

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Sat, Apr 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
01:00:00	Kids & Teens (Child Speech Issues) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Leah Vega discusses typical motor development and red flags to watch out for.	SFPBS	(S)	(CC)	N/A	#842H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Health Trends (Drug Safety) Jorge Mora discusses prescription and over-the-counter medication safety. Focus: How older adults are especially vulnerable to inappropriate prescriptions and adverse drug events.	SFPBS	(S)	(CC)	N/A	#1314H
04:00:00	Health Trends (Lung Issues) Find out the latest trends that contribute to a healthy life. Focus: Dr. Perez-Fernandez discusses exercise and lung health: is exercise good and necessary for the lungs? What are some good exercises? If a person has lung disease, what are the limits? Can breathing get better with exercise endurance? The doctor will share examples of public athletes who have succeeded despite having lung conditions.	SFPBS	(S)	(CC)	N/A	#844H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Alma's Way All About Alma/Alma's Playdate When Alma is consumed with her starring role in a musical, she doesn't understand why her friends aren't happy for her. / Alma helps Harper feel at home during a playdate at the Rivera house.	PBS	(S)	(CC)	DVI	#129H
06:30:00	Scigirls Atletas Maravillosos Awesome Athletes	PBSPL	(S)	(CC)	N/A	#404
07:00:00	Wild Kratts The Vanishing Stingray A bored Martin and Chris want to play a game of Creature Hide and Seek and secretly ask Aviva's help to program a new creature power disc to use. But first, they need to find a creature that has amazing hiding powers. The stingray. Science Concept: Cartilaginous fish - fishes with no bones.	PBS	(S)	(CC)	N/A	#609H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud 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.	SFPBS	(S)	(CC)	N/A	#3301H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
<p>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.</p>						
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
11:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H

Sat, Apr 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
13:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.					
14:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
	We explore some of the foods that can actually improve your love life. We also highlight concerns, such as erectile dysfunction, and navigating pains and romance during pregnancy. Plus, an expert shares tips on staying sexually active no matter your age.					
14:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	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.					
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	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.					
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					

Sat, Apr 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach Episode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have one thing on their minds and that's functional turf. They explain why having a yard full of grass that requires more water and fertilization is not the way to landscape when protecting Florida's natural resources is the goal.	SFPBS	(S)	(CC)	N/A	#208H
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 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.	APTEX	(S)	(CC)	N/A	#1703H
20:00:00	Extra Life: A Short History of Living Longer Medical Drugs Track the importance of data mapping and analysis in the quest to improve public health. The painstaking work of past data detectives made us aware of epidemic "curves" as well as the extent of health inequalities among different U.S. communities.	NPS	(S)	(CC)	N/A	#102H
21:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life We explore some of the foods that can actually improve your love life. We also highlight concerns, such as erectile dysfunction, and navigating pains and romance during pregnancy. Plus, an expert shares tips on staying sexually active no matter your age.	SFPBS	(S)	(CC)	N/A	#219H
22:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
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 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.	APTEX	(S)	(CC)	N/A	#1804H

Daily Program Listing II
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Sun, Apr 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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
01:00:00	Mental Health (Opioid & Stalking) Focus: Dr. Daniel Bober discusses opioid use among kids and teens. He also explains what stalking is and why people do this.	SFPBS	(S)	(CC)	N/A	#834H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Spine & Back Care (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#1315H
04:00:00	Spine & Back Care (Aching Back Tips) Focus: Dr. Gosha Brusovanik has the latest tips to ease your aching back.	SFPBS	(S)	(CC)	N/A	#835H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Alma's Way Alma Town/An Alma Kind of Day When Alma is elected mayor of Cardboard City, she promises to help the city run smoothly. But when Cardboard City's citizens start to feel unhappy with Alma's rule-making, she has to figure out how to make rules that are fair to everyone./Alma and Junior want to help out in a big way, but, after trial and error, they discover it's the little acts of kindness that make the biggest difference.	PBS	(S)	(CC)	DVI	#137H
06:30:00	Scigirls Mejorando Procesos Process Power	PBSPL	(S)	(CC)	N/A	#405H
07:00:00	Wild Kratts Platypus Cafe While kayaking in Australia, Martin and Chris encounter one of the world's most unusual creatures, a platypus mother with her eggs. But unscrupulous endangered animal chef, Gourmand, plans on making the platypus eggs his next delicacy. The Wild Kratts team must use the special "sixth sense" of the platypus to save the eggs. Science Concept: Organisms use their senses to find out about their surroundings and themselves. Different senses give different information. Platypus have a special electromagnetic sense that detects objects, like food.	PBS	(S)	(CC)	N/A	#106H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H
<p>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.</p>						
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
<p>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.</p>						
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
11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H

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Start	Title Subtitle	Distrib	Stereo	Cap	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 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.	PBS	(S)	(CC)	N/A	#807H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
14:00:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
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
15:59:00	Smartlife How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
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 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.	PBS	(S)	(CC)	N/A	#103H
18:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

Sun, Apr 02, 2023

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19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	<p>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.</p>					
20:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
	<p>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, Al 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.</p>					
22:00:00	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H
	<p>Discover the fascinating ways that sex affects our minds and learn how to enhance your sexual experiences. Plus, couples share their secrets for pleasure and romance.</p>					
22:30:00	Health Insiders Focus: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	#1105H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	<p>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.</p>					

Mon, Apr 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Sports Medicine (Overuse Injuries) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Philip DePaola discusses overuse injuries that may occur when starting a new exercise routine or during extreme training (such as for a marathon): Rotator cuff (shoulder) inflammation/bursitis; Epicondylitis (elbow); Patellofemoral syndrome (knee); Plantar fasciitis (foot); Stress fractures (lower extremities); Arthritis (multiple joints).	SFPBS	(S)	(CC)	N/A	#837H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Staying Healthy (Oral Cancer Issues) Dr. Howard Abrahams discusses oral cancer, cosmetic dentistry and general dentistry.	SFPBS	(S)	(CC)	N/A	#1319H
04:00:00	Maternity Care (Pregnancy Update) Focus: Dr. Ellen Schwartzbard shares everything you need to know about pregnancy, childbirth and post-partum care. Everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#839H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Back Pain Relief In this episode of Classical Stretch, join Miranda Esmonde-White at the beaches in Mexico. This workout focuses on your back and core, helping to relieve and prevent back pain.	APTEX	(S)	(CC)	DVI	#1108H
06:30:00	Wai Lana Yoga No More Headaches	APTEX	(S)	(CC)	N/A	#315H
07:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum 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.	PBS	(S)	(CC)	N/A	#103H

Mon, Apr 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#807H
09:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
09:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
10:00:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
10:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
11:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
11:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
14:00:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
14:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H

Mon, Apr 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
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 Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
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 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.	NPS	(S)	(CC)	N/A	#103H
18:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
20:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H

Mon, Apr 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	<p>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.</p>					
22:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	<p>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.</p>					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	<p>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.</p>					

Tue, Apr 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Kids & Teens (Childhood Cancers) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr. Daghistani discusses most common childhood cancers (leukemia, lymphoma, brain & other CNS cancers and bone cancer) and shares information on symptoms, age of onset, treatment options and prognosis.	SFPBS	(S)	(CC)	N/A	#846H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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
03:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
04:00:00	Plastic/Cosmetic Surgery (Receding Hair Issues) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Dr. Bauman discusses hair restoration to erase that receding hairline.	SFPBS	(S)	(CC)	N/A	#847H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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
06:00:00	Classical Stretch: By Essentrics Hip and Leg Flexibility Join Miranda Esmonde-White for a great lower body workout that combines standing and barre work to increase your flexibility and put a bounce in your step.	APTEX	(S)	(CC)	DVI	#1109H
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 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.	NETA	(S)	(CC)	N/A	#607H

Tue, Apr 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
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 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.	APTEX	(S)	(CC)	N/A	#1709H
10:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
11:00:00	Innovations In Medicine Heart Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long Covid.	NETA	(S)	(CC)	N/A	#506H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers Vitamin C: The Key to Health and Longevity Vitamin C can be made by most animals, but not humans. However, researchers are learning that a lack of the nutrient leads to decreased muscle and bone fractures. Also, it is believed that the higher the vitamin C levels in the blood of the brain, the less likely dementia is to develop, and this year, a Japanese researcher identified a protein that transports vitamin C to the brain. Another experiment has confirmed that a lack of vitamin C leads to inflammation in the liver and other organs.	APTEX	(S)	(CC)	N/A	#123H
12:30:00	Medical Frontiers Virtual Reality's Potential to Change Medicine A virtual reality device developed by a Japanese startup is transforming rehabilitation. Patients wear the device and play games that require them to move their upper bodies. Facilities that have introduced the device have seen significant improvement in stroke and other patients. There have also been reports that say combining VR with therapy has improved symptoms in depression patients. The mechanism behind VR's effects is unknown, but we look at its potential to improve medicine.	APTEX	(S)	(CC)	N/A	#124H
13:00:00	A Good Life 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, Al 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.	APTEX	(S)	(CC)	N/A	#0H

Tue, Apr 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Sex Talk with Dr. Lia Sex & The Brain Discover the fascinating ways that sex affects our minds and learn how to enhance your sexual experiences. Plus, couples share their secrets for pleasure and romance.	SFPBS	(S)	(CC)	N/A	#220H
14:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
15:00:00	Smartlife Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann	SFPBS	(S)	(CC)	N/A	#401H
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 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 Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#405H
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	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
18:00:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
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 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.	APTEX	(S)	(CC)	N/A	#1706H

Tue, Apr 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	A Good Life 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, Al 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.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Extra Life: A Short History of Living Longer 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.	NPS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia Sex & The Brain Discover the fascinating ways that sex affects our minds and learn how to enhance your sexual experiences. Plus, couples share their secrets for pleasure and romance.	SFPBS	(S)	(CC)	N/A	#220H
22:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
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 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.	APTEX	(S)	(CC)	N/A	#1807H

Wed, Apr 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
01:00:00	Nutrition & Health (Food As Medicine) Amy Kimberlain explains her approach to healthy eating and ways to use food as medicine.	SFPBS	(S)	(CC)	N/A	#848H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Orthopedics (Kids Sports Injuries) Alyssa Jarquin & Jessica Hixon discuss common summer sports injuries and injury prevention. Focus: Overuse injuries/pain in kids.	SFPBS	(S)	(CC)	N/A	#1333H
04:00:00	Living Well (Healthy Lifestyle) Experts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT Imaging Center now open in the Cayman Islands; and other services provided by BH International.	SFPBS	(S)	(CC)	N/A	#849H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Mobility Today, we're outside the tranquil Zentropia spa doing an all-standing, mobility workout to give you range of motion in all of your activities.	APTEX	(S)	(CC)	DVI	#1110H
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 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.	PBS	(S)	(CC)	N/A	#104H

Wed, Apr 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#807H
09:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
09:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
11:00:00	Conscious Living The Secret Recipe: Intention Enjoy a tasty affirmational plant-based meal at Cafe Gratitude while celebrating mindful masters who take their craft seriously. Meet a restaurateur in Paris who prides himself on creating classic French recipes without meat or dairy, including a sublime plant-based Brie. Then, we're in San Francisco with a Zen Buddhist monk who conjures matcha meditations with traditional Japanese tea ceremonies. Next, we debate the honey question with a passionate beekeeper working to combat colony collapse disorder at the world-famous Miraval Resort.	NETA	(S)	(CC)	N/A	#204H
11:30:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.	SFPBS	(S)	(CC)	N/A	#210H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
14:00:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
14:30:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#501H

Wed, Apr 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairo 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association					
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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	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.					
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	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.					
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
22:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	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.					
22:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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.					
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

Date: 07/06/2023
Wed, Apr 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Healthy Living (Lifestyle Tips) Medical experts and host Henry Guzman share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#850H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Spine & Back Care (Common Back & Neck Pain) Dr. Brusovanik discusses common back and neck pain conditions and injuries.	SFPBS	(S)	(CC)	N/A	#1335H
04:00:00	Pain Management (Dealing with Chronic Pain) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Mena and Claudia Hodgson discuss the latest medical techniques dealing with chronic pain.	SFPBS	(S)	(CC)	N/A	#852H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White on a beautiful terrace in Mexico. Miranda will take you through stretches that will strengthen your back and improve your posture in this entry level standing and floor workout.	APTEX	(S)	(CC)	DVI	#1111H
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 Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.	SFPBS	(S)	(CC)	N/A	#210H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

