	Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while er word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they	the word Alzheimer's strikes for every 20 years. Not only does care for their loved ones, whil	ear in aging s Alzheimer's	American s come wi	s more t th a tren away. Th	han any nendous
Alzh othe costi disc 20:00:00 Thro	Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the re word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they susses Alzheimer's Disease from a caregiver and a public health perspe	the word Alzheimer's strikes fr every 20 years. Not only does care for their loved ones, whil ctive. NPS r healthcare systems that disp	ear in aging s Alzheimer's e watching t (S)	American s come wi hem slip a (CC)	s more t th a tren away. Th N/A	han any nendous iis episod #0H
Alzh othe cost disc 20:00:00 Thro reve	Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the er word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they susses Alzheimer's Disease from a caregiver and a public health perspective Below The Belt: The Last Health Taboo bugh the lens of endometriosis, examine the widespread problems in our	the word Alzheimer's strikes fr every 20 years. Not only does care for their loved ones, whil ctive. NPS r healthcare systems that disp	ear in aging s Alzheimer's e watching t (S)	American s come wi hem slip a (CC)	s more t th a tren away. Th N/A	han any nendous iis episod #0H
Alzh othe cost 20:00:00 Thro reve 21:00:00 One and help	Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while f er word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they susses Alzheimer's Disease from a caregiver and a public health perspective Below The Belt: The Last Health Taboo pugh the lens of endometriosis, examine the widespread problems in our easy how millions are silenced and how, by fighting back, they can impro-	the word Alzheimer's strikes fe every 20 years. Not only does care for their loved ones, whil ctive. NPS in healthcare systems that dis ve healthcare for all women. NETA but commonly prescribed psyo five ordinary people whose do grief, etc. This is the untold s	ear in aging s Alzheimer's e watching t (S) proportionate (S) chiatric drugs octors presc	Americans s come wi hem slip a (CC) ely affect v (CC) s. Combin ribed psyc	s more t th a tren way. Th N/A women. N/A ing cine chiatric d	#0H #0H This film #0H ma verite rugs to
Alzh othe cost 20:00:00 Thro reve 21:00:00 One and help that	Alzheimer's: A Public Health Crisis heimer's Disease is an under-recognized public health crisis. And while is ar word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they usses Alzheimer's Disease from a caregiver and a public health perspec- Below The Belt: The Last Health Taboo ough the lens of endometriosis, examine the widespread problems in our eals how millions are silenced and how, by fighting back, they can impro- Medicating Normal a in five Americans are physically dependent on, not heroin or cocaine, the investigative journalism, MEDICATING NORMAL follows the stories of with familiar problems such as stress, mild depression, sleeplessness, can occur when profit-driven medicine intersects with human beings in Healthy Minds with Dr. Jeffrey Borenstein	the word Alzheimer's strikes fe every 20 years. Not only does care for their loved ones, whil ctive. NPS in healthcare systems that dis ve healthcare for all women. NETA but commonly prescribed psyo five ordinary people whose do grief, etc. This is the untold s	ear in aging s Alzheimer's e watching t (S) proportionate (S) chiatric drugs octors presc	Americans s come wi hem slip a (CC) ely affect v (CC) s. Combin ribed psyc	s more t th a tren way. Th N/A women. N/A ing cine chiatric d s consec	han any nendous iis episod #0H This film #0H ma verite irugs to
othe cost disc 20:00:00 Thro reve 21:00:00 One and help that 22:00:00	Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while is ar word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they usses Alzheimer's Disease from a caregiver and a public health perspec- Below The Belt: The Last Health Taboo ough the lens of endometriosis, examine the widespread problems in our eals how millions are silenced and how, by fighting back, they can impro- Medicating Normal e in five Americans are physically dependent on, not heroin or cocaine, to investigative journalism, MEDICATING NORMAL follows the stories of o with familiar problems such as stress, mild depression, sleeplessness, can occur when profit-driven medicine intersects with human beings in Healthy Minds with Dr. Jeffrey Borenstein Schizophrenia: Understanding Diagnosis and Treatment	the word Alzheimer's strikes fi every 20 years. Not only does care for their loved ones, whil ctive. NPS ar healthcare systems that disp ve healthcare for all women. NETA but commonly prescribed psyc five ordinary people whose d grief, etc. This is the untold s distress. NETA	ear in aging s Alzheimer's e watching t (S) proportionate (S) chiatric drugs octors presc tory of the ve	Americana s come wi hem slip a (CC) ely affect v (CC) s. Combin ribed psyc ery seriou: (CC)	s more ti th a tren way. Th N/A women. N/A ing cinet hiatric d s consec N/A	han any nendous iis episodo #0H This film #0H ma verite rugs to quences #803H
Alzh othe cost 20:00:00 Thro reve 21:00:00 One and help that 22:00:00 An o outo	Alzheimer's: A Public Health Crisis heimer's Disease is an under-recognized public health crisis. And while is ar word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they usses Alzheimer's Disease from a caregiver and a public health perspec- Below The Belt: The Last Health Taboo ough the lens of endometriosis, examine the widespread problems in our eals how millions are silenced and how, by fighting back, they can impro- Medicating Normal a in five Americans are physically dependent on, not heroin or cocaine, the investigative journalism, MEDICATING NORMAL follows the stories of with familiar problems such as stress, mild depression, sleeplessness, can occur when profit-driven medicine intersects with human beings in Healthy Minds with Dr. Jeffrey Borenstein	the word Alzheimer's strikes fe every 20 years. Not only does care for their loved ones, whil ctive. NPS ir healthcare systems that dis ve healthcare for all women. NETA out commonly prescribed psyc five ordinary people whose do grief, etc. This is the untold s distress. NETA ns, behavioral analysis, and p	ear in aging s Alzheimer's e watching t (S) proportionate (S) chiatric drugs octors presc tory of the ve (S) rescription c	Americana s come wi hem slip a (CC) ely affect v (CC) s. Combin ribed psyce ery serious (CC) ompliance	s more ti th a tren way. Th N/A women. N/A ing cine hiatric d s consec N/A	han any nendous iis episod #0H This film #0H ma verite rugs to quences #803H cessful
Alzh othe cost 20:00:00 Thro reve 21:00:00 One and help that 22:00:00 An o outo	Alzheimer's: A Public Health Crisis heimer's Disease is an under-recognized public health crisis. And while is er word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they usses Alzheimer's Disease from a caregiver and a public health perspec- Below The Belt: The Last Health Taboo ough the lens of endometriosis, examine the widespread problems in our eals how millions are silenced and how, by fighting back, they can impro- Medicating Normal e in five Americans are physically dependent on, not heroin or cocaine, to investigative journalism, MEDICATING NORMAL follows the stories of o with familiar problems such as stress, mild depression, sleeplessness, can occur when profit-driven medicine intersects with human beings in Healthy Minds with Dr. Jeffrey Borenstein Schizophrenia: Understanding Diagnosis and Treatment overview to help understand the role of family history, negative sympton comes for treatment. Guest: Dawn Velligan, Ph.D., Professor, Departme	the word Alzheimer's strikes fe every 20 years. Not only does care for their loved ones, whil ctive. NPS ir healthcare systems that dis ve healthcare for all women. NETA out commonly prescribed psyc five ordinary people whose do grief, etc. This is the untold s distress. NETA ns, behavioral analysis, and p	ear in aging s Alzheimer's e watching t (S) proportionate (S) chiatric drugs octors presc tory of the ve (S) rescription c	Americana s come wi hem slip a (CC) ely affect v (CC) s. Combin ribed psyce ery serious (CC) ompliance	s more ti th a tren way. Th N/A women. N/A ing cine hiatric d s consec N/A	han any nendous iis episod #0H This film #0H ma verite rugs to quences #803H cessful

	WPBTHC					
Date: 07/06/	/2023 04/01/2023 - 06/30/2023			Page	311 of	337
Fri, Jun 2	23, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					