Thu, Apr 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
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 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.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Innovations In Medicine Heart Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long Covid.	NETA	(S)	(CC)	N/A	#506H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
12:30:00	Medical Frontiers 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 cheerleader team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.	APTEX	(S)	(CC)	N/A	#129H
13:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.	SFPBS	(S)	(CC)	N/A	#221H
14:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
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 Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
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	Eat to Sleep It's a fact that today many people aren't getting enough quality sleep. Eat To Sleep shows how to utilize food to fall asleep faster and wake up refreshed with a step-by-step program that teaches what to eat and when to eat it. With information on easy ways to incorporate "sleepy" foods into our diets and how to prepare food to increase its sleep-inducing effectiveness, the program reveals the all-natural path to optimal shuteye. Based on the latest scientific research, Eat to Sleep explains the five keys to improving slumber, why it's essential, how to avoid obstacles to sleep and new ways it can even supercharge your waking life. Interviews with sleep medicine luminaries explain how sleep can transform lives, heighten focus, improve memory, strengthen heart and brain health, build immunity and so much more.	FRP	(S)	(CC)	N/A	#0(
18:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
20:00:00	Extra Life: A Short History of Living Longer 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.	NPS	(S)	(CC)	N/A	#103H
21:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H

Date: 07/06/2023
 Thu, Apr 06, 2023

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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	All About Cancer (Female Cervical Issues) Ways to prevent some cancers; lifestyle, family history and more. Focus: Dr. Garcia-Serra and Dr. Gatcliffe discuss overall cervical health in honor of January as cervical cancer awareness month.	SFPBS	(S)	(CC)	N/A	#853H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
03:00:00	Orthopedics (Ankle Fracture Help) Dr. Chris Hodgkins discusses mini incision ankle fracture surgeries. Focus: Tight rope surgeries.	SFPBS	(S)	(CC)	N/A	#1336H
04:00:00	Primary Care (Chest Colds) Getting healthy. Basic primary care to improve every aspect of your health. Focus: Dr. Sol Harari discusses upper respiratory infections and cough.	SFPBS	(S)	(CC)	N/A	#855H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
06:00:00	Classical Stretch: By Essentrics Boost Your Energy In this episode of Classical Stretch, join Miranda Esmonde-White by the spa pool in beautiful Mexico. In this entry level standing and barre workout, Miranda will lead you through a series of exercises that will leave you feeling energized.	APTEX	(S)	(CC)	DVI	#1112H
06:30:00	Wai Lana Yoga Variations on the Classics	APTEX	(S)	(CC)	N/A	#319H
07:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H

Fri, Apr 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#807H
09:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
09:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
10:00:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
11:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs Episode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Coral Springs where they help a mother and son remove a ton of invasive plants from their front yard. They will also show how to install and use a rain chain to direct water into a rain barrel.	SFPBS	(S)	(CC)	N/A	#210H
11:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#128H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
14:00:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
14:30:00	Health Insiders Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)	SFPBS	(S)	(CC)	N/A	#1001H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#701H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA					
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
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy 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 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.					
20:00:00	A Good Life	APTEX	(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 Data	NPS	(S)	(CC)	N/A	#103H
	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 Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
	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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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.					
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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Kids & Teens (Childcare Tips) Dr.Scarlet Constant shares her expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#856H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Sports Medicine (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
04:00:00	Sports Medicine (Achieving Your Fitness Goal) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Papp and Jason Meland discuss how to achieve your fitness resolutions and unlock your full potential. They explain how to properly set realistic goals based off realistic visions (what they want their body to look and feel like by end of 2019), how to create their action plans for success, and how to sustain their routine to see growth.	SFPBS	(S)	(CC)	N/A	#857H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
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 Bandito: The Black Footed Ferret 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.	PBS	(S)	(CC)	N/A	#309H

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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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11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
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	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.					
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 Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H
	Discover the fascinating ways that sex affects our minds and learn how to enhance your sexual experiences. Plus, couples share their secrets for pleasure and romance.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
	Focus: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann					
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
	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 Castellon 6. Cancer Fatigue & Exercise - 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	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	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.					

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18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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."					
18:30:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
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 The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					
20:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	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.					
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
22:00:00	Sex Talk with Dr. Lia Sex & The Brain	SFPBS	(S)	(CC)	N/A	#220H
	Discover the fascinating ways that sex affects our minds and learn how to enhance your sexual experiences. Plus, couples share their secrets for pleasure and romance.					
22:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
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 Racial Disparities In Health	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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Nutrition & Health (Food As Medicine) Amy Kimberlain explains her approach to healthy eating and ways to use food as medicine.	SFPBS	(S)	(CC)	N/A	#848H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Heart Health (Female Heart Issues) Dr. Alvaro Gomez discusses heart disease in women.	SFPBS	(S)	(CC)	N/A	#1338H
04:00:00	Living Well (Healthy Lifestyle) Experts tell you how to live well. Focus: Dr.Mario Mendez introduces the PET & CT Imaging Center now open in the Cayman Islands; and other services provided by BH International.	SFPBS	(S)	(CC)	N/A	#849H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Alma's Way Alma's Best Friend/Steggie Gets Lost	PBS	(S)	(CC)	DVI	#127H
06:30:00	Scigirls High Tech Tide	PBSPL	(S)	(CC)	DVI	#501
07:00:00	Wild Kratts In Search of the Easter Bunny The Wild Kratts are busy coloring eggs for Easter. The bros. think a really cool adventure would be to actually go find the real Easter Bunny. Chris thinks it's the snowshoe hare, while Martin thinks it's the jackrabbit. They decide to split up, with Chris going north and Martin south in search of the Easter Bunny! Science Concept: Species differentiation and environmental adaption.	PBS	(S)	(CC)	N/A	#601H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
<p>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.</p>						
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
<p>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.</p>						
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	Cap	AS2	Episode
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 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.	PBS	(S)	(CC)	N/A	#808H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
14:00:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
14:30:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#501H
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 Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quinteiros 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
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 Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
20:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Eat to Sleep It's a fact that today many people aren't getting enough quality sleep. Eat To Sleep shows how to utilize food to fall asleep faster and wake up refreshed with a step-by-step program that teaches what to eat and when to eat it. With information on easy ways to incorporate "sleepy" foods into our diets and how to prepare food to increase its sleep-inducing effectiveness, the program reveals the all-natural path to optimal shuteye. Based on the latest scientific research, Eat to Sleep explains the five keys to improving slumber, why it's essential, how to avoid obstacles to sleep and new ways it can even supercharge your waking life. Interviews with sleep medicine luminaries explain how sleep can transform lives, heighten focus, improve memory, strengthen heart and brain health, build immunity and so much more.	FRP	(S)	(CC)	N/A	#0(
22:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.	SFPBS	(S)	(CC)	N/A	#221H
22:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Healthy Living (Lifestyle Tips) Medical experts and host Henry Guzman share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#850H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
04:00:00	Pain Management (Dealing with Chronic Pain) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Mena and Claudia Hodgson discuss the latest medical techniques dealing with chronic pain.	SFPBS	(S)	(CC)	N/A	#852H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Bone Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White at the Kantun Chi Eco Park. This all-standing workout is designed to strengthen your bones and prevent osteoporosis.	APTEX	(S)	(CC)	DVI	#1113H
06:30:00	Wai Lana Yoga Cooling Breath	APTEX	(S)	(CC)	N/A	#320H
07:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H

Mon, Apr 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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 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.					
10:30:00	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.					
11:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:00:00	Call The Midwife Episode One	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.					
13:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
	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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff					
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	Cap	AS2	Episode
15:54:00	Smartlife Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples	SFPBS	(S)	(CC)	N/A	#805H
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 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.	NPS	(S)	(CC)	N/A	#104H
18:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
20:00:00	The Mysteries of Mental Illness The New Frontiers 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.	PBS	(S)	(CC)	N/A	#104H
21:00:00	A Good Life 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.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	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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Tue, Apr 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Mental Health #858 (Eating Disorders) Jeanette Alonso discusses disordered eating, a different type of eating disorder which is a result of severe food allergies, triggered from high anxiety, food avoidance, and a negative relationship with food. She explains how it's not the typical eating disorder and how anxiety is at the core of patients' relationship and struggles with food.	SFPBS	(S)	(CC)	N/A	#858H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Nutrition & Health (Maxing Flavor & Benefits) Chef Adrienne Calvo and Cathy Clark-Reyes discuss maximizing flavor and health benefits with meals and foods you eat.	SFPBS	(S)	(CC)	N/A	#1343H
04:00:00	Plastic/Cosmetic Surgery (General Info) General information on cosmetic surgery. Focus: Dr. Ricardo Castellon has the latest on medical updates on cosmetic surgery. Dr. Ricardo Castellon	SFPBS	(S)	(CC)	N/A	#859H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics Spine Flexibility In this episode of Classical Stretch, join Miranda Esmonde-White at the Sassil Kantenah Wedding Resort. Miranda will take you through stretches that will increase the flexibility in your back and improve your posture in this standing and floor workout.	APTEX	(S)	(CC)	DVI	#1114H
06:30:00	Wai Lana Yoga Stretch Your Legs	APTEX	(S)	(CC)	N/A	#321H
07:00:00	Happy Yoga with Sarah Starr Glowing Sunflower Sunset Revel in Mother Nature's beauty of a magnificent sunflower sunset as we enjoy a modified yoga practice using a chair for support. Practice 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.	NETA	(S)	(CC)	N/A	#608H

Tue, Apr 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1809H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
11:00:00	Innovations In Medicine Theragun - Percussive Therapy, Innovation: avocado & cholesterol, Medical emergency transport, New blood test for heart attack: Troponin, Facelift Dentistry.	NETA	(S)	(CC)	N/A	#401H
11:30:00	Hope Is Here Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.	NETA	(S)	(CC)	N/A	#104H
12:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
13:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.	SFPBS	(S)	(CC)	N/A	#221H
14:30:00	Health Insiders Focus- 1. Dr. Goshia Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children	SFPBS	(S)	(CC)	N/A	#1003H

Tue, Apr 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
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 Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
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 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.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease	SFPBS	(S)	(CC)	N/A	#104H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
20:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Extra Life: A Short History of Living Longer Behavior 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.	NPS	(S)	(CC)	N/A	#104H
22:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.	SFPBS	(S)	(CC)	N/A	#221H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Tue, Apr 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children	SFPBS	(S)	(CC)	N/A	#1003H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H

Wed, Apr 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Maternity Care (Pregnancy Updates) Focus: Dr. Alberto Sirven fills us in on current maternity care to get your safely thru your pregnancy.	SFPBS	(S)	(CC)	N/A	#860H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals) Carla Duenas discusses trending topics such as meal delivery servies and supermarket pre-made, ready-to-cook meals. Focus: The skinny on sugar, artificial sweeteners and natural sweeteners.	SFPBS	(S)	(CC)	N/A	#1345H
04:00:00	Women's Health (Pelvic Issues) Focus: Dr. Jaime Sepulveda discusses female pelvic medicine and shares information on pelvic reconstruction.	SFPBS	(S)	(CC)	N/A	#862H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Arthritis Relief and Pain Prevention In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in Mexico. This entry level standing and barre workout is designed to liberate and rebalance all your joints.	APTEX	(S)	(CC)	DVI	#1115H
06:30:00	Wai Lana Yoga Yoga at the Office	APTEX	(S)	(CC)	N/A	#322H
07:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H

Wed, Apr 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
09:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
11:00:00	Conscious Living 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.	NETA	(S)	(CC)	N/A	#205H
11:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#902H
14:00:00	Health Insiders 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	SFPBS	(S)	(CC)	N/A	#1008H
14:30:00	Health Insiders Focus- 1. Wilbert Fuente & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy	SFPBS	(S)	(CC)	N/A	#1004H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1101H

Wed, Apr 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	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					
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	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
	TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.					
18:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	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.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	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.					
20:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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.					