Daily Program Listing II

All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

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Sat, Jun 24, 2023

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	iption of the /ices includir	different s		included i
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	we continue to track "long-haulers," we are learning more about the long-term t-COVID symptoms.	health effects of the per	ople who are	e suffering	from de	ebilitating
01:00:00	Nutrition & Health #980 (Healthy Habits)	SFPBS	(S)	(CC)	N/A	#980H
	roaches to healthy eating and ways to use food as medicine. Focus: Natalie C res information on learning what you need to make sure you are practicing he		ncept of "Ea	ting Well,	Being W	/ell." She
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	ices includir	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
cost	er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for susses Alzheimer's Disease from a caregiver and a public health perspective.					
03:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
	Sports Medicine (Phys Therapy Help for Elderly) Yacoub discusses the benefits of physical therapy for the elderly to help with		( )	(CC)	N/A	#1320H
Ron			( )	(CC) (CC)	N/A N/A	#1320H #981H
Ron 04:00:00	Yacoub discusses the benefits of physical therapy for the elderly to help with	arthritis, gait, balance & SFPBS	& flexibility. (S)	(CC)	N/A	
Ron 04:00:00 Find	Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues)	arthritis, gait, balance & SFPBS	& flexibility. (S)	(CC)	N/A	
Ron 04:00:00 Find 05:00:00 This the s	Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital serv	k flexibility. (S) and gallbladd (S) iption of the vices includin	(CC) der diseas (CC) different s ng teleme	N/A e. N/A services	#981Н #0Н
Ron 04:00:00 Find 05:00:00 This the s cons	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital serv	k flexibility. (S) and gallbladd (S) iption of the vices includin	(CC) der diseas (CC) different s ng teleme	N/A e. N/A services	#981Н #0Н
04:00:00 Find 05:00:00 This the s	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital service of tools to manage m	k flexibility. (S) and gallblado (S) iption of the vices includin redical costs	(CC) der diseas (CC) different s ng telemen	N/A e. N/A ervices dicine	#981H #0H included in
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does	k flexibility. (S) and gallbladd (S) iption of the vices includin ledical costs (S) ear in aging s Alzheimer's	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi	N/A e. N/A ervices dicine N/A s more t	#981H #0H included in #1703H han any nendous
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost disc	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the wo er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does	k flexibility. (S) and gallbladd (S) iption of the vices includin ledical costs (S) ear in aging s Alzheimer's	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi	N/A e. N/A ervices dicine N/A s more t	#981H #0H included in #1703H han any nendous
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost disc	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the wo er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for uses Alzheimer's Disease from a caregiver and a public health perspective.	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does or their loved ones, whil	k flexibility. (S) and gallbladd (S) iption of the vices includin ledical costs (S) ear in aging s Alzheimer's e watching t	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi hem slip a	N/A e. N/A ervices dicine N/A s more t th a tren way. Th	#981H #0H included i #1703H han any nendous nis episode
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost disc	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) d out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis heimer's Disease is an under-recognized public health crisis. And while the wo er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does or their loved ones, whil	k flexibility. (S) and gallbladd (S) iption of the vices includin ledical costs (S) ear in aging s Alzheimer's e watching t	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi hem slip a	N/A e. N/A ervices dicine N/A s more t th a tren way. Th	#981H #0H included i #1703H han any nendous nis episode
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) dout the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the wo er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way Singing on the 6 Train/Safinas Doggy Problem	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital server of healthcare digital server of healthcare digital server of healthcare strikes for APTEX ord Alzheimer's strikes for 20 years. Not only does or their loved ones, whil PBS	& flexibility. (S) and gallblado (S) iption of the vices includin iedical costs (S) ear in aging s Alzheimer's e watching to (S)	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi hem slip a (CC)	N/A e. N/A hervices dicine N/A s more t th a tren tway. Th DVI	#981H #0H included in #1703H han any nendous nis episode #118H
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost disc 06:00:00 06:30:00 San	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) dout the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go a 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the wo er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way Singing on the 6 Train/Safinas Doggy Problem Scigirls	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does or their loved ones, whil PBS PBSPL	k flexibility. (S) and gallbladd (S) iption of the vices includin iedical costs (S) ear in aging t s Alzheimer's e watching t (S) (S)	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi hem slip a (CC) (CC)	N/A e. N/A ervices dicine N/A s more t th a tren way. Th DVI DVI	#981H #0H included in #1703H han any nendous nis episode #118H #204H
Ron 04:00:00 Find 05:00:00 This the s cons 05:30:00 Alzh othe cost disc 06:00:00 06:30:00 San	A Yacoub discusses the benefits of physical therapy for the elderly to help with Health Trends (Reflux Issues) dout the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gon All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis neimer's Disease is an under-recognized public health crisis. And while the wc er word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way Singing on the 6 Train/Safinas Doggy Problem Scigirls The Awesome App Race Francisco SCIGIRLS shake things up, programming their own smartphone ap	arthritis, gait, balance & SFPBS zalez discusses reflux a SFPBS s with an in-depth descr of healthcare digital sen er of tools to manage m APTEX ord Alzheimer's strikes fo 20 years. Not only does or their loved ones, whil PBS PBSPL	k flexibility. (S) and gallbladd (S) iption of the vices includin iedical costs (S) ear in aging t s Alzheimer's e watching t (S) (S)	(CC) der diseas (CC) different s ng telemen (CC) Americans s come wi hem slip a (CC) (CC)	N/A e. N/A ervices dicine N/A s more t th a tren way. Th DVI DVI	#981H #0H included in #1703H han any nendous nis episode #118H #204H

Chris and Martin announce that no creature or vehicle can travel as fast over the rough and tumble African savannah as the cheetah. Aviva takes the challenge and declares she will build a ground racer that can run even faster than a cheetah. Of course Zach wants to prove that he is a better inventor than Aviva and joins the race. The team, inspired by the cheetah, "revs up" to explore the different functions required for speed build a cheetah racer and win the race.

Sat, Jun 24, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

08:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
08:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
08:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
08:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
09:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H
09:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
09:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H

In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3102H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3103H
10:36:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3104H
10:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3105H
10:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3106H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107H
	Segment 7					
1:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109H
	Segment 9					
11:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110H
	Segment 10					
2:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101H
Car	r hands make it possible to do all your daily activities but what would pal tunnel, arthritis, and injuries can make doing even simple things p your hands healthy.					
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults		. /	. ,		
Cha	inges in education and the effects of the pandemic have increased a innel's one-hour virtual town hall, Finding Hope: The Mental Health ( se issues affecting our children and offer practical advice based on re	Crisis in Teenagers & Young Adu				
4:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	at to do when you can't seem to get aroused, plus ways to improve y tionship issues at home.	our sex drive. Then a sex therap	ist talks abo	ut how to	work thr	ough
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	us: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and So anoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr		lzheimer's -			, iMatter 3
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
				(CC)	N/A	#1705H
15:58:00	Smartlife	SFPBS	(S)	(00)		
Foc	Smartlife us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc m, psychotherapist 4. Obesity and Related Medical Problems - Dr. L	cise and Heart Disease - Dr. Oma	ar Issa 3. Asl	k the Expe	erts Segi	
Foci Exu	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc	cise and Heart Disease - Dr. Oma	ar Issa 3. Asl	k the Expe	erts Segi	Lisa Cors
	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc m, psychotherapist 4. Obesity and Related Medical Problems - Dr. L	cise and Heart Disease - Dr. Oma uciano Fiszer 5. 4 Reasons Sittir	ar Issa 3. Asl ng is Bad for	k the Expe your Hea	erts Segi lth - Dr.	
Foci Exu 16:11:00 16:25:00	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc m, psychotherapist 4. Obesity and Related Medical Problems - Dr. L Smartlife	cise and Heart Disease - Dr. Oma Luciano Fiszer 5. 4 Reasons Sittir SFPBS	ar Issa 3. Asl ng is Bad for (S)	k the Expe your Hea (CC)	erts Segi lth - Dr. N/A	Lisa Cors #1706H #1707H
Foci Exu 16:11:00	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc m, psychotherapist 4. Obesity and Related Medical Problems - Dr. L Smartlife Smartlife	cise and Heart Disease - Dr. Oma Luciano Fiszer 5. 4 Reasons Sittir SFPBS SFPBS	ar Issa 3. Asl ng is Bad for (S) (S)	(CC)	erts Segi lth - Dr. N/A N/A	Lisa Cors #1706H