Date: 07/06/2023
 Wed, Apr 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Health Trends (Cholesterol Update) Find out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Dr. Del Conde discuss the new trends in cholesterol medication available to patients besides statins: benefits & risks. They will discuss the importance of getting a cardiac calcium score test and what type of information it provides.	SFPBS	(S)	(CC)	N/A	#863H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Health Trends (Emergency Aid) Dr. Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and kits for emergency preparedness. Focus: Home fire, hurricanes and flooding.	SFPBS	(S)	(CC)	N/A	#1346H
04:00:00	Heart Health (Cardiovascular Tips) Health is where the heart is. Focus: Dr. Athanassios Tsoukas has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#864H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Posture In this episode of Classical Stretch, join Miranda Esmonde-White at the colorful mosaic pathway of the Grand Palladium Hotel. This all-standing intermediate workout is designed to stretch and strengthen your entire body while improving your posture.	APTEX	(S)	(CC)	DVI	#1116H
06:30:00	Wai Lana Yoga Terrific Triangle	APTEX	(S)	(CC)	N/A	#323H
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	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H

Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine Theragun - Percussive Therapy, Innovation: avocado & cholesterol, Medical emergency transport, New blood test for heart attack: Troponin, Facelift Dentistry.	NETA	(S)	(CC)	N/A	#401H
11:30:00	Hope Is Here Gina Hollenbeck	NETA	(S)	(CC)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease.					
12:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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 cheerleader team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease.					
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
	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.					
14:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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.					
14:30:00	Health Insiders 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	SFPBS	(S)	(CC)	N/A	#1005H
15:00:00	Smartlife Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer	SFPBS	(S)	(CC)	N/A	#1001H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H

Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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					
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 Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.					
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 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.					
20:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	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.					
21:00:00	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.					
22:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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 Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Date: 07/06/2023
Thu, Apr 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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.

Daily Program Listing II
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Fri, Apr 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Healthy Living (Home Healthcare) Medical experts share the essential factors of a healthy lifestyle. Focus: Tina Jacamino discusses coordination of home care with physicians, hospitals and rehab facilities.	SFPBS	(S)	(CC)	N/A	#865H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Health Trends(Tattoo Correct./Fillers/Injections) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.Caleb McGrew	SFPBS	(S)	(CC)	N/A	#1347H
04:00:00	Pain Management (Medical Marijuana) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Michelle Weiner discusses cannabis use in healthcare.	SFPBS	(S)	(CC)	N/A	#866H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Classical Stretch: By Essentrics Toning and Slenderizing In this episode of Classical Stretch, join Miranda Esmonde-White in the Mayan Riviera, Mexico. Miranda will take you through exercises that will tone your body from head to toe in this standing and floor workout.	APTEX	(S)	(CC)	DVI	#1117H
06:30:00	Wai Lana Yoga Energize!	APTEX	(S)	(CC)	N/A	#324H
07:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H

Fri, Apr 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#808H
09:00:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
10:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
11:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
11:30:00	Medical Frontiers 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.	APTEX	(S)	(CC)	N/A	#129H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#902H
14:00:00	Health Insiders Focus- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL SWARTZON, PATIENT: PRP/Stem cell injections for knee arthritis 3. DR. SCARLET CONSTANT: Tantrums & giving your kids shots	SFPBS	(S)	(CC)	N/A	#1006H
14:30:00	Health Insiders Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders	SFPBS	(S)	(CC)	N/A	#1007H
15:00:00	Smartlife Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#901H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H

Fri, Apr 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovaniuk 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY					
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(
	It's a fact that today many people aren't getting enough quality sleep. Eat To Sleep shows how to utilize food to fall asleep faster and wake up refreshed with a step-by-step program that teaches what to eat and when to eat it. With information on easy ways to incorporate "sleepy" foods into our diets and how to prepare food to increase its sleep-inducing effectiveness, the program reveals the all-natural path to optimal shuteye. Based on the latest scientific research, Eat to Sleep explains the five keys to improving slumber, why it's essential, how to avoid obstacles to sleep and new ways it can even supercharge your waking life. Interviews with sleep medicine luminaries explain how sleep can transform lives, heighten focus, improve memory, strengthen heart and brain health, build immunity and so much more.					
18:00:00	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.					
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 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.					
20:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.					
21:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	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.					
22:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
	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.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Date: 07/06/2023
Fri, Apr 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Staying Healthy (New Year Nutrition Tips) Disease prevention and healthy lifestyle info. Focus: Susan Nowrouzi and Stacey Whitelocke discuss resetting your goals and body for the new year sharing tips on nutrition and acupuncture.	SFPBS	(S)	(CC)	N/A	#867H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Heart Health (Female Heart Issues) Dr. Alvaro Gomez discusses heart disease in women.	SFPBS	(S)	(CC)	N/A	#1338H
04:00:00	Mental Health (Life Balance) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Amy Exum and Nicole Rodriguez discuss decluttering your life and starting the New Year with a bright disposition and setting the right type of resolutions for the year.	SFPBS	(S)	(CC)	N/A	#868H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Alma's Way Alma's Book Swap/Finders Keepers	PBS	(S)	(CC)	DVI	#123H
06:30:00	Scigirls Game Changers	PBSPL	(S)	(CC)	DVI	#502
07:00:00	Wild Kratts Osprey Jimmy accidentally drops the keys to the Tortuga into the ocean. Chris, Martin and Aviva on are a race to develop osprey creature powers to find the keys before they disappear forever!	PBS	(S)	(CC)	N/A	#307H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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Date: 07/06/2023
 Sat, Apr 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
<p>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.</p>						
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
<p>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.</p>						
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

Sat, Apr 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
13:00:00	Trauma Healers TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life? How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.	SFPBS	(S)	(CC)	N/A	#221H
14:30:00	Health Insiders Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children	SFPBS	(S)	(CC)	N/A	#1003H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
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 Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
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	Extra Life: A Short History of Living Longer Behavior 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.	NPS	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease					
18:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
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
	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.					
20:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	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.					
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia Is Stress Killing Your Sex Life?	SFPBS	(S)	(CC)	N/A	#221H
	How stress can ruin romance plus does sex qualify as "exercise". Then medications that can help control genital herpes and ways to get your partner more interested in foreplay.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children					
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.					

Sun, Apr 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Maternity Care (Pregnancy Updates) Focus: Dr. Alberto Sirven fills us in on current maternity care to get your safely thru your pregnancy.	SFPBS	(S)	(CC)	N/A	#860H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Kids & Teens (Teen Exercise) Micah Kurtz discusses youth strength and conditioning.	SFPBS	(S)	(CC)	N/A	#1342H
04:00:00	Women's Health (Pelvic Issues) Focus: Dr. Jaime Sepulveda discusses female pelvic medicine and shares information on pelvic reconstruction.	SFPBS	(S)	(CC)	N/A	#862H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Alma's Way Lost in the Bronx/New Neighbors When Alma and Uncle Nestor get separated from the rest of the family on the subway, Alma remembers the "just-in-case" plan she made with Mami. Can she and Uncle Nestor reunite with the rest of the family before their special dinner reservation? When new neighbors Beto and Emi move in next door, Alma and Beto hit it off straight away. Junior and Beto's little sister, Emi, seem to be fast friends, too until they aren't. Can Alma and Beto figure out what keeps driving them apart?	PBS	(S)	(CC)	DVI	#136H
06:30:00	Scigirls Super Sensors	PBSPL	(S)	(CC)	DVI	#503
07:00:00	Wild Kratts Bass Class 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.	PBS	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
<p>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.</p>						
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
<p>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.</p>						
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	Cap	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
	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 Episode Two	PBS	(S)	(CC)	N/A	#902H
	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	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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.					
14:30:00	Health Insiders	SFPBS	(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	(S)	(CC)	N/A	#1101H
	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					
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					
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

Sun, Apr 16, 2023

Start	Title 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 Out of Mind	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	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	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.					
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: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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 Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					

Mon, Apr 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Health Trends (Cholesterol Update) Find out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Dr. Del Conde discuss the new trends in cholesterol medication available to patients besides statins: benefits & risks. They will discuss the importance of getting a cardiac calcium score test and what type of information it provides.	SFPBS	(S)	(CC)	N/A	#863H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	All About Cancer (Blood Cancers) Dr. Marco Ruiz discusses hematologic cancers, those cancers combined with HIV and treatments such as bone marrow transplantation.	SFPBS	(S)	(CC)	N/A	#1348H
04:00:00	Heart Health (Cardiovascular Tips) Health is where the heart is. Focus: Dr. Athanassios Tsoukas has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#864H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Boost Your Energy In this episode of Classical Stretch, join Miranda Esmonde-White at the beautiful beach in the Rivera Maya Mexico. This all barre workout will deeply stretch your entire body leaving you feeling reenergized.	APTEX	(S)	(CC)	DVI	#1118H
06:30:00	Wai Lana Yoga Get The Kinks Out	APTEX	(S)	(CC)	N/A	#325H
07:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H

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Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
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
	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.					
13:00:00	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.					
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
	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					
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
	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

Mon, Apr 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Going Blind	NETA	(S)	(CC)	DVI	#0
	<p>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.</p>					
18:30:00	Medical Stories Bonded Hope	EPS	(S)	(CC)	N/A	#402H
	<p>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.</p>					
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	<p>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.</p>					
20:00:00	Birthing Justice	PBSPL	(S)	(CC)	N/A	#0H
	<p>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.</p>					
21:30:00	Medical Stories Out of Mind	EPS	(S)	(CC)	N/A	#401H
	<p>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.</p>					
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
	<p>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.</p>					

Tue, Apr 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Nutrition & Health (Healthy Lifestyle) The best foods, diets and exercise routines trending now for a healthy life. Focus: Terry Ochoa from Baptist Health has the latest guidelines for a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#871H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Healthy Living (Pregnancy Recovery) Henry Guzman & Melanie Rinaldi discuss exercise and well-being before, during and after pregnancy.	SFPBS	(S)	(CC)	N/A	#1350H
04:00:00	Healthy Living (Healthy Connection) Medical experts share the essential factors of a healthy lifestyle. Focus: Host Henry Guzman gives us tips on health and living longer.	SFPBS	(S)	(CC)	N/A	#870H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Classical Stretch: By Essentrics Feet and Calf Workout In this episode of Classical Stretch, join Miranda Esmonde-White and the Kantun Chi Eco Park. This gentle standing and bar workout is designed to help relieve foot pain and shin splints.	APTEX	(S)	(CC)	DVI	#1119H
06:30:00	Wai Lana Yoga Soothing Twist	APTEX	(S)	(CC)	N/A	#326H
07:00:00	Happy Yoga with Sarah Starr Island Breeze Allow the ocean breeze and setting sun to inspire your practice as we enjoy a modified yoga session using a chair for support. Including seated and standing postures designed to open your hips and stretch the hamstrings along with balance postures to tone your legs & glutes.	NETA	(S)	(CC)	N/A	#609H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

Tue, Apr 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
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 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."	APTEX	(S)	(CC)	N/A	#1710H
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
11:00:00	Innovations In Medicine AI-Impics: Addiction recovery with Gary Tsai, MD & Danny Trejo, Innovation: Hearing aids = less dementia, Life after a stroke, Innovation: Heart failure & exercise, Living longer in mobile home communities, Reliable Hospice.	NETA	(S)	(CC)	N/A	#402H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
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 A 70 year old Vietnam War veteran decides to walk across New York State to confront his demons while helping walk w other survivors of PTSD take their first step toward healing.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#201H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:59:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1605H
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 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.	SFPBS	(S)	(CC)	N/A	#103H
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.	SFPBS	(S)	(CC)	N/A	#202H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.	SFPBS	(S)	(CC)	N/A	#101H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	7 Days: The Opioid Crisis 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.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#201H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Date: 07/06/2023
Tue, Apr 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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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Wed, Apr 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	All About Cancer (Cancer Update) Focus: Dr. Lauren Carcas explains ways to prevent some cancers, and how the disease can link to your lifestyle and family history. Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#873H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Living Well (Swimming Safety) Miren Oca discusses swimming safety tips.	SFPBS	(S)	(CC)	N/A	#1351H
04:00:00	Pain Management (Back Pain & Mri Exams) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena has an update on latest techniques to treat chronic pain.	SFPBS	(S)	(CC)	N/A	#872H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Quad Lengthening & Strengthening In this episode of Classical Stretch, join Miranda Esmonde-White by the swimming pool. The workout is aimed at strengthening your lower body while leaving you with longer leaner legs.	APTEX	(S)	(CC)	DVI	#1120H
06:30:00	Wai Lana Yoga Bye Bye Bulges	APTEX	(S)	(CC)	N/A	#401H
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H