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Sat, Jun 24, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Sat, Jun A						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#209H
	Vacc Camp				. <b>.</b>	
poss activ Hop	dren who are ventilator-dependent are limited in their ability to participate in sports an sible. Every year VACC Camp affords children on ventilators the chance to enjoy a str /ities such as sailing or going to the pool as they are supported by camp volunteers ar e is Here interviews a participating doctor at Nicklaus Children's Hospital as well as tw r children enjoy the ocean for the first time.	ess-free week nd the Miami B	at the beach each Fire an	along wit d Rescue	h other . This ep	water bisode of
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard of dreams. A front yard deck surrounded by Florida Friendly plants is built and a new porto improper stormwater runoff.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back			. ,		
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#803H
	Schizophrenia: Understanding Diagnosis and Treatment					
outo	overview to help understand the role of family history, negative symptoms, behavioral comes for treatment. Guest: Dawn Velligan, Ph.D., Professor, Department of Psychiate ence Center at San Antonio.					
20:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall			( )		
21:00:00	Below The Belt: The Last Health Taboo	NPS	(S)	(CC)	N/A	#0H
	bugh the lens of endometriosis, examine the widespread problems in our healthcare s als how millions are silenced and how, by fighting back, they can improve healthcare		proportionate	ely affect	women.	This film
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	at to do when you can't seem to get aroused, plus ways to improve your sex drive. The tionship issues at home.	en a sex therap	oist talks abo	ut how to	work thi	rough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back		. /	. ,		
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis		. /	. /		

Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective.

Sun, Jun 25, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from r high-income countries in the world. And behind these statistics lie startlin hen of color.					
01:00:00	Pain Management #972 (Chronic Pain)	SFPBS	(S)	(CC)	N/A	#972H
Focu	us: Dr. Jose Mena talks about approaches for controlling chronic pain to ir	mprove quality of life.	. ,			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpre- es and is one of the most requested topics from viewers every year.	dictable hair loss. It affects	roughly 6.8 ı	million pe	ople in th	he United
03:00:00	Primary Care (Flu Shot Update)	SFPBS	(S)	(CC)	N/A	#1325H
Dr. V	vazquez explains the importance of getting vaccinated . Focus: Protecting	yourself during flu season		. ,		
04:00:00	Men's Health (Stomach Issues)	SFPBS	(S)	(CC)	N/A	#974H
	epth exploration of a wide variety of issues that affect men's health. Focus and different treatment options.	s: Dr. Eduardo Ruan discus	ses the mos	t commor	I GI diso	orders in
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpre- es and is one of the most requested topics from viewers every year.	dictable hair loss. It affects	roughly 6.8 ı	nillion pe	ople in th	ne United
06:00:00	Alma's Way All About Alma/Alma's Playdate	PBS	(S)	(CC)	DVI	#129H
	en Alma is consumed with her starring role in a musical, she doesn't under ome during a playdate at the Rivera house.	rstand why her friends arer	I't happy for I	ner. / Alm	a helps l	Harper fee
	Scigirls Multitasking Mania	PBSPL	(S)	(CC)	N/A	#205H
at hc 06:30:00 Can	Scigirls Multitasking Mania teens juggling computers, smartphones, music, homework and TV at th her friends find out.					
at hc 06:30:00 Can	Multitasking Mania teens juggling computers, smartphones, music, homework and TV at th					
at ho 06:30:00 Can and b 07:00:00 Whe gang	Multitasking Mania teens juggling computers, smartphones, music, homework and TV at th her friends find out. Wild Kratts	he same time multitask a PBS coyote, the mothership's s	s well as the (S) hell defense	y think the (CC) is finally p	ey can? . N/A but to the	Alejandra #418H e test. The

Sun, Jun 25, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	<u> </u>	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#3301H
	eping with the Health Chann	el's spirit of innovative programming, Vio uring groundbreaking medical breakthrou					
08:13:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#3302H
08:25:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#3303H
08:37:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3304H
08:48:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#3305H
09:00:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3306H
09:12:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3307H
09:25:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#3308H
09:37:00	Vida Y Salud Segment 9		SFPBS	(S)	(CC)	N/A	#3309H
09:46:00	Vida Y Salud Segment 10		SFPBS	(S)	(CC)	N/A	#3310H
10:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#3601H
In ke shov	eeping with the Health Chann v (with English subtitles) featu	el's spirit of innovative programming, Vic uring groundbreaking medical breakthrou	la y Salud is a fast-paced, fun a ughs that help families find solu	and informati tions to diffic	ve Spanis ult health	h-langu problem	age health is.
10:14:00	Vida Y Salud Segment 2		SFPBS	(S)	(CC)	N/A	#3602H
10:27:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#3603H
10:39:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3604H
10:50:00	Vida Y Salud Segment 5		SFPBS	(S)	(CC)	N/A	#3605H
11:02:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3606H
11:14:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3607H

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Sun, Jun 25, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:28:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3608H
	Segment 8					
11:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3609H
	Segment 9					
11:50:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3610H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1003H
	Episode 3					
	mplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hi the presents a series of challenges.	ilda and Dr. Turner g	et involved w	with a your	ng woma	an whose
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1004H
	Episode 4					
	luly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits i igan, makes quite an impact. Cyril and Lucille's relationship continues to blosso		v pupil midw	ives. One	of them	, Nancy
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. But ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cur ase would eventually define her legacy.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	us- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRU MARCIO FAGUNDES Proton therapy & clinical trials	ISOVANIK, patient: S	pine surger	y (Patient	story – I	Paola) 3.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	us: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3 ty for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Am		Tips, Jenna '	Werner, R	D 4. Ho	liday
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
	us: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart D e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, C					
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#1

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

Sun, Jun 25, 2023

#### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Growing Bolder	APTEX	(S)	(CC)	N/A	#804H
	Masters Sports and the Fountain of Youth					
Seni	dive deep into the world of masters sports to see how athletes of all ages continue to s or Games with champion runner Alicia Antoinette, as she shows what happens when y physical activity of any kind can unlock the Fountain of Youth for all of us.					
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxiety, depression nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e issues affecting our children and offer practical advice based on research.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
	How to Talk About Sex					
	phrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life.	sexual health	coach has a	advice on	how to i	mprove
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					

Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health.

Mon, Jun 26, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great advant effective and can drastically increase the life expectancy of the patient.		non procedu	re. This p	rocedure	e is 94-
01:00:00	Spine & Back Care #976 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#976H
Foc	us: Dr. Gosha Brusovanik has the latest on spine and back conditions a	nd how to treat them for a pa	in free life			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy.	icans are increasingly intereation of evidence, ar	sted in their b nd medical ce	orain healt enters aro	th and lo ound the	ooking for country
03:00:00	Heart Health (Cardiac Health Update)	SFPBS	(S)	(CC)	N/A	#1330H
Dr. l	isardo Garcia-Covarrubias discusses atrial valve disease.					
04:00:00	Sports Medicine (Athletic Injuries)	SFPBS	(S)	(CC)	N/A	#977H
Cutt	ing-edge treatment and prevention of injuries related to sports and exercise	sign for physical boolth and f	_			
Lisa	Corsa discuss rehabilitation for the most commonly athletic injured joint					
05:00:00	All Health Go	s: shoulder, elbow, knee and SFPBS	l ankle, and l (S)	how best f	to preve N/A	nt them. #0H
05:00:00 This the s		s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser	d ankle, and I (S) ription of the vices includir	how best t (CC) different s ng teleme	to preve N/A services	nt them. #0H
05:00:00 This the s cons	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser	d ankle, and I (S) ription of the vices includir	how best t (CC) different s ng teleme	to preve N/A services	nt them. #0H
05:00:00 This the s cons 05:30:00 The way	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interest	d ankle, and f (S) ription of the vices includir nedical costs (S) sted in their b	how best f (CC) different s ng teleme (CC) prain healt	to preve N/A services dicine N/A th and lo	nt them. #0H included #1810H poking for
05:00:00 This the s cons 05:30:00 The way look	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro-	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interest	d ankle, and f (S) ription of the vices includir nedical costs (S) sted in their b	how best f (CC) different s ng teleme (CC) prain healt	to preve N/A services dicine N/A th and lo	nt them. #0H included #1810H poking for
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pre- ing at what we can do to keep our brain healthy.	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interes omising body of evidence, ar APTEX and entire midsection! Havin	d ankle, and l (S) ription of the vices includir nedical costs (S) sted in their the nd medical costs (S) g a strong co	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec	to preve N/A services dicine N/A th and lo und the N/A duce bac	nt them. #0H included #1810H boking for country #1308H ck pain
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, e helping you to do any physical activities efficiently and without injury. In	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interes omising body of evidence, ar APTEX and entire midsection! Havin	d ankle, and l (S) ription of the vices includir nedical costs (S) sted in their the nd medical costs (S) g a strong co	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec	to preve N/A services dicine N/A th and lo und the N/A duce bac	nt them. #0H included #1810H boking for country #1308H ck pain
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while entir 06:30:00	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, e helping you to do any physical activities efficiently and without injury. In e core. Wai Lana Yoga	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descent ober of healthcare digital ser number of tools to manage n APTEX icans are increasingly interest omising body of evidence, ar APTEX and entire midsection! Havin n this intermediate standing of APTEX	d ankle, and l (S) ription of the vices includir nedical costs (S) sted in their b nd medical costs (S) g a strong cost & floor worko	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec out Mirand	to preve N/A services dicine N/A th and lo und the N/A duce bao la will wo	nt them. #0H included #1810H boking for country #1308H ck pain bok your
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while entir 06:30:00	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, e helping you to do any physical activities efficiently and without injury. If e core. Wai Lana Yoga Perfect Partners	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descent ober of healthcare digital ser number of tools to manage n APTEX icans are increasingly interest omising body of evidence, ar APTEX and entire midsection! Havin n this intermediate standing of APTEX	d ankle, and l (S) ription of the vices includir nedical costs (S) sted in their b nd medical costs (S) g a strong cost & floor worko	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec out Mirand	to preve N/A services dicine N/A th and lo und the N/A duce bao la will wo	nt them. #0H included #1810H boking for country #1308H ck pain bok your
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while entir 06:30:00 Flex 07:00:00 One and help	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, e helping you to do any physical activities efficiently and without injury. If e core. Wai Lana Yoga Perfect Partners ibility and strength are perfect partners, so develop them both with today	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interes omising body of evidence, ar APTEX and entire midsection! Havin n this intermediate standing APTEX y's mix of postures. NETA ut commonly prescribed psy five ordinary people whose d grief, etc. This is the untold s	d ankle, and I (S) ription of the vices includin nedical costs (S) sted in their b d medical costs (S) g a strong co & floor worko (S) (S) chiatric drugs octors presci	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec out Mirand (CC) s. Combin ribed psyc	to preve N/A services dicine N/A th and lo und the N/A duce bac la will wo N/A N/A	nt them. #0H included #1810H boking for country #1308H ck pain bork your #723 #0H ma verite Irugs to
05:00:00 This the s cons 05:30:00 The way look 06:00:00 You while entir 06:30:00 Flex 07:00:00 One and help	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vi subscription plan AllHealthGo has created to offer users access to a nur- sultations, emotional advice, second-opinion consultations, as well as a Second Opinion with Joan Lunden Brain Health number of Americans living with Alzheimer's is growing. So many Amer s they can prevent developing memory issues of any kind. There is a pro- ing at what we can do to keep our brain healthy. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, e helping you to do any physical activities efficiently and without injury. If e core. Wai Lana Yoga Perfect Partners ibility and strength are perfect partners, so develop them both with today Medicating Normal in five Americans are physically dependent on, not heroin or cocaine, b investigative journalism, MEDICATING NORMAL follows the stories of f with familiar problems such as stress, mild depression, sleeplessness,	s: shoulder, elbow, knee and SFPBS ewers with an in-depth descr nber of healthcare digital ser number of tools to manage n APTEX icans are increasingly interes omising body of evidence, ar APTEX and entire midsection! Havin n this intermediate standing APTEX y's mix of postures. NETA ut commonly prescribed psy five ordinary people whose d grief, etc. This is the untold s	d ankle, and I (S) ription of the vices includin nedical costs (S) sted in their b d medical costs (S) g a strong co & floor worko (S) (S) chiatric drugs octors presci	how best f (CC) different s ng teleme (CC) orain healt enters aro (CC) ore will rec out Mirand (CC) s. Combin ribed psyc	to preve N/A services dicine N/A th and lo und the N/A duce bac la will wo N/A N/A	nt them. #0H included #1810H boking for country #1308H ck pain bork your #723 #0H ma verite Irugs to

A complicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and Dr. Turner get involved with a young woman whose health presents a series of challenges.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
			. ,			
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802F
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from comp r high-income countries in the world. And behind these statistics lie startling racia then of color.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancement effective and can drastically increase the life expectancy of the patient.	s and is a very comr	non procedu	re. This p	rocedure	e is 94-
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1004l
	Episode 4 luly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits tl igan, makes quite an impact. Cyril and Lucille's relationship continues to blossor		v pupil midwi	ves. One	of them,	Nancy
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1005H
	Episode 5					
	Sister Hilda away on a refresher course, Sister Julienne steps in to carry out ho ective mother struggles to cope with her daughter's teenage pregnancy and frust			es settle i	n. An ove	erly
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
he w	k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years a vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his fa th with a hopeful attitude and mission that his cancer journey would be, in his wo	amily and learn how				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019I
Focu impla	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exe ants	ercises to prepare for	childbirth 3.	DR. JAC	OB STE	IGER C
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzal ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and			drome of	Menopa	use - Dr.
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902ŀ
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903I
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904I
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905l
Dr. J	us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - lane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMa ey Epstein		a Arenas 3. A	sk the Ex		

16:14:00 Smartlife SFPBS (S) (CC) N/A #1906H

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16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
emo their seclu	IASKing HOPE chronicles the extraordinary stories of a diverse group of transitional pain. From 9/11 and mass shooting survivors, to service members in MASKS to experience the abuse, social stigma, and moral injury that hav usion to inclusion, we realize that the aggregate stories of these brave indi ASK our own HOPE.	n combat and chronic sexu re scarred their souls. As w	al abuse vic e are taken	tims, the f on their jo	ilm goes urney fr	s behind om
18:30:00	Healing America's Heroes Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#102H
	A Benefits Breakthrough Pt.1					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep			( )		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
They are e	ennials were born between the years 1981 and 1996. At 73 million, they are y make up the greatest percentage of the population and the labor force. T experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of N	hey are also the least heal re them. How their health p	thy generati	on in rece	nt times	and they
20:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#103H
	Exposing The Fentanyl Crisis					
dem man	anyl, an FDA-approved synthetic opioid, is known officially as Florida's mo ographics. Counterfeit prescriptions of Adderall, Xanax, and other prescrip y victims don't even know they're taking it. Hope & Healing: Exposing the drug use, the importance of getting prescription drugs only from a pharma	otion drugs are laced with p Fentanyl Crisis Town Hall	otentially fai will examine	tal doses ( Fentanyl,	of fentar the role	nyl and
21:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and i help	in five Americans are physically dependent on, not heroin or cocaine, but investigative journalism, MEDICATING NORMAL follows the stories of five with familiar problems such as stress, mild depression, sleeplessness, gri can occur when profit-driven medicine intersects with human beings in dis	e ordinary people whose do ief, etc. This is the untold s	octors presc	ribed psyc	chiatric d	lrugs to
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten y as going to tell his family. In episode 3 of Hope is Here we meet Hank and					

he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."