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Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
11:00:00	Conscious Living India's Magic Carpet Ride	NETA	(S)	(CC)	N/A	#206H
	An enchanting pilgrimage through Northern India's most sacred sites takes us through Kolkata's crowded, cow-filled streets flowing with rivers of chai and calls of vendors hawking spicy dhal. Just in time for Hindu festival season, we bow our heads in frankincense-scented Ashrams, white water raft on the holy river Ganges in Rishikesh and kneel with reverence during an explosive sunset fire ceremony in Varanasi. Then, after a pit stop to patch a flat tire and load up on cardamom sweets, we wind fourteen hours to an altitude of 10,800 feet. Through treacherous Himalayan cliffs and rogue tribes of sheep and monkeys, we search for ancient meditation caves in Badrinath, finishing our sojourn with a communal soak in a steaming hot spring on the chilly border of Tibet.					
11:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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.					
12:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
	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.					
13:00:00	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
	Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H

Wed, Apr 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:58:00	Smartlife Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS	(S)	(CC)	N/A	#1505H
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 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	(S)	(CC)	N/A	#0(
18:00:00	Walk with Frank A 70 year old Vietnam War veteran decides to walk across New York State to confront his demons while helping walk w other survivors of PTSD take their first step toward healing.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1702H
20:00:00	American Masters 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.	PBS	(S)	(CC)	DVI	#3406H
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 Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H

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Thu, Apr 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Spine & Back Care #875 (Spondylolisthesis) Dr. Brusovanik discusses back pain and a spine condition called Spondylolisthesis.	SFPBS	(S)	(CC)	N/A	#875H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Primary Care (Diabetes Help) Dr. Weisel Barquin discusses the relationship between diabetes and hypertension and high cholesterol.	SFPBS	(S)	(CC)	N/A	#1352H
04:00:00	Health Trends (Hospice Information) Find out the latest trends that contribute to a healthy life. Focus: Dr. Viamonte Ros and Berta discuss ways to know how to choose and select the right hospice provider for your loved ones.	SFPBS	(S)	(CC)	N/A	#874H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Arm Toning Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a quaint chapel terrace in the beautiful Riviera Maya. Miranda will take your through easy-to-follow arm toning exercises to increase your overall strength and flexibility in this all-standing workout.	APTEX	(S)	(CC)	DVI	#1121H
06:30:00	Wai Lana Yoga Yaga Glow	APTEX	(S)	(CC)	N/A	#402H
07:00:00	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.	SFPBS	(S)	(CC)	N/A	#202H

Thu, Apr 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1804H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
11:00:00	Innovations In Medicine AI-Impics: Addiction recovery with Gary Tsai, MD & Danny Trejo, Innovation: Hearing aids = less dementia, Life after a stroke, Innovation: Heart failure & exercise, Living longer in mobile home communities, Reliable Hospice.	NETA	(S)	(CC)	N/A	#402H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
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? What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?	SFPBS	(S)	(CC)	N/A	#202H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1015H
15:00:00	Smartlife Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD	SFPBS	(S)	(CC)	N/A	#1401H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H

Thu, Apr 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	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					
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 birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes.					
18:30:00	Medical Stories Out of Mind	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	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.					
20:00:00	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.					
21:30:00	Medical Stories Bonded Hope	EPS	(S)	(CC)	N/A	#402H
	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.					

Date: 07/06/2023
 Thu, Apr 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy? What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?	SFPBS	(S)	(CC)	N/A	#202H
22:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1015H
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 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.	APTEX	(S)	(CC)	N/A	#1804H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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
01:00:00	Sports Medicine (Pro Sports Partnership) Dr. Derek Papp, Dr. Harlan Selesnick & Nelson Lazo discuss the Miami HEAT partnership and how this partnership between the Institute and the HEAT will impact the services offered to our sports partners, patients and community.	SFPBS	(S)	(CC)	N/A	#877H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Living Well (Massage Help) Gary Galasso describes the benefits of massage therapy in the clinical setting and for overall wellness.	SFPBS	(S)	(CC)	N/A	#1354H
04:00:00	Orthopedics (Female Athletic Issues) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Luis Rodriguez discusses female athletic triad.	SFPBS	(S)	(CC)	N/A	#876H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a gorgeous, Zen spa pool in Mexico. Work on strengthening your entire spine and core with a variety of dynamic standing and floor exercises.	APTEX	(S)	(CC)	DVI	#1122H
06:30:00	Wai Lana Yoga Stand Tall	APTEX	(S)	(CC)	N/A	#403H
07:00:00	Walk with Frank A 70 year old Vietnam War veteran decides to walk across New York State to confront his demons while helping walk w other survivors of PTSD take their first step toward healing.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#901H

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Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
11:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
12:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
	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.					
13:00:00	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
	Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1018H
	Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham					
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
	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					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
	<p>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.</p>					
18:30:00	Medical Stories Bonded Hope	EPS	(S)	(CC)	N/A	#402H
	<p>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 Primary 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.</p>					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
	<p>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.</p>					
20:00:00	American Masters Dr. Tony Fauci	PBS	(S)	(CC)	DVI	#3406H
	<p>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.</p>					
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
	<p>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.</p>					

Sat, Apr 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Nutrition & Health (Healthy Lifestyle) The best foods, diets and exercise routines trending now for a healthy life. Focus: Terry Ochoa from Baptist Health has the latest guidelines for a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#871H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Spine & Back Care (Common Back/Neck Pain Relief) Dr. Brusovanik discusses the different minimally invasive surgery options for spine & back care, as well as the importance of keeping motion in your spine.	SFPBS	(S)	(CC)	N/A	#1355H
04:00:00	Health Trends (Blood Sugar Warnings) Find out the latest trends that contribute to a healthy life. Focus: Lois Exelbert discusses possible complications of blood sugar when it is maintained too high.	SFPBS	(S)	(CC)	N/A	#878H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Alma's Way Alma Town/An Alma Kind of Day When Alma is elected mayor of Cardboard City, she promises to help the city run smoothly. But when Cardboard City's citizens start to feel unhappy with Alma's rule-making, she has to figure out how to make rules that are fair to everyone./Alma and Junior want to help out in a big way, but, after trial and error, they discover it's the little acts of kindness that make the biggest difference.	PBS	(S)	(CC)	DVI	#137H
06:30:00	Scigirls Cartoon Coders	PBSPL	(S)	(CC)	DVI	#504H
07:00:00	Wild Kratts 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.	PBS	(S)	(CC)	N/A	#117H

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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	Cap	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	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	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.					
13:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
	In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.					
14:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
	Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 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
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	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					
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	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	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.					

Sat, Apr 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.					
18:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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.					
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	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.					
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 Out of Mind	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.					
22:00:00	Sex Talk with Dr. Lia Helping Women Improve The Sexual Experience	SFPBS	(S)	(CC)	N/A	#201H
	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	#1011H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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.					

Sun, Apr 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	All About Cancer (Cancer Update) Focus: Dr. Lauren Carcas explains ways to prevent some cancers, and how the disease can link to your lifestyle and family history. Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#873H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Living Well (Health and Wellness) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1356H
04:00:00	Pain Management (Back Pain & Mri Exams) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena has an update on latest techniques to treat chronic pain.	SFPBS	(S)	(CC)	N/A	#872H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Alma's Way Granny on the Go/Chacho's Day Out	PBS	(S)	(CC)	DVI	#116H
06:30:00	Scigirls Code Concert	PBSPL	(S)	(CC)	DVI	#505H
07:00:00	Wild Kratts 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 creatures of all!	PBS	(S)	(CC)	N/A	#312H
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 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.	SFPBS	(S)	(CC)	N/A	#1601H

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 WPBTHC
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Start	Title Subtitle	Distrib	Stereo	Cap	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 Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
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
<p>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.</p>						
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

Sun, Apr 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
12:00:00	Call The Midwife Episode Two	PBS	(S)	(CC)	N/A	#902H
	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.					
13:00:00	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.					
14:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
	Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
	Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
	In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.					
18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

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Sun, Apr 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	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.					
20:00:00	American Masters Dr. Tony Fauci	PBS	(S)	(CC)	DVI	#3406H
	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	Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1015H
	Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction					
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.					

Mon, Apr 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
01:00:00	All About Cancer (Cancer Update) Focus: Dr. Lauren Carcas explains ways to prevent some cancers, and how the disease can link to your lifestyle and family history. Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#873H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Sports Medicine (Knee Issues) Dr. DerekPapp and Dr. Harlan Selesnick discuss knee injuries, pain and various treatments. Focus: Total knee replacements.	SFPBS	(S)	(CC)	N/A	#1357H
04:00:00	Health Trends (Hospice Information) Find out the latest trends that contribute to a healthy life. Focus: Dr. Viamonte Ros and Berta discuss ways to know how to choose and select the right hospice provider for your loved ones.	SFPBS	(S)	(CC)	N/A	#874H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Shoulder Pain Workout In this episode of Classical Stretch, Miranda Esmonde-White will show you how to relieve any shoulder pain you may be feeling due to joint stiffness, stress or injury, with a full-body, all-standing workout. Filmed at a wondrous chapel fountain in Riviera Maya, Mexico-follow Miranda through a series of easy-to-follow exercise sequences to improve mobility and flexibility.	APTEX	(S)	(CC)	DVI	#1123H
06:30:00	Wai Lana Yoga Chin Lock	APTEX	(S)	(CC)	N/A	#404H
07:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H

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Mon, Apr 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#902H
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 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.	APTEX	(S)	(CC)	N/A	#1808H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
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 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.	PBS	(S)	(CC)	N/A	#903H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H
14:00:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
14:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
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 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	SFPBS	(S)	(CC)	N/A	#1805H

Mon, Apr 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	<p>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.</p>					
18:30:00	Medical Stories Out of Mind	EPS	(S)	(CC)	N/A	#401H
	<p>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.</p>					
19:00:00	Hope and Healing (Sfpbs Town Hall) Treating Hand Pain	SFPBS	(S)	(CC)	N/A	#101
20:00:00	Gut Check: Hope for Ultimate Health with Brenda Watson	FRP	(S)	(CC)	N/A	#0(
	<p>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.</p>					
21:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	<p>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.</p>					
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
	<p>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.</p>					

Tue, Apr 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Emergency Medicine (Urgent Medical Update) Focus: Dr. Andres Soto has some tips for the best care of illnesses and injuries requiring immediate medical attention. Medical experts tell you the best care of illnesses and injuries requiring immediate medical attention.	SFPBS	(S)	(CC)	N/A	#879H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Plastic/Cosmetic Surgery (Buttocks Update) Dr. Castrellon discusses surgical complications with a focus on butt augmentation, brazilian butt lift & butt injections complications.	SFPBS	(S)	(CC)	N/A	#1358H
04:00:00	All About Cancer (Cervical Cancer Care) Dr. Salazar discusses overall cervical health and the need for women to be screened and learn more about this condition and how to help prevent cervical cancer.	SFPBS	(S)	(CC)	N/A	#880H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Classical Stretch: By Essentrics Knee Strengthening Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a beautiful chapel terrace in Riviera Maya, Mexico. Follow along with Miranda as she takes you through a gentle sequence of standing and barre exercises aimed at strengthening the knees, relieving joint stiffness and improving overall mobility.	APTEX	(S)	(CC)	DVI	#1124H
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 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.	NETA	(S)	(CC)	N/A	#610H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Walk with Frank A 70 year old Vietnam War veteran decides to walk across New York State to confront his demons while helping walk w other survivors of PTSD take their first step toward healing.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1810H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
11:00:00	Innovations In Medicine Stem Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So Clean CPAP, Fecal Transplantation, Pot Protects the Brain, Prostate Cancer.	NETA	(S)	(CC)	N/A	#403H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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.	SFPBS	(S)	(CC)	N/A	#201H
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? What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?	SFPBS	(S)	(CC)	N/A	#202H
14:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1022H
15:00:00	Smartlife Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#1901H

Tue, Apr 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey 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	#1908H
17:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	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.					
18:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
	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.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Daymara's Determination	SFPBS	(S)	(CC)	N/A	#201H
	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.					
19:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102
20:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	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.					
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 What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?					