22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H

Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss.

Tue, Jun 27, 2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cand	diagnosis and treatment of lung cancer has been one of the most hopeficer screening guidelines allow for the screening for younger individuals wonger a death sentence.					
01:00:00	Brain Health #982 (Brain Aneurysms)	SFPBS	(S)	(CC)	N/A	#982H
Mem	nory, Learning, Concentration. Focus: Dr. Guilherme Dabus has an upda	ate in honor of Brain Awaren		. ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	mnials were born between the years 1981 and 1996. At 73 million, they a y make up the greatest percentage of the population and the labor force. experiencing declining health faster than any other recent generation bet rmine the overall health of America. This episode discusses the issue of	They are also the least hea fore them. How their health p	Ithy generati	on in rece	nt times	and they
03:00:00	Spine & Back Care (Common Back & Neck Pain)	SFPBS	(S)	(CC)	N/A	#1335H
Dr. E	Brusovanik discusses common back and neck pain conditions and injurie	es.				
04:00:00	Health Trends (Physician Tips)	SFPBS	(S)	(CC)	N/A	#983H
phys shar	out the latest trends that contribute to a healthy life. Focus: Dr. Steven F sician and what resources the public has in both identifying physicians w e information on top ten issues Board of Medicine deals with; where can available resources.	ho are of high quality but als	o how to rep	ort those	that are	not. They
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a r	nber of healthcare digital ser	vices includir	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they a make up the greatest percentage of the population and the labor force. experiencing declining health faster than any other recent generation bet rmine the overall health of America. This episode discusses the issue of	They are also the least hea fore them. How their health p	Ithy generati	on in rece	nt times	and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1309H
you	y the beautiful ocean view from Cambridge Beaches Resort & Spa in thi can strengthen and tone your legs without causing injuries; that's why sh ngthen the muscles of your legs in a safe and balanced way.					
06:30:00	Wai Lana Yoga Lord of the Dance	APTEX	(S)	(CC)	N/A	#724
This	graceful balancing pose is a study in concentration, poise, and beauty.	After backbends and a twist,	end the ses	sion with	musical	meditation
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#709
	Sunflower Meadow k in the serene sunflower meadow as you enjoy a gentle yoga practice u	sing a chair far sugarat last	undiana ara atta	a a a t a d a u		

Bask in the serene sunflower meadow as you enjoy a gentle yoga practice using a chair for support. Including gentle seated sun salutations along with easy to follow yoga moves to create more ease in your hands, neck, shoulders, back, hips and more.

15:26:00

Smartlife

Tue, Jun 27, 2023

### Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	160	Enicod
Start				-		Episod
)7:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#142H
9:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#143H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
canc	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advances ir er screening guidelines allow for the screening for younger individuals with less of a s nger a death sentence.					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant b sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	ne efficacy	of antib	piotics.
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#412H
Hear	t defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Eff	ects - for admi	nistering me	dications,	Hip rep	lacement
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Vacc Camp	SFPBS	(S)	(CC)	N/A	#209H
poss activ Hope	Iren who are ventilator-dependent are limited in their ability to participate in sports and ible. Every year VACC Camp affords children on ventilators the chance to enjoy a streatities such as sailing or going to the pool as they are supported by camp volunteers and be is Here interviews a participating doctor at Nicklaus Children's Hospital as well as two children enjoy the ocean for the first time.	ess-free week d the Miami Be	at the beach each Fire an	along wit d Rescue	h other v . This ep	water bisode of
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
13:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
	How to Talk About Sex phrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life.	s sexual health	coach has a	advice on	how to i	mprove
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	is- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life aft e surgery risks	er weight loss	surgery 3. D	R. GOSH	A BRUS	Sovanik
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
Over	is: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for all Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD oid Nodules - Dr. Robert Udelsman					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15.00.00					N1/A	#200211

SFPBS

(S)