Date: 07/06/2023
 Tue, Apr 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1022H
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 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.	APTEX	(S)	(CC)	N/A	#1809H

Wed, Apr 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Pain Management #881 (Cannabis Use In Healthcare) Dr. Weiner and Azlina Goldstein discuss cannabis use in healthcare. They share information regarding the farm bill Cbd hemp vs cannabis in dispensary, the process of getting a card, the substitute ion effect decreasing in pharmaceuticals and the legal	SFPBS	(S)	(CC)	N/A	#881H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Staying Healthy (Sleep Benefits) Nathan Burandt discusses sleep health.	SFPBS	(S)	(CC)	N/A	#1359H
04:00:00	Staying Healthy (Skincare/Tattoo Care) Disease prevention and healthy lifestyle info. Focus: Caleb McGrew discusses recent trends in skincare and cosmetic tattoo services.	SFPBS	(S)	(CC)	N/A	#882H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening & Pain-Relief Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a lovely spa pool in Riviera Maya, Mexico. Miranda will take you through an entry-level, standing and barre workout that will provide you with a deep stretch to help relieve any tension and pain in your muscles and joints and rebalance your entire body.	APTEX	(S)	(CC)	DVI	#1125H
06:30:00	Wai Lana Yoga Yoga for Vitality	APTEX	(S)	(CC)	N/A	#406H
07:00:00	Walk with Frank A 70 year old Vietnam War veteran decides to walk across New York State to confront his demons while helping walk w other survivors of PTSD take their first step toward healing.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#902H

Wed, Apr 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
10:30:00	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.					
11:00:00	Conscious Living Miraval Magic In Arizona	NETA	(S)	(CC)	N/A	#207H
	Though it's been two decades since Oprah put Miraval on the map for being a first-class wellness destination. On this episode we retreat to the majestic hills of the Santa Catalina Mountains to see if this all-inclusive mind, body spirit resort lives up to its stellar reputation. During our stay, we dipped our toes into as many healing modalities as possible while enjoying delicious vegan gourmet meals and even a meatless taco recipe Michael whipped up with the head chef. From hanging meditations to crystal bowl sound immersions and equine therapy, Bianca put Miraval's best healing tools to the test to process grief from her mother's passing.					
11:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
	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.					
12:00:00	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.					
13:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
	Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H

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15:59:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:30:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Birth Justice Giving birth has turned into a battleground for too many Black women and their babies. Going behind the statistics and beyond grief, Birth 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. Birth Justice combines expert interviews with very personal pregnancy and birth stories that emphasize the dangerous terrain many traverse while celebrating their joyful outcomes.	PBSPL	(S)	(CC)	N/A	#0H
18:30:00	Medical Stories 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.	EPS	(S)	(CC)	N/A	#401H
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 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.	APTEX	(S)	(CC)	N/A	#1709H
20:00:00	American Masters 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.	PBS	(S)	(CC)	DVI	#3406H
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 The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H

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00:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Kids & Teens (Latest Childcare Tips) Focus: Dr. Javier Hiriart has updated information on caring for children from birth thru young adulthood.	SFPBS	(S)	(CC)	N/A	#883H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Mental Health (Forced Labor Issues) Coralie Patterson, Kathy Andersen and Marya Meyer discuss human trafficking.	SFPBS	(S)	(CC)	N/A	#1361H
04:00:00	Pain Management (Chronic Pain Help) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Lucinda Arenas discusses spinal cord injury and rehabilitation care: Demographics, causes, types of injuries, anatomy and clinical presentation along with care, inpatient rehab goals, evaluation, and TEAM approach. Also an update on outpatient long-term care, follow-ups and further testing.	SFPBS	(S)	(CC)	N/A	#884H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Hips & Hamstring Workout In this episode of Classical Stretch, join Miranda Esmonde-White at the calming and peaceful Kantun-Chi eco-park in Mexico. This all-barre workout will help you strengthen and stretch all 650 muscles in your body and release any joint tension or pain you may be feeling in your hips and hamstrings.	APTEX	(S)	(CC)	DVI	#1126H
06:30:00	Wai Lana Yoga Back Relief	APTEX	(S)	(CC)	N/A	#407H
07:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H

Thu, Apr 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine Stem Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So Clean CPAP, Fecal Transplantation, Pot Protects the Brain, Prostate Cancer.	NETA	(S)	(CC)	N/A	#403H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Daymara's Determination	SFPBS	(S)	(CC)	N/A	#201H
	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	(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
	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.					
14:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	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.					
14:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
15:00:00	Smartlife 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

Start	Title Subtitle	Distrib	Stereo	Cap	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 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	(S)	(CC)	N/A	#0(
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 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."	APTEX	(S)	(CC)	N/A	#1710H
20:00:00	Birthing Justice 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.	PBSPL	(S)	(CC)	N/A	#0H
21:30:00	Medical Stories 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.	EPS	(S)	(CC)	N/A	#402H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#203H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
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 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.	APTEX	(S)	(CC)	N/A	#1702H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Staying Healthy#885 (Heart Health) Health is where the heart is. Focus: Dr.Juan Carlos Pereda has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#885H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Maternity Care (Sexually Transmitted Infections) Drs. Bedell discuss sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#1362H
04:00:00	Healthy Living (Lifestyle Update) Focus: Dr. Arnoldo Lopez shares the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#886H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Bone Strength Workout In this episode of Classical Stretch, Miranda Esmonde-White will show you how to increase your bone strength so that you remain fully mobile, strong and pain-free. Filmed in a beautiful chapel walkway in Riviera Maya, this all-standing workout consists of easy-to-follow exercise sequences that will keep you young and healthy.	APTEX	(S)	(CC)	DVI	#1127H
06:30:00	Wai Lana Yoga Shake A Leg	APTEX	(S)	(CC)	N/A	#408H
07:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#902H
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 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	(S)	(CC)	N/A	#1707H
10:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
11:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#131H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#903H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H
14:00:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
14:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
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	Cap	AS2	Episode
15:59:00	Smartlife How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	American Masters 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.	PBS	(S)	(CC)	DVI	#3406H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
20:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H
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 Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H

Sat, Apr 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Mental Health (Addiction/Drug Update) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Brenda Iliff & Dan Simmons discuss how various drugs benefit patients suffering from different mental disorders and how they are different and what to watch for. They also explains what basic signs to look out for regarding addiction.	SFPBS	(S)	(CC)	N/A	#887H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Living Well (Mall Walking Wellness) Lourdes Rodriguez talks about the benefit of walking programs in local malls.	SFPBS	(S)	(CC)	N/A	#1363H
04:00:00	Dermatology (Overall Skincare) Focus: Dr. Flor Mayoral shares advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#888H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Alma's Way Alma On Ice/Junior's Lost Tooth It's Rafia's first time ice skating, and Alma is sure she'll find it easy since she's so good at sports. When Rafia has trouble on the ice, Alma must find a way to help her friend learn without making her feel self-conscious. When Junior loses his first tooth, Alma tries everything to cheer him up. But with Junior still bummed out after she gives him all his favorite things, Alma realizes that the one thing she can do to make him happy is to help him find it.	PBS	(S)	(CC)	DVI	#109H
06:30:00	Scigirls Turtle Mania SciGirl Annie and her friends make a local wetland more attractive to turtles.	PBSPL	(S)	(CC)	N/A	#101H

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07:00:00	Wild Kratts Let The Rhinos Roll!	PBS	(S)	(CC)	N/A	#118H
	The Wild Kratts team is on an important mission to unearth why Rhinos are mysteriously disappearing from the African Savannah. They soon discover that Zach Varmitech has been kidnapping them to create a new super Rhino Dozers so the creature adventurers devise a plan to rescue them - and it just might work! Along the way, they explore the nature of symbiotic relationships and learn that animals have different structures and behaviors that help them defend themselves. Rhinos use their size, sharp horn, mud bathing and their relationship with a small bird for defense.					
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	#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.					
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 Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
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
	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	#2502H
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H

Date: 07/06/2023
 Sat, Apr 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
12:00:00	American Masters Dr. Tony Fauci	PBS	(S)	(CC)	DVI	#3406H
	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.					
14:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy?	SFPBS	(S)	(CC)	N/A	#202H
	What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD					
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
	Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H

Sat, Apr 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Medical Stories 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.	EPS	(S)	(CC)	N/A	#401H
18:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H
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 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.	APTEX	(S)	(CC)	N/A	#1802H
20:00:00	Place to Breathe A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.	APTEX	(S)	(CC)	N/A	#0H
21:30:00	Medical Stories Strong Hearted In this special episode of Medical Stories, we travel into the world of heart transplants and follow two families through their nerve-wracking journeys. Both Glenn and Jordan went from being very sick with mere months to live, to becoming heart transplant recipients. Learn how they are doing today, and what they and their families went through when the call came with the news, "We have a heart for you." Featuring renowned experts: Dr. Jacob Schroder, from Duke University School of Medicine in Durham, North Carolina, and Dr. Maryjane Farr from Columbia University in New York, NY.	EPS	(S)	(CC)	N/A	#403H
22:00:00	Sex Talk with Dr. Lia What Happens In Sex Therapy? What happens in sex therapy. Plus, what to do when you're attracted to someone who is not your partner. And how using emojis in your messages can make you more appealing?	SFPBS	(S)	(CC)	N/A	#202H
22:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1022H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	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	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1803H
01:00:00	Pain Management #881 (Cannabis Use In Healthcare) Dr. Weiner and Azlina Goldstein discuss cannabis use in healthcare. They share information regarding the farm bill Cbd hemp vs cannabis in dispensary, the process of getting a card, the substitute ion effect decreasing in pharmaceuticals and the legal	SFPBS	(S)	(CC)	N/A	#881H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1808H
03:00:00	Women's Health (Infertility Issues) Dr. Eisermann discusses general concerns surrounding infertility issues . Focus: When do you need help conceiving. How do you find out or know that it's time to see a reproductive endocrinologist? Does it make sense to freeze your eggs? Irregular periods/ options and can dysfunctional uterine bleeding have anything to do with your fertility?	SFPBS	(S)	(CC)	N/A	#1118H
04:00:00	Staying Healthy (Skincare/Tattoo Care) Disease prevention and healthy lifestyle info. Focus: Caleb McGrew discusses recent trends in skincare and cosmetic tattoo services.	SFPBS	(S)	(CC)	N/A	#882H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1808H
06:00:00	Alma's Way Alma's Cat-Tastrophe/Stickball! When Mr. Ramirez takes too many cats into his shop, Alma helps him figure out what to do with them. When Alma asks her friends to play stickball, there's one hold-out Howard. How will she convince him he'll enjoy playing the game, too?	PBS	(S)	(CC)	DVI	#126H
06:30:00	Scigirls Puppet Power SciGirl Anna and her friends engineer a giant pig puppet, complete with blinking eyes and a twirling tail, for a May Day parade.	PBSPL	(S)	(CC)	N/A	#102H
07:00:00	Wild Kratts The Blue and the Gray Martin and Chris are absorbed in a hilarious competition to discover who is the best acorn planter, blue jays or gray squirrels, when a strange 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.	PBS	(S)	(CC)	N/A	#120H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
<p>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.</p>						
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
<p>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.</p>						
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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:15:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3007H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
11:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
12:00:00	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.					
13:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	Sister Julianne 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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
	Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2005H
	Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik					
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

Sun, Apr 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Journey Through Breast Cancer 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.	NETA	(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 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.	APTEX	(S)	(CC)	N/A	#1803H
20:00:00	Speaking Grief SPEAKING GRIEF explores why the pain of losing a loved one can be so difficult to understand and discuss. The film interviews grieving families from across the U.S., whose losses range from stillbirth to suicide, to address common misconceptions about grief. Through candid personal stories and conversations with experts in the grief field, the film also presents ideas for how family and friends can better support each other through loss.	APTEX	(S)	(CC)	DVI	#0H
21:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#203H
22:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
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 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.	APTEX	(S)	(CC)	N/A	#1705H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Dermatology (Skin Cancer Risks & Prevention) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth. Focus: Dr. Haushalter discusses her new affiliation with MCI and skin cancer risks, prevention, types, symptoms, treatments and multidisciplinary care.	SFPBS	(S)	(CC)	N/A	#833H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Brain Health #1373 (Latest Tips) Memory, Learning, Concentration.	SFPBS	(S)	(CC)	N/A	#1373H
04:00:00	Pain Management (Chronic Pain Help) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Lucinda Arenas discusses spinal cord injury and rehabilitation care: Demographics, causes, types of injuries, anatomy and clinical presentation along with care, inpatient rehab goals, evaluation, and TEAM approach. Also an update on outpatient long-term care, follow-ups and further testing.	SFPBS	(S)	(CC)	N/A	#884H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Weight Loss Workout In this episode of Classical Stretch, Miranda Esmonde-White will guide you through gentle, full body exercises that will help you lose weight and gain strength and flexibility in your muscles and joints. Enjoy this gentle, all-standing workout, filmed at a gorgeous, quaint chapel in Mexico.	APTEX	(S)	(CC)	DVI	#1128H
06:30:00	Wai Lana Yoga Royal Flush	APTEX	(S)	(CC)	N/A	#409H
07:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H