(CC) N/A #2003H

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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23       Title         Subtitle         artlife         artlife         Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Ma         a of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr         artlife         artlif			Cap (CC) (CC) - Dr. Berr (CC)	AS2 N/A N/A nie Ferna	#2004H #2005H
Subtitle artlife Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Ma e of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr artlife Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma	SFPBS SFPBS rtin 3. PVD a r. Gosha Bru SFPBS	(S) (S) Ind Leg Pain sovanik	(CC) (CC) - Dr. Berr	 N/A	#2004H #2005H
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Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Ma e of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr artlife artlife Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma	rtin 3. PVD a r. Gosha Bru SFPBS	ind Leg Pain sovanik	- Dr. Berr		
e of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr artlife artlife Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma	r. Gosha Bru SFPBS	sovanik		nie Ferna	andez 4.
artlife artlife Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma	SFPBS		(CC)		
artlife Iernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma		(S)	(CC)		
lernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma	SFPBS			N/A	#2006H
		(S)	(CC)	N/A	#2007H
			- Dr. Berr	nie Ferna	andez 10.
artlife	SFPBS	(S)	(CC)	N/A	#2008H
ling Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	and neat trai	imatia atraga	in our vo	uth In th	na Haalth
one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers 8					
My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
Reynolds - St. Petersburg					
eds and sandspurs in her front yard. The team of landscape professionals work to					
	SFPBS	(S)	(CC)	N/A	#210H
o requires support and love from friends and family. Michael Cramer was gifted worm a family who loves him but a especially from a mother whose encouragement	vith all these strengthened	necessary in ther son thro	gredients ough his c	to forge larkest n	e ahead, noments.
-	SFPBS	(S)	(CC)	N/A	#103
-	SFPBS	(S)	(CC)	N/A	#102H
Busy Living	NETA	(S)	(CC)	N/A	#0H
	oling skydivin	g accident. S	She suppo	orted him	1 through a
Are All Plastic People Now (Sfpbs-Independent)	SFPBS	(S)	(CC)	N/A	#0H
Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
	sexual health	i coach has a	advice on	now to i	mprove
Ith Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	r weight loss	surgery 3. D	R. GOSH	IA BRUS	Sovanik
tor Q & A	NETA	(S)	(CC)	N/A	#109H
		(-)	(00)		
	A second	A statistication of the energies and the effects of the pandemic have increased anxiety, depression, and post-trait one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adu se affecting our children and offer practical advice based on research. My Florida Yard (Sfpbs) SFPBS in Reynolds - St. Petersburg 203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where hor eds and sandspurs in her front yard. The team of landscape professionals work to flip her com- rve as an example for her friends and neighbors to follow. le Is Here (Sfpbs/Health Channel Local) SFPBS other's Love piration to fight cancer calls upon courage and an immense determination to soldier on throug or requires support and love from friends and family. Michael Cramer was gifted with all these on a family who loves him but a especially from a mother whose encouragement strengthened chael's remarkable story about a mother's love, his undying resilience and the important lesso ling America's Heroes Town Hall (Sfpbs) SFPBS enefits Breakthrough Pt.2 ling America's Heroes Town Hall (Sfpbs) SFPBS enefits Breakthrough Pt.1 Busy Living NETA / LIVING follows one thrill-seeking couple's unique love story. He survived a crippling skydivin overy. Together they aspired to jump out of a plane again. Are All Plastic People Now (Sfpbs-Independent) SFPBS ralk with Dr. Lia SFPBS vo Talk About Sex isiacs really work? Then, how to speak openly with your partner, and a women's sexual health e. the Insiders SFPBS (ASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss ery risks tor Q & A NETA	tai Health Crisis In Teenagers & Young Adults education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hal is affecting our children and offer practical advice based on research. My Florida Yard (Sfpbs) SFPBS (S) I Reynolds - St. Petersburg 203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Bet eds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a rive as an example for her friends and neighbors to follow. e Is Here (Sfpbs/Health Channel Local) SFPBS (S) other's Love piration to fight cancer calls upon courage and an immense determination to soldier on through the toughe o requires support and love from friends and family. Michael Cramer was gifted with all these necessary in m a family who loves him but a especially from a mother whose encouragement strengthemed her son thru thael's remarkable story about a mother's love, his undying resilience and the important lessons he learned ling America's Heroes Town Hall (Sfpbs) SFPBS (S) enefits Breakthrough Pt.2 ling America's Heroes Town Hall (Sfpbs) SFPBS (S) enefits Breakthrough Pt.1 Busy Living NETA (S) ('LIVING follows one thrill-seeking couple's unique love story. He survived a crippling skydiving accident. So overy. Together they aspired to jump out of a plane again. Are All Plastic People Now (Sfpbs-Independent) SFPBS (S) Talk with Dr. Lia SFPBS (S) (to Talk About Sex siscas really work? Then, how to speak openly with your partner, and a women's sexual health coach has a e. th Insiders SFPBS (S) (ASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. D ery risks tor Q & A NETA (S)	tal Health Crisis In Teenagers & Young Adults education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our yo one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medica es affecting our children and offer practical advice based on research. My Florida Yard (Sfpbs) SFPBS (S) (CC) 1 Reynolds - St. Petersburg 203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynol eds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-fr rve as an example for her friends and neighbors to follow. e Is Here (Sfpbs/Health Channel Local) SFPBS (S) (CC) other's Love piration to fight cancer calls upon courage and an immense determination to soldier on through the toughest of days or equires support and love from friends and family. Michael Cramer was gifted with all these necessary ingredients ma family who loves him but a especially from a mother whose encouragement strengthened her son through his c shaet's remarkable story about a mother's love, his undying resilience and the important lessons he learned about gi ling America's Heroes Town Hall (Sfpbs) SFPBS (S) (CC) enefits Breakthrough Pt.1 Busy Living NETA (S) (CC) Talk with Dr. Lia SFPBS (S) (CC) Ace All Plastic People Now (Sfpbs-Independent) SFPBS (S) (CC) Ace All Plastic People Now to speak openly with your partner, and a women's sexual health coach has advice on e.	tal Health Crisis In Teenagers & Young Adults e education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the one-hour virtual town hall, finding Hope: The Mental Health Crisis In Teenagers & Young Adults Town Hall, medical experts as affecting our children and offer practical advice based on research. My Florida Yard (Sfpbs) SFPBS (S) (CC) N/A n Reynolds - St. Petersburg 203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has b eds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Lz ve as an example for her friends and neighbors to follow. e Is Here (Sfpbs/Health Channel Local) SFPBS (S) (CC) N/A other's Love piration to fight cancer calls upon courage and an immense determination to soldier on through the toughest of days. This a o requires support and love from friends and family. Michael Cramer was gifted with all these necessary ingredients to forge m a family who loves him but a especially from a mother whose encouragement strengthened her son through his darkest n chael's remarkable story about a mother's love, his undying resilience and the important lessons he learned about giving bac ling America's Heroes Town Hall (Sfpbs) SFPBS (S) (CC) N/A anefits Breakthrough Pt.1 Busy Living NETA (S) (CC) N/A anefits Breakthrough Pt.1 Busy Living NETA (S) (CC) N/A anefits Breakthrough Pt.1 SFPBS (S) (CC) N/A Talk with Dr. Lia SFPBS (S) (CC) N/A talk with Dr. Lia SFPBS (S) (CC) N/A isiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to i e. the hisiders SFPBS (S) (CC) N/A Asiacs SFPBS (S) (CC) N/A Asiac SFPBS (S) (CC) N/A Asiacs SFPBS (S) (CC) N/A Asiacs SFPBS (S) (CC) N/A Asiacs SFPBS (S)

	WPBTHC				
Date: 07/06/	2023 04/01/2023 - 06/30/2023			Page	326 of 337
Tue, Jun 2	27, 2023				
	Title				
Start	Subtitle	Distrib	Stereo	Сар	AS2 Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A #1706H

Daily Program Listing II

Caregiving: The Sandwich Generation

In 1981 the term "sandwich generation" was coined to describe a group of Americans who are caring for children under the age of 18 and older relatives at the same time. Today, millions of families are facing the dual challenge of sandwich caregiving as the population ages and Americans are having children later. This episode focuses on these caregivers.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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				i ugu	, 021 01	007
Wed, Jun	28, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant sidered the next pandemic, antibiotic resistance is a threat to global health and food		dangering th	ne efficacy	/ of antib	piotics.
01:00:00	Plastic/Cosmetic Surgery #984 (Body-Sculpting)	SFPBS	(S)	(CC)	N/A	#984H
Lear and abor	rn the latest techniques involving the restoration, reconstruction, or alteration of the b provide patients with what they need to know, the questions they should ask before lut EmSculpt, the latest technology which uses high-intensity focused electromagnetic oluntary muscle action.	ody. Focus: Dr. having any type	Daniel Care of surgery. I	aga helps -le also sl	educate	e the publ ormation
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	iption of the vices includi	different s		included
02:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	It obesity is associated with a decrease in life expectancy for both men and women, a 163 million adults in the U.S. are overweight or obese - two thirds of men, and more gering, but people still struggle every day to drop the pounds. Everyone has different episode discusses the challenges and solutions for sustained weight loss.	than 60% of wo	men. The da	amage to I	health is	
03:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
Ron	Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis	s, gait, balance a	& flexibility.			
04:00:00	Kids & Teens (Autism Update)	SFPBS	(S)	(CC)	N/A	#985H
Gon	cialists share their expertise on how to care for children from birth through young aduzalez & Victoria Sanchez discuss the different physical & occupational therapies, spectrum with developmental disorders such as Autism.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	It obesity is associated with a decrease in life expectancy for both men and women, a 163 million adults in the U.S. are overweight or obese - two thirds of men, and more gering, but people still struggle every day to drop the pounds. Everyone has different episode discusses the challenges and solutions for sustained weight loss.	than 60% of wo	men. The da	amage to	health is	
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1310H
prov	by the beautiful Bermuda coastline in this advanced workout designed to strengthen t ride stability to our entire body during walking, running, or any activity! In this all-stand Ill-body strengthening & stretching exercises to give you strong, healthy hips.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#722
	Special: Blankets					
Blar	nkets can make your yoga session easier and more enjoyable. Wai Lana shows you l	how.				
07:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain		. /	. /		
Vari	r hande make it pessible to de all your deily activities but what would you de if even a	and hand was ini	iurad ar uain	a it was a	vtromoly	( noinful?

Your hands make it possible to do all your daily activities but what would you do if even one hand was injured or using it was extremely painful? Carpal tunnel, arthritis, and injuries can make doing even simple things impossible but there are treatments and things you can do at home to keep your hands healthy.