Mon, May 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#903H
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 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.	APTEX	(S)	(CC)	N/A	#1709H
10:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
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 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.	PBS	(S)	(CC)	N/A	#904H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H
14:00:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#101H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H

Mon, May 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:59:00	Smartlife Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
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 A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.	APTEX	(S)	(CC)	N/A	#0H
18:30:00	Medical Stories Strong Hearted In this special episode of Medical Stories, we travel into the world of heart transplants and follow two families through their nerve-racking journeys. Both Glenn and Jordan went from being very sick with mere months to live, to becoming heart transplant recipients. Learn how they are doing today, and what they and their families went through when the call came with the news, "We have a heart for you." Featuring renowned experts: Dr. Jacob Schroder, from Duke University School of Medicine in Durham, North Carolina, and Dr. Maryjane Farr from Columbia University in New York, NY.	EPS	(S)	(CC)	N/A	#403H
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 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.	APTEX	(S)	(CC)	N/A	#1804H
20:00:00	Unconditional: Healing Hidden Wounds UNCONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the home healthcare crises of mental wellness. Mental health issues and questions of emotional wellness challenge some 50 million family caregivers each year, and often they do not know it. Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.	APTEX	(S)	(CC)	N/A	#0H
21:30:00	Getting Dot Older Rescuing Animals Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. In our Boomer Passion segment, Charlene volunteers at an animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only Asian in her class. John & Ilana navigate a major marital age gap. Bob photographs abandoned mining towns. Viewers share revealing answers to our survey.	APTEX	(S)	(CC)	N/A	#201H
22:00:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#101H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

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Mon, May 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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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Tue, May 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1805H
01:00:00	Living Well (Healthy Habits) Experts tell you how to live well. Focus: Dr. Anaisys Ballesteros and Angie Placeres discuss creating new habits for the New Year and establishing healthy eating goals.	SFPBS	(S)	(CC)	N/A	#889H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1703H
03:00:00	Men's Health (Low Testosterone & Heart Disease) Focus: The link between erectile dysfunction, low testosterone, and heart disease with Dr. Daniel Martinez.	SFPBS	(S)	(CC)	N/A	#1376H
04:00:00	Healthy Living (Heart Disease) Focus: Dr. Ted Feldman and Henry Guzman discuss the importance of knowing your numbers and how to reduce your risk of heart disease.	SFPBS	(S)	(CC)	N/A	#890H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1703H
06:00:00	Classical Stretch: By Essentrics Ab & Core Strength Workout In this episode of Classical Stretch, join Miranda Esmonde-White at a pristine sandy beach in the gorgeous Riviera Maya. Work on strengthening your abs and core with a series of dynamic standing and floor exercises.	APTX	(S)	(CC)	DVI	#1129H
06:30:00	Wai Lana Yoga Breath Is The Key	APTX	(S)	(CC)	N/A	#410H
07:00:00	Happy Yoga with Sarah Starr Garden Paradise Revel in the tropical garden paradise as you enjoy an accessible yoga practice using a chair for support. Including seated and standing poses to tone your legs and core, along with upper body stretches designed to increase mobility in your spine, shoulders and chest.	NETA	(S)	(CC)	N/A	#701
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

Tue, May 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
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) 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.	APTEX	(S)	(CC)	N/A	#1801H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
11:00:00	Innovations In Medicine Alzheimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Gluten Free Diet, Testosterone Therapy, Pediatric cancer Research.	NETA	(S)	(CC)	N/A	#404H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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.	SFPBS	(S)	(CC)	N/A	#201H
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 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.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#203H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H
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 Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children's Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas	SFPBS	(S)	(CC)	N/A	#205H
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 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)	N/A	#101H
18:00:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart Early on in Rachel Collin's pregnancy she was told there was concern for her unborn child as doctors discovered her baby's heart was undeveloped. Soon hopes were dashed and worry set in as Rachel was told the future was uncertain for her baby boy. Hope is Here chronicles the first two years of Mikey Collins life, who proved to be the brave little boy with an incredible will to live.	SFPBS	(S)	(CC)	N/A	#202H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
20:00:00	Place to Breathe A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.	APTEX	(S)	(CC)	N/A	#0H
21:30:00	Medical Stories Strong Hearted In this special episode of Medical Stories, we travel into the world of heart transplants and follow two families through their nerve-racking journeys. Both Glenn and Jordan went from being very sick with mere months to live, to becoming heart transplant recipients. Learn how they are doing today, and what they and their families went through when the call came with the news, "We have a heart for you." Featuring renowned experts: Dr. Jacob Schroder, from Duke University School of Medicine in Durham, North Carolina, and Dr. Maryjane Farr from Columbia University in New York, NY.	EPS	(S)	(CC)	N/A	#403H

Date: 07/06/2023
 Tue, May 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#203H
22:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	All About Cancer (Breast Cancer Update) Focus: Dr. Ana Sandoval Leon discusses breast cancer and advances in treatment options.	SFPBS	(S)	(CC)	N/A	#891H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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
03:00:00	Maternity Care (First 20 Weeks of Pregnancy) Focus: What to expect during the first 20 weeks of pregnancy	SFPBS	(S)	(CC)	N/A	#1379H
04:00:00	Pain Management (Chronic Pain Tips) Focus: Dr. Jose Mena has new information s about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#892H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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
06:00:00	Classical Stretch: By Essentrics Increase Balance Workout In this episode of Classical Stretch, join Miranda Esmonde-White along a serene pathway facing a beautiful beach in Mexico. Miranda will take you through a gentle, all-standing workout that will improve your balance, flexibility and mobility.	APTEX	(S)	(CC)	DVI	#1130H
06:30:00	Wai Lana Yoga Nerves Frayed	APTEX	(S)	(CC)	N/A	#411H

Wed, May 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Crazy 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.	APTEX	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#903H
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 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.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Conscious Living 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 artist bringing vivid representation to the white walls of Phoenix, Arizona.	NETA	(S)	(CC)	N/A	#208H
11:30:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H
14:00:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
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 Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
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 UNCONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the home healthcare crises of mental wellness. Mental health issues and questions of emotional wellness challenge some 50 million family caregivers each year, and often they do not know it. Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.	APTEX	(S)	(CC)	N/A	#0H
18:30:00	Getting Dot Older Rescuing Animals Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. In our Boomer Passion segment, Charlene volunteers at an animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only Asian in her class. John & Ilana navigate a major marital age gap. Bob photographs abandoned mining towns. Viewers share revealing answers to our survey.	APTEX	(S)	(CC)	N/A	#201H
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 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.	APTEX	(S)	(CC)	N/A	#1806H
20:00:00	Sky Blossom: Diaries of the Next Greatest Generation During World War II, troops would look up and say, "Here come the Sky Blossoms" - paratroopers rushing to their aid. Today, a new generation is answering that call for help. The documentary SKY BLOSSOM: DIARIES OF THE NEXT GREATEST GENERATION captures their stories.	APTEX		(CC)	N/A	#0H
21:30:00	Getting Dot Older Rescuing Animals Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. In our Boomer Passion segment, Charlene volunteers at an animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only Asian in her class. John & Ilana navigate a major marital age gap. Bob photographs abandoned mining towns. Viewers share revealing answers to our survey.	APTEX	(S)	(CC)	N/A	#201H
22:00:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#101H

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Wed, May 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

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Thu, May 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Living Well (Vital Health Numbers) Focus: Dr. Jane Mendez discusses the importance of knowing your numbers and how to reduce your risk cancer.	SFPBS	(S)	(CC)	N/A	#893H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Maternity Care (Healthy Pregnancy) Focus: All stages of a healthy pregnancy.	SFPBS	(S)	(CC)	N/A	#1381H
04:00:00	Men's Health (Men's Health Update) Focus: Dr. Daniel Martinez discusses a wide variety of issues that affect men's health.	SFPBS	(S)	(CC)	N/A	#894H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Plantar Fasciitis Release Your feet are the foundation for your body. Join Miranda Esmonde-White for a full-body relaxation workout that stretches and strengthens your feet and calves, leaving you flexible and pain free.	APTEX	(S)	(CC)	N/A	#1201H
06:30:00	Wai Lana Yoga Cradle Rock	APTEX	(S)	(CC)	N/A	#412H
07:00:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Thu, May 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					
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 Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	<p>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.</p>					
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	<p>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.</p>					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#404H
	<p>Alzheimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Gluten Free Diet, Testosterone Therapy, Pediatric cancer Research.</p>					
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Daymara's Determination	SFPBS	(S)	(CC)	N/A	#201H
	<p>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.</p>					
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	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	<p>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.</p>					
14:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
	<p>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.</p>					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
	<p>Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain</p>					

Thu, May 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann	SFPBS	(S)	(CC)	N/A	#401H
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 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 Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#405H
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 A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.	APTEX	(S)	(CC)	N/A	#0H
18:30:00	Medical Stories Strong Hearted In this special episode of Medical Stories, we travel into the world of heart transplants and follow two families through their nerve-racking journeys. Both Glenn and Jordan went from being very sick with mere months to live, to becoming heart transplant recipients. Learn how they are doing today, and what they and their families went through when the call came with the news, "We have a heart for you." Featuring renowned experts: Dr. Jacob Schroder, from Duke University School of Medicine in Durham, North Carolina, and Dr. Maryjane Farr from Columbia University in New York, NY.	EPS	(S)	(CC)	N/A	#403H
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 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.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
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 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.	SFPBS	(S)	(CC)	N/A	#204H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
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 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.	APTEX	(S)	(CC)	N/A	#1709H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Spine & Back Care #895 (Your Aching Back) Focus: Dr. Gosha Brusovanik explains how to treat spine and back conditions for a pain-free life.	SFPBS	(S)	(CC)	N/A	#895H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Staying Healthy (Storm Season Update) Dr. Furr discusses how to get prepared for hurricane season, media consumption and how this impacts your kids.	SFPBS	(S)	(CC)	N/A	#1384H
04:00:00	Kids & Teens (Child-Care Tips) Focus: Dr. Scarlet Constant shares her expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#896H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Hip Pain Relief and Stretch Join Miranda Esmonde-White seaside for an episode of Classical Stretch that relieves pain and stretches your hips. This episode re-balances all of the muscles and joints that surround your hips and glutes.	APTEX	(S)	(CC)	N/A	#1202H
06:30:00	Wai Lana Yoga Sports Protection	APTEX	(S)	(CC)	N/A	#413H
07:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#903H

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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 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.					
10:30:00	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.					
11:00:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#132H
12:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	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 Episode Five	PBS	(S)	(CC)	N/A	#905H
	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	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
	Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.					
14:30:00	Health Insiders Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones	SFPBS	(S)	(CC)	N/A	#1058H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#501H
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 Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quinteiros 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H