Wed, Jun 28, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1003H
	Episode 3 mplicated pregnancy leads the Nonnatus team on a path of discovery. S th presents a series of challenges.	ister Hilda and Dr. Turner ge	et involved w	/ith a your	ng woma	in whose
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical a etes.	reas of work is to stop pre-d	iabetes from	ı turning ir	nto full-fle	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelme sequences. Stress in all ages, as well as pandemic-related stress, affects as depression and anxiety.					issues
11:00:00	Conscious Living Dancing to the Rhythm Around The World	NETA	(S)	(CC)	N/A	#106H
Calif heali	his episode, we're dancing to the beat of humanity to explore the uplifting ornia for the best yoga and music festival of the year. Next we're off to th ing and a sacred dance retreat teaching women how to reclaim their inna ie, Italy fueled by raw cacao, vegan gelato and live electronica at the cen	e island of Bali, Indonesia fo te feminine power. Then, w	or an immers e power thro	sive didge ough a ma	ridoo so	und
11:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
battli	ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads ing weeds and sandspurs in her front yard. The team of landscape profe- will serve as an example for her friends and neighbors to follow.					
	Call The Midwife	PBS	(S)	(CC)		
12:00:00	Enicodo 4	1 50	(0)	(00)	DVI	#1004H
lt's J	Episode 4 uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House a igan, makes quite an impact. Cyril and Lucille's relationship continues to	awaits the arrival of four new		<b>、</b> ,		
lt's J Corri	uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House a igan, makes quite an impact. Cyril and Lucille's relationship continues to Call The Midwife	awaits the arrival of four new		<b>、</b> ,		
It's J Corri 13:00:00 With	uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House a igan, makes quite an impact. Cyril and Lucille's relationship continues to	awaits the arrival of four new blossom. PBS y out home visits. The new F	v pupil midwi (S) Pupil Midwive	ives. One (CC)	of them, DVI	, Nancy #1005H
It's J Corri 13:00:00 With prote	uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House a igan, makes quite an impact. Cyril and Lucille's relationship continues to Call The Midwife Episode 5 Sister Hilda away on a refresher course, Sister Julienne steps in to carry ective mother struggles to cope with her daughter's teenage pregnancy a Hope Is Here (Sfpbs/Health Channel Local)	awaits the arrival of four new blossom. PBS y out home visits. The new F	v pupil midwi (S) Pupil Midwive	ives. One (CC)	of them, DVI	, Nancy #1005H
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Daily Program Listing II **WPBTHC** 04/01/2023 - 06/30/2023

Title

Date: 07/06/2023

Wed, Jun 28, 2023

N/A

#0H

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H

UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.

18:30:00 In The Night I Remember Your Name (S) (CC) Joy. Loss. Doubt. Faith. "In the Night I Remember Your Name" is a daughter's chronicle of her mother's struggle with Alzheimer's. It is the story of a grandmother's grief as she begins losing the very abilities that her new granddaughter is learning. It is the story of a pastor's relationship with God as she questions what is happening to her. It is a journey from anguish to acceptance. And in the end, it is a story of joy.

NETA

19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H	
19:30:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H	
20:00:00	Below The Belt: The Last Health Taboo	NPS	(S)	(CC)	N/A	#0H	

Through the lens of endometriosis, examine the widespread problems in our healthcare systems that disproportionately affect women. This film reveals how millions are silenced and how, by fighting back, they can improve healthcare for all women.

Hope and Healing (Sfpbs Town Hall) SFPBS 21:00:00 (S) (CC)N/A #103H Exposing The Fentanyl Crisis

Fentanyl, an FDA-approved synthetic opioid, is known officially as Florida's most lethal drug. It kills thousands of people of all races and demographics. Counterfeit prescriptions of Adderall, Xanax, and other prescription drugs are laced with potentially fatal doses of fentanyl and many victims don't even know they're taking it. Hope & Healing: Exposing the Fentanyl Crisis Town Hall will examine Fentanyl, the role it plays in illicit drug use, the importance of getting prescription drugs only from a pharmacy, and the hope that comes from addiction recovery.

22:00:00 Hope Is Here (Sfpbs/Health Channel Local) SFPBS (CC) N/A #103H (S) Hank Baskett

Hank Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At the time his thoughts were not of himself but of how he was going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and learn how he was able to push forward towards health with a hopeful attitude and mission that his cancer journey would be, in his words, "a joyful one."

22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.

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Thu, Jun 29, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital serv	vices includii	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work etes.	k is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
01:00:00	Dermatology #986 (Skincare Tips)	SFPBS	(S)	(CC)	N/A	#986H
	us: Caleb McGrew shares information about the best treatments and care of disease arricial to the in-depth.	es dealing with th	e skin, nails,	, and hair,	from th	e
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital serv	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	081 the term "sandwich generation" was coined to describe a group of Americans where a the same time. Today, millions of families are facing the dual challenge of sa having children later. This episode focuses on these caregivers.					
03:00:00	Primary Care (Flu Shot Update)	SFPBS	(S)	(CC)	N/A	#1325H
Dr. V	/azquez explains the importance of getting vaccinated . Focus: Protecting yourself d	uring flu season.				
04:00:00	Dermatology #987 (Skincare Help)	SFPBS	(S)	(CC)	N/A	#987H
	us: Dr. Deborah Longwill shares advice and information about the best treatments ar the superficial to the in-depth.	nd care of diseas	es dealing v	vith the sk	in, nails	, and hair,
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital service	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	881 the term "sandwich generation" was coined to describe a group of Americans while ives at the same time. Today, millions of families are facing the dual challenge of satisfy the same time. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1311H
desi	body strength and flexibility is vital in maintaining your balance, mobility, and staying gned to challenge and improve your balance by strengthening your core and full bod ding & barre workout!					
06:30:00	Wai Lana Yoga Supple Sides	APTEX	(S)	(CC)	N/A	#726
	sen the sides of your torso with Cat Twist and a side leg lift. Stretch out your hips, kn vard Bend.	ees, and legs wi	th Lotus Stre	etch and r	elax into	) Lotus
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg			. ,		
Epis	ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Peter	sburg where hon	neowner Bet	th Reynold	ds has b	been

Episode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersburg where homeowner Beth Reynolds has been battling weeds and sandspurs in her front yard. The team of landscape professionals work to flip her corner lot into a Florida-friendly Landscape that will serve as an example for her friends and neighbors to follow.

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Thu, Jun 29, 2023

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and help	e in five Americans are physically dependent on, not heroin or cocaine, bu investigative journalism, MEDICATING NORMAL follows the stories of five with familiar problems such as stress, mild depression, sleeplessness, g can occur when profit-driven medicine intersects with human beings in d	ve ordinary people whose d rief, etc. This is the untold s	octors presci	ribed psyc	hiatric d	lrugs to
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#142H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#143H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the neback.					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpre- tes and is one of the most requested topics from viewers every year.	dictable hair loss. It affects	roughly 6.8 ı	million peo	ople in th	ne United
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#412H
Hea	art defects in newborns, Hijacking the brain - addiction, Diabetic foot wour	ds, Direct Effects - for admi	nistering me	dications,	Hip repl	lacement.
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Vacc Camp	SFPBS	(S)	(CC)	N/A	#209H
pose activ Hop	dren who are ventilator-dependent are limited in their ability to participate sible. Every year VACC Camp affords children on ventilators the chance vities such as sailing or going to the pool as they are supported by camp be is Here interviews a participating doctor at Nicklaus Children's Hospital r children enjoy the ocean for the first time.	o enjoy a stress-free week volunteers and the Miami Be	at the beach each Fire an	along witl d Rescue.	n other v This ep	vater visode of
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
13:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	at's the connection between intimacy and sleep, then how long does it tak	e for a sexually transmitted	infection to a	actually sh	iow up?	Plus, the
	s about circumcision and health.					
		SFPBS	(S)	(CC)	N/A	#1024H
facts	s about circumcision and health.	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1024H #2201H
facts 14:30:00 15:00:00 1st I Way	s about circumcision and health. Health Insiders	SFPBS & Covid 19, Nutrition & Exe	(S) ercise, Fillers	(CC) s vs Face	N/A Creams,	#2201H , Healthy