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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
	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	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
	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.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	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.					
20:00:00	Place to Breathe	APTEX	(S)	(CC)	N/A	#0H
	A PLACE TO BREATHE is a 90-minute documentary that explores the universality of trauma and resilience through the eyes of immigrant and refugee healthcare practitioners and patients. The film intertwines the personal journeys of those who transcend their own obstacles by healing others.					
21:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
22:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
	Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#133H
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 The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Sports Medicine (Sports Injuries- Yoga Help) Focus: Dr. Derek Papp and Anny Noratto discuss how yoga, meditation and physical activity can prevent certain conditions or improve the symptoms of an existing one. They explain how a positive mind set can strengthen your physical health and can help you overcome challenges in life.	SFPBS	(S)	(CC)	N/A	#897H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
03:00:00	Healthy Living (Cbd Update) Henry Guzman and Dr. Chalef discuss CBD in medicine.	SFPBS	(S)	(CC)	N/A	#1390H
04:00:00	All About Cancer (Cancer Research Update) Ways to prevent some cancers concerning lifestyle, family history and more. Focus: Dr. Villalona Calero discusses research trials at the Institute.	SFPBS	(S)	(CC)	N/A	#898H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
06:00:00	Alma's Way Alma's Cat-Tastrophe/Stickball! When Mr. Ramirez takes too many cats into his shop, Alma helps him figure out what to do with them. When Alma asks her friends to play stickball, there's one hold-out Howard. How will she convince him he'll enjoy playing the game, too?	PBS	(S)	(CC)	DVI	#126H
06:30:00	Scigirls Dolphin Dive SciGirls Serena and Ceci bond with bottlenosed dolphins, exploring their behavior at the Dolphins Plus Research Center.	PBSPL	(S)	(CC)	N/A	#103H
07:00:00	Wild Kratts Tortuga Tune Up Aviva loves the Tortuga design, but feels there's something missing. Martin and Chris realize it can't really swim, so they decide to get some bio inspiration for this feature by exploring the world of the sea turtles.	PBS	(S)	(CC)	N/A	#215H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
<p>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.</p>						
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
<p>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.</p>						
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 Segment 7	SFPBS	(S)	(CC)	N/A	#3007H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3008H
11:35:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3009H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3010H
12:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
	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.					
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	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 Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	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.					
14:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
15:00:00	Smartlife Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner	SFPBS	(S)	(CC)	N/A	#201H
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 Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children's Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas	SFPBS	(S)	(CC)	N/A	#205H
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
	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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18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart	SFPBS	(S)	(CC)	N/A	#202H
	Early on in Rachel Collin's pregnancy she was told there was concern for her unborn child as doctors discovered her baby's heart was undeveloped. Soon hopes were dashed and worry set in as Rachel was told the future was uncertain for her baby boy. Hope is Here chronicles the first two years of Mikey Collins life, who proved to be the brave little boy with an incredible will to live.					
18:30:00	Flip My Florida Yard Pensacola	WUCF	(S)	(N)	N/A	#204H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	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.					
20:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	N/A	#0H
	UNCONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the home healthcare crises of mental wellness. Mental health issues and questions of emotional wellness challenge some 50 million family caregivers each year, and often they do not know it. Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.					
21:30:00	Getting Dot Older Rescuing Animals	APTEX	(S)	(CC)	N/A	#201H
	Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. In our Boomer Passion segment, Charlene volunteers at an animal rescue shelter. Boomer quiz: The Beatles. Yvonne grows up as the only Asian in her class. John & Ilana navigate a major marital age gap. Bob photographs abandoned mining towns. Viewers share revealing answers to our survey.					
22:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	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.					
22:30:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
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	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	All About Cancer (Breast Cancer Update) Focus: Dr. Ana Sandoval Leon discusses breast cancer and advances in treatment options.	SFPBS	(S)	(CC)	N/A	#891H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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
03:00:00	Maternity Care (First 20 Weeks of Pregnancy) Focus: What to expect during the first 20 weeks of pregnancy	SFPBS	(S)	(CC)	N/A	#1379H
04:00:00	Pain Management (Chronic Pain Tips) Focus: Dr. Jose Mena has new information s about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#892H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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
06:00:00	Alma's Way Do The Waltzango/Big Brother Bootcamp	PBS	(S)	(CC)	DVI	#120H
06:30:00	Scigirls Digging Archaeology SciGirls Jazzy and Gates unearth the past, uncovering thousand-year-old Native American artifacts at a Utah dig site.	PBSPL	(S)	(CC)	N/A	#104H
07:00:00	Wild Kratts Gila Monsters Under My House The Wild Kratts receive a call from Xavier, a Wild Kratt kid who lives in the Sororan Desert. A Gila monster has crawled under his house and he's scared! Martin and Chris go to check it out and Xavier soon learns about the amazing life of this creature.	PBS	(S)	(CC)	N/A	#223H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

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08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H
<p>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.</p>						
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
<p>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.</p>						
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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11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
12:00:00	Call The Midwife Episode Four	PBS	(S)	(CC)	N/A	#904H
	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 Episode Five	PBS	(S)	(CC)	N/A	#905H
	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	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
	Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
	Focus: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman					
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
	Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD					
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
	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.					
18:00:00	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.					

Sun, May 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Crazy 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.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#204H
22:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H

Mon, May 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Living Well (Vital Health Numbers) Focus: Dr. Jane Mendez discusses the importance of knowing your numbers and how to reduce your risk cancer.	SFPBS	(S)	(CC)	N/A	#893H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Maternity Care (Healthy Pregnancy) Focus: All stages of a healthy pregnancy.	SFPBS	(S)	(CC)	N/A	#1381H
04:00:00	Men's Health (Men's Health Update) Focus: Dr. Daniel Martinez discusses a wide variety of issues that affect men's health.	SFPBS	(S)	(CC)	N/A	#894H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Quad Strengthening This episode of Classical Stretch will build endurance and power in your quads, one of the largest muscles in your body. Join Miranda Esmonde-White in Montego Bay Jamaica for a quad strengthening workout.	APTEX	(S)	(CC)	N/A	#1203H
06:30:00	Wai Lana Yoga Terrific Triangle Twist	APTEX	(S)	(CC)	N/A	#414H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H
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 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.	APTEX	(S)	(CC)	N/A	#1809H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
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 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.	PBS	(S)	(CC)	N/A	#905H
13:00:00	Call The Midwife Episode Six 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.	PBS	(S)	(CC)	N/A	#906H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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
14:30:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers - Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
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

Mon, May 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
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 During World War II, troops would look up and say, "Here come the Sky Blossoms" - paratroopers rushing to their aid. Today, a new generation is answering that call for help. The documentary SKY BLOSSOM: DIARIES OF THE NEXT GREATEST GENERATION captures their stories.	APTEX		(CC)	N/A	#0H
18:30:00	Medical Stories Growing Too Fast Every parent who guides a child going through puberty understands the daily challenges of changing bodies, growth spurts, and high emotions that can complicate tender relation- ships. It's part of growing up and we do our best to help our children take it in stride. But what happens when your child hits puberty far earlier than expected? Perhaps as young as just five years of age? In this episode of Medical Stories, we look at the rare medical condition known as Central Precocious Puberty. Featuring renowned experts: Dr. Bradley S. Miller, from the University of Minnesota, Mason- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC San Diego School of Medicine, Rady Children's Hospital, San Diego, CA.	EPS	(S)	(CC)	N/A	#404H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
20:00:00	Independent Lens Matter of Mind: My ALS Amyotrophic lateral sclerosis (ALS) is a neuromuscular disease with an average survival time of 2-5 years from diagnosis. In this intimate story, three people bravely face different paths as they live with the progressively debilitating illness.	NPS	(S)	(CC)	DVI	#2413H
21:00:00	Pov 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.	NPS	(S)	(CC)	DVI	#3504H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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	#134H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H

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Tue, May 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Staying Healthy (Living Healthy) Focus: Carlos Fernandez discusses fitness myths, different training, and work-out methods.	SFPBS	(S)	(CC)	N/A	#899H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Pain Management (Backache) Things we do to hurt our backs including poor posture, bending and lifting.	SFPBS	(S)	(CC)	N/A	#1392H
04:00:00	Dermatology (Latest Lip Care) Focus: Reana Myers and Victoria Socarras discuss how to properly exfoliate, hydrate, and repair lips. They share information on the latest The Perk treatment, which smoothes and moisturizes lips for a perfectly primed pout.	SFPBS	(S)	(CC)	N/A	#901H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Classical Stretch: By Essentrics Weight Loss and Calorie Burn Join Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Classical Stretch gets your heart racing, helping you to burn calories and melt fat.	APTEX	(S)	(CC)	N/A	#1204H
06:30:00	Wai Lana Yoga Tummy Tighteners	APTEX	(S)	(CC)	N/A	#415H
07:00:00	Happy Yoga with Sarah Starr 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.	NETA	(S)	(CC)	N/A	#702

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H
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 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.	APTEX	(S)	(CC)	N/A	#1702H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
11:00:00	Innovations In Medicine CBD & Tourette's syndrome, CURE Film, Cannakids, Endocannabinoid deficiency, CBD and Pain management, Potbotics.	NETA	(S)	(CC)	N/A	#405H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart Early on in Rachel Collin's pregnancy she was told there was concern for her unborn child as doctors discovered her baby's heart was undeveloped. Soon hopes were dashed and worry set in as Rachel was told the future was uncertain for her baby boy. Hope is Here chronicles the first two years of Mikey Collins life, who proved to be the brave little boy with an incredible will to live.	SFPBS	(S)	(CC)	N/A	#202H
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	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 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.	SFPBS	(S)	(CC)	N/A	#204H
14:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#701H

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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
	Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA					
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
	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.					
18:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	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.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story	SFPBS	(S)	(CC)	N/A	#203H
	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.					
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 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.					
20:00:00	Independent Lens Sam Now	NPS	(S)	(CC)	DVI	#2414H
	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.					
21:30:00	Getting Dot Older Re-Enacting	APTEX	(S)	(CC)	N/A	#202H
	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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#204H
22:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
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 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.	APTEX	(S)	(CC)	N/A	#1804H

Wed, May 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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
01:00:00	Heart Health (Heart Update) Health is where the heart is. Focus: Dr. Elloit Elias has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#902H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Spine & Back Care (Spine Care Update) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1395H
04:00:00	Primary Care (Get Healthy) 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	(S)	(CC)	N/A	#903H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics Back Pain Relief This beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-White for a standing and barre workout that loosens and liberates your entire back, leaving your pain free.	APTEX	(S)	(CC)	N/A	#1205H
06:30:00	Wai Lana Yoga Stick 'em Up!	APTEX	(S)	(CC)	N/A	#416H
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

Wed, May 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H
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 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
10:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
11:00:00	Conscious Living The Best Vegan Food In Asia Our love affair for Asian food began on our honeymoon and is still as steamy as ever. Join us as we taste, slurp and lick our way through two all-time foodie destinations: Vietnam and Thailand. From the textured mastery of Hanoi's crispy rolls to the spicy Bahn Mi and street corner Pho served piping hot in Ho Chi Minh City, Vietnam never disappointed. Next, we hop into a Tuk-tuk to explore Thailand's legendary markets and an animal sanctuary helping abused elephants heal with a tireless conservationist. From umami bomb noodles in Chiang Mai's exhilarating night markets, to the addictive mango sticky rice of Bangkok's rural floating markets, Thailand was a gift that kept on giving. Back at home, we show you how to make a simple version of Thai favorite, Pad See Ew.	NETA	(S)	(CC)	N/A	#209H
11:30:00	Flip My Florida Yard (Sfpbs) 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.	SFPBS	(S)	(CC)	N/A	#205H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H
13:00:00	Call The Midwife Episode Six 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.	PBS	(S)	(CC)	N/A	#906H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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
14:30:00	Health Insiders Focus: Vitamin supplements & heart health, Child neglect, CBD oil	SFPBS	(S)	(CC)	N/A	#1061H
15:00:00	Smartlife Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff	SFPBS	(S)	(CC)	N/A	#801H

Wed, May 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples					
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	Sky Blossom: Diaries of the Next Greatest Generation	APTEX		(CC)	N/A	#0H
	During World War II, troops would look up and say, "Here come the Sky Blossoms" - paratroopers rushing to their aid. Today, a new generation is answering that call for help. The documentary SKY BLOSSOM: DIARIES OF THE NEXT GREATEST GENERATION captures their stories.					
18:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
	Every parent who guides a child going through puberty understands the daily challenges of changing bodies, growth spurts, and high emotions that can complicate tender relation- ships. It's part of growing up and we do our best to help our children take it in stride. But what happens when your child hits puberty far earlier than expected? Perhaps as young as just five years of age? In this episode of Medical Stories, we look at the rare medical condition known as Central Precocious Puberty. Featuring renowned experts: Dr. Bradley S. Miller, from the University of Minnesota, Mason- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC San Diego School of Medicine, Rady Children's Hospital, San Diego, CA.					
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 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.					
20:00:00	Pov Our Time Machine/Negative Space	NPS	(S)	(CC)	N/A	#3310H
	When artist Maleonn realizes that his father is suffering from Alzheimer's disease, he creates "Papa's Time Machine," a magical, autobiographical stage performance featuring life-size mechanical puppets.					
21:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
	Every parent who guides a child going through puberty understands the daily challenges of changing bodies, growth spurts, and high emotions that can complicate tender relation- ships. It's part of growing up and we do our best to help our children take it in stride. But what happens when your child hits puberty far earlier than expected? Perhaps as young as just five years of age? In this episode of Medical Stories, we look at the rare medical condition known as Central Precocious Puberty. Featuring renowned experts: Dr. Bradley S. Miller, from the University of Minnesota, Mason- ic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC San Diego School of Medicine, Rady Children's Hospital, San Diego, CA.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Wed, May 10, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	A Thousand Pebbles on the Ground Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1805H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Thu, May 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Heart Health (Dialysis Care) Health is where the heart is. Practical information that can lead to a long healthy life. Focus: Dr. George Mueller discusses advances in dialysis access for patient care.	SFPBS	(S)	(CC)	N/A	#904H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Healthy Living #1397 (Latest Tips) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1397H
04:00:00	Health Trends #905 (Lifestyle Update) Focus: Henry Guzman and Tony Thomas explain the latest trends that contribute to a healthy life. Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#905H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Full Body Strengthening Join Miranda Esmonde-White in beautiful Montego-Bay, Jamaica for a full-body workout that strengthens and stretches all 650-muscles, leaving you stronger, longer, and energized.	APTEX	(S)	(CC)	N/A	#1206H
06:30:00	Wai Lana Yoga Rise and Shine!	APTEX	(S)	(CC)	N/A	#417H
07:00:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H

Thu, May 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Becoming Trauma Responsive 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.	APTEX	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1706H
10:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
11:00:00	Innovations In Medicine CBD & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD and Pain management, Potbotics.	NETA	(S)	(CC)	N/A	#405H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Little Braveheart Early on in Rachel Collin's pregnancy she was told there was concern for her unborn child as doctors discovered her baby's heart was undeveloped. Soon hopes were dashed and worry set in as Rachel was told the future was uncertain for her baby boy. Hope is Here chronicles the first two years of Mikey Collins life, who proved to be the brave little boy with an incredible will to live.	SFPBS	(S)	(CC)	N/A	#202H
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 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.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#205H
14:30:00	Health Insiders Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
15:00:00	Smartlife Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#901H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H

Thu, May 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY					
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
	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.					
18:00:00	Finding Hope Town Hall Preventing Disease and Staying Healthy	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	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.					
20:00:00	Independent Lens Sam Now	NPS	(S)	(CC)	DVI	#2414H
	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.					
21:30:00	Getting Dot Older Re-Enacting	APTEX	(S)	(CC)	N/A	#202H
	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 Making 'sexy Time' Last Longer	SFPBS	(S)	(CC)	N/A	#205H
	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 Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

Date: 07/06/2023
Thu, May 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Women's Health (Maternity Care) Focus: Dr. Victoria Bedell, along with Dr. Sarah Bedell, and Dr. Joanna Bedell explore a wide variety of issues that affect women's health.	SFPBS	(S)	(CC)	N/A	#907H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Plastic/Cosmetic Surgery #1399 (Latest Tips) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1399H
04:00:00	Pain Management #912 (Chronic Pain Help) Focus: Dr. Jose Mena explains a new approach to controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#912H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Posture Today's episode is set in one of the most beautiful locations yet, Montego Bay, Jamaica. Join Miranda Esmonde-White today for a full-body posture workout. Good posture is the key to looking and feeling youthful and vibrant.	APTEX	(S)	(CC)	N/A	#1207H
06:30:00	Wai Lana Yoga Agnisar Kriya	APTEX	(S)	(CC)	N/A	#418H
07:00:00	Becoming Trauma Responsive 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.	APTEX	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#904H

Fri, May 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
11:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	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.					
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
	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.					
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1063H
	Focus: Living greener-“food prints”; Food and your mood; Dawn phenomenon-diabetes					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer					
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
	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					

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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
	ORCHESTRATING CHANGE tells the inspiring story of the Me 2 Orchestra, the only classical music organization in the world created by and for people with mental illness. One concert at a time, across New England, the orchestra is combating stigmas about mental illness, dispelling stereotypes and demonstrating what people with mental illness can accomplish while working together.					
18:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
	Every parent who guides a child going through puberty understands the daily challenges of changing bodies, growth spurts, and high emotions that can complicate tender relationships. It's part of growing up and we do our best to help our children take it in stride. But what happens when your child hits puberty far earlier than expected? Perhaps as young as just five years of age? In this episode of Medical Stories, we look at the rare medical condition known as Central Precocious Puberty. Featuring renowned experts: Dr. Bradley S. Miller, from the University of Minnesota, Masonic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC San Diego School of Medicine, Rady Children's Hospital, San Diego, CA.					
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 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.					
20:00:00	Pov Our Time Machine/Negative Space	NPS	(S)	(CC)	N/A	#3310H
	When artist Maleonn realizes that his father is suffering from Alzheimer's disease, he creates "Papa's Time Machine," a magical, autobiographical stage performance featuring life-size mechanical puppets.					
21:30:00	Medical Stories Growing Too Fast	EPS	(S)	(CC)	N/A	#404H
	Every parent who guides a child going through puberty understands the daily challenges of changing bodies, growth spurts, and high emotions that can complicate tender relationships. It's part of growing up and we do our best to help our children take it in stride. But what happens when your child hits puberty far earlier than expected? Perhaps as young as just five years of age? In this episode of Medical Stories, we look at the rare medical condition known as Central Precocious Puberty. Featuring renowned experts: Dr. Bradley S. Miller, from the University of Minnesota, Masonic Children's Hospital in Minneapolis, MN, and Dr. Karen Klein, from UC San Diego School of Medicine, Rady Children's Hospital, San Diego, CA.					
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 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.					

Sat, May 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
01:00:00	Brain Health #913 (Aneurysm Info) Memory, Learning, Concentration. Focus: Dr. Italo Linfante discusses the cutting-edge endovascular treatment of multiple complex brain aneurysms.	SFPBS	(S)	(CC)	N/A	#913H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Health Trends (Food and Anxiety) Dr. Deepa Sharma and Carla Duenas discuss how certain foods help or trigger mental health conditions. FOCUS: Food link to Depression and Anxiety.	SFPBS	(S)	(CC)	N/A	#1401H
04:00:00	Maternity Care #914 (Pregnancy Tips) Focus: Dr. Alberto Sirven explains everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#914H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way Alma's Movie Night/Papi The Hero Alma, Andre, and friends can't wait for movie night in the park! But when Andre finds out tonight's feature stars a spooky blob monster, he suddenly remembers he has to help out at the community center. Alma offers to help him finish in time, but he doesn't seem excited. What's up? Alma, Eddie, and Junior need inspiration for the "hero song" they are writing for Papi, so they join him as he tries to catch a lost parrot named Wanda. Too bad they keep scaring Wanda away. Will this hero's song remain unsung?	PBS	(S)	(CC)	DVI	#103H
06:30:00	Scigirls Horsing Around SciGirl Zoe and her friends pony up some science to select the best horse for a riding competition.	PBSPL	(S)	(CC)	N/A	#105H
07:00:00	Wild Kratts Ground Hog Wake Up Call Aviva tries to prove that groundhogs have amazing creature powers, but instead falls into a deep sleep, leaving the Kratt bros to discover all about hibernation.	PBS	(S)	(CC)	N/A	#225H

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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

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11:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H
12:00:00	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.					
13:00:00	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.					
14:00:00	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.					
14:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
	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					
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
	Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA					
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

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17:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story	SFPBS	(S)	(CC)	N/A	#203H
	<p>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.</p>					
18:30:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
	<p>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.</p>					
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 Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	<p>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.</p>					
20:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
	<p>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.</p>					
21:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	<p>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.</p>					
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
	<p>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.</p>					
22:30:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

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Start	Title Subtitle	Distrib	Stereo	Cap	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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Heart Health (Heart Update) Health is where the heart is. Focus: Dr. Elloit Elias has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#902H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	Spine & Back Care (Spine Care Update) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1395H
04:00:00	Primary Care (Get Healthy) 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	(S)	(CC)	N/A	#903H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Alma's Way 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?	PBS	(S)	(CC)	DVI	#133H
06:30:00	Scigirls Blowin' in the Wind SciGirl Hannah and her friends design and build their own working miniature wind farm.	PBSPL	(S)	(CC)	N/A	#106H
07:00:00	Wild Kratts 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.	PBS	(S)	(CC)	N/A	#218H

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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
<p>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.</p>						
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
<p>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.</p>						
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

Sun, May 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
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 Episode Five	PBS	(S)	(CC)	N/A	#905H
	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.					
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1061H
	Focus: Vitamin supplements & heart health, Child neglect, CBD oil					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff					
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
	Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelnden Naples					
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	Independent Lens Sam Now	NPS	(S)	(CC)	DVI	#2414H
	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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Getting Dot Older Re-Enacting	APTEX	(S)	(CC)	N/A	#202H
	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.					
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
20:00:00	Pov Wuhan Wuhan	NPS	(S)	(CC)	DVI	#3501H
	Learn the stories of frontline medical workers, patients, and citizens during the early months of the COVID-19 pandemic in the city where the mysterious virus was first discovered.					
21:30:00	Getting Dot Older Re-Enacting	APTEX	(S)	(CC)	N/A	#202H
	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 Making 'sexy Time' Last Longer	SFPBS	(S)	(CC)	N/A	#205H
	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
	Focus: Diabetes, Pregnancy myths, Primary care-diabetes					
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 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.					

Mon, May 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Heart Health (Dialysis Care) Health is where the heart is. Practical information that can lead to a long healthy life. Focus: Dr. George Mueller discusses advances in dialysis access for patient care.	SFPBS	(S)	(CC)	N/A	#904H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Healthy Living #1397 (Latest Tips) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1397H
04:00:00	Health Trends #905 (Lifestyle Update) Focus: Henry Guzman and Tony Thomas explain the latest trends that contribute to a healthy life. Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#905H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Long Adductor Your long adductors are the muscles of your inner thighs. This Classical Stretch workout tones and liberates these muscles leaving your legs longer and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for a long adductor workout.	APTEX	(S)	(CC)	N/A	#1208H
06:30:00	Wai Lana Yoga Shrug Off Shoulder Tension	APTEX	(S)	(CC)	N/A	#420H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H
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 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."	APTEX	(S)	(CC)	N/A	#1710H
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
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 Episode Six 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.	PBS	(S)	(CC)	N/A	#906H
13:00:00	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 and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.	PBS	(S)	(CC)	N/A	#907H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
14:30:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1101H
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 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	SFPBS	(S)	(CC)	N/A	#1105H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	During World War II, troops would look up and say, "Here come the Sky Blossoms" - paratroopers rushing to their aid. Today, a new generation is answering that call for help. The documentary SKY BLOSSOM: DIARIES OF THE NEXT GREATEST GENERATION captures their stories.					
18:30:00	Medical Stories Hard to Swallow	EPS	(S)	(CC)	N/A	#405H
	Imagine achieving your life's dream to become a chef despite the fact that 80% of the food you prepare will trigger a severe reaction in your throat and cause you to choke. Chef Lori lives that life. In this episode of Medical Stories, we learn how both Lori, and Darrien, a talented student, have adapted to living with Eosinophilic esophagitis. EOE, as it is commonly known, is an allergic condition where the esophagus becomes inflamed and does not contract properly. Featuring renowned expert: Dr. Devon S. Dellon, from the University of North Carolina School of Medicine, Chapel Hill, NC.					
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	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.					
20:00:00	Pov He's My Brother	NPS	(S)	(CC)	DVI	#3504H
	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.					
21:00:00	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.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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	#135H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Date: 07/06/2023
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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.

Tue, May 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Spine & Back Care #915 (Your Aching Back) Focus: Dr.Gosha Brusovanik has tips on spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#915H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	Nutrition & Health (Vacation Nutrition) Lucette Talamas, Brian Betancourt and Robyn discuss strategies to eat healthy while on vacation.	SFPBS	(S)	(CC)	N/A	#1403H
04:00:00	Orthopedics #916 (Trauma Care Relief) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Alvarado & Dr. Crocco discuss the dynamics of having two clinicians who are married and practice the same specialty at home and how they help each other in the office, and manage juggling a personal/family life with today's patient care demands.	SFPBS	(S)	(CC)	N/A	#916H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Back Pain Relief Relieve your back pain instantly with this full-body Classical Stretch Workout. It only takes one episode a day to relieve and prevent back pain - join Miranda Esmonde-White for a 23-minute back pain relief workout in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1209H
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 Create more calm in your day in the peaceful