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

Date: 07/06/2023

Thu, Jun 29, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
	to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endo	ometriosis, Back Pain Q & A,	. ,			Teeth
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Below The Belt: The Last Health Taboo	NPS	(S)	(CC)	N/A	#0H
	ough the lens of endometriosis, examine the widespread problems in our als how millions are silenced and how, by fighting back, they can improv			ely affect v	women.	This film
18:00:00	Expect A Miracle	NETA	(S)	(CC)	N/A	#0
hand	bice in San Diego County that took patients near death to give them a sa dful of everyday people who became heroes, caring for a marginalized as mass rejection from their families, society and the government. Research Detectives (Sfpbs/Health Channel Local)					
new	of the cleverest ways cancer cells survive is by evading detection from t episode of Research Detectives, we go inside the laboratory with the sc , we take a look at medications and treatments that could force cancer c	ientists who are working to o	at would oth outsmart can	erwise de cer cells a	stroy the	em. In thi ose them
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stag	Conquering Obesity It obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of mer gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight loss	n, and more than 60% of wo has different reasons for wa	men. The da	mage to h	nealth is	
20:00:00	Expect A Miracle	NETA	(S)	(CC)	N/A	#0
hosp	bect a Miracle: Finding Light in the Darkness of a Pandemic," is the dual solution in San Diego County that took patients near death to give them a sa dful of everyday people who became heroes, caring for a marginalized at mass rejection from their families, society and the government.	fe place to die with dignity a	nd love. The	riveting fi	Im cente	ers on a
21:00:00	We Are All Plastic People Now (Sfpbs-Independent)	SFPBS	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#212H
	Sex & Sleep: What's The Connection? at's the connection between intimacy and sleep, then how long does it tak about circumcision and health.	ke for a sexually transmitted	infection to a	actually sh	low up?	Plus, the
facts	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
	Health Insiders Doctor Q & A Stomach Pain, Reflux Disease and Ibs	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1024H #101H

	WPBTHC					
Date: 07/06/	/2023 04/01/2023 - 06/30/2023			Page	333 of	337
Thu, Jun	29, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H

Daily Program Listing II

23:30:00 Second Opinion with Joan Lunden Heart Disease In Women

Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death.

Fri, Jun 30, 2023

Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital ser	iption of the vices includir	different s		included i
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, the sequences. Stress in all ages, as well as pandemic-related stress, affects out an as depression and anxiety.					issues
01:00:00	Nutrition & Health #988 (Healthy Nutrition)	SFPBS	(S)	(CC)	N/A	#988H
Focu	us: Dr. Deepa Sharma explains approaches to healthy eating and ways to us	se food as medicine.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	rs with an in-depth descr of healthcare digital ser	iption of the vices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affectir research, millennials have become the most anxious generation in history. be treated.					
03:00:00	Sports Medicine (Achilles Tendon)	SFPBS	(S)	(CC)	N/A	#1337H
Noel	I Gressner discusses Achilles tendon rehab & injury prevention.					
04:00:00	Healthy Living (Bariatric Weight-Loss Surgery)	SFPBS	(S)	(CC)	N/A	#990H
Med	ical experts share the essential factors of a healthy lifestyle. Focus: Henry C	Suzman and Dr. Rabaza	discuss rece	nt trends	in bariat	ric
	eries and procedures.					
		SFPBS	(S)	(CC)	N/A	#0H
surg 05:00:00 This the s	eries and procedures.	SFPBS rs with an in-depth descr r of healthcare digital ser	iption of the vices includir	different s	services	
surg 05:00:00 This the s	eries and procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden	SFPBS rs with an in-depth descr r of healthcare digital ser	iption of the vices includir	different s	services	
surg 05:00:00 This the s cons 05:30:00 Anxi new	eries and procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	SFPBS rs with an in-depth descr r of healthcare digital ser ber of tools to manage n APTEX ng nearly onethird of both	iption of the vices includir nedical costs (S) adolescents	different s ng teleme (CC) s and adu	services dicine N/A Ilts. Acco	included i #1707H ording to
surg 05:00:00 This the s cons 05:30:00 Anxi new	eries and procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Anxiety ety is the most common mental-health disorder in the United States, affectir research, millennials have become the most anxious generation in history.	SFPBS rs with an in-depth descr r of healthcare digital ser ber of tools to manage n APTEX ng nearly onethird of both	iption of the vices includir nedical costs (S) adolescents	different s ng teleme (CC) s and adu	edicine N/A Its. Acco auses it,	included i #1707H ording to
surg 05:00:00 This the s cons 05:30:00 Anxi new can 06:00:00 The good	eries and procedures. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num Second Opinion with Joan Lunden Anxiety ety is the most common mental-health disorder in the United States, affectir research, millennials have become the most anxious generation in history. be treated.	SFPBS rs with an in-depth descr of healthcare digital sen ber of tools to manage n APTEX ng nearly onethird of both This episode discusses w APTEX nd sides - keeping your to g and feeling young. This	iption of the vices includir nedical costs (S) nadolescents vhat anxiety (S) prso corseted	different s ng teleme (CC) s and adu is, what c (CC) d, back up	services dicine N/A Its. Accc auses it, N/A pright, an	included i #1707H ording to , and how #1312H nd spine ir
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demographics. Counterfeit prescriptions of Adderall, Xanax, and other prescription drugs are laced with potentially fatal doses of fentanyl and many victims don't even know they're taking it. Hope & Healing: Exposing the Fentanyl Crisis Town Hall will examine Fentanyl, the role it plays in illicit drug use, the importance of getting prescription drugs only from a pharmacy, and the hope that comes from addiction recovery.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1003H
	Episode 3 mplicated pregnancy leads the Nonnatus team on a path of discovery. Sister H th presents a series of challenges.	Hilda and Dr. Turner ge	et involved w	ith a your	ng woma	an whose
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans a s they can prevent developing memory issues of any kind. There is a promising ing at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	Racial Disparities In Health cross America, there are large and persistent racial differences in health and a die sooner than white people. Compared with whites, members of racial and e ices and often receive lower-quality care. Addressing health disparities is incre er has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	thnic minorities are les asingly important as o	s likely to re ur population	ceive prev n become	ventive l s more o	nealth diverse.
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
battli	Beth Reynolds - St. Petersburg ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. ing weeds and sandspurs in her front yard. The team of landscape professiona will serve as an example for her friends and neighbors to follow.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1004H
	Episode 4 uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits igan, makes quite an impact. Cyril and Lucille's relationship continues to bloss		/ pupil midwi	ves. One	of them	, Nancy
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1005H
	Sister Hilda away on a refresher course, Sister Julienne steps in to carry out hective mother struggles to cope with her daughter's teenage pregnancy and fru			es settle ir	n. An ov	erly
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	us: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. Ui	Is: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Ho nderstanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR letes- Charles Mattocks					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H

Fri, Jun 30, 2023

## Daily Program Listing II WPBTHC 04/01/2023 - 06/30/2023

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
Focu Rela	us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease tionships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick d di Glandt	& Leg Pain - Dr. Bernie Fe	rnandez 3. S	ocial Med	lia and	
16:08:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis i e issues affecting our children and offer practical advice based on researc	n Teenagers & Young Adu	imatic stress Its Town Hal	in our you I, medical	uth. In th experts	ne Health tackle
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back			( )		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	081 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers.					
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Hope and Healing (Sfpbs Town Hall)	SFPBS	(S)	(CC)	N/A	#101H
	Treating Hand Pain					
Carp	r hands make it possible to do all your daily activities but what would you o bal tunnel, arthritis, and injuries can make doing even simple things impose b your hands healthy.					
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#804H
	Suicide Prevention, Part One: What You and Your Family Need to Know	N				
com	latest research looking at the rise in rates among different cultural groups, munication with suicidal individuals, and more. Guest: Dr. Christine Yu Mo rention and a leader in the field.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H

Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure.

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Start	Title Subtitle		Stereo	Сар	462	Episode
Start		Distrib		Cap	<u></u>	Lpisoue
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital ser	vices includir	ng teleme		included i

Vaccine Hesitancy

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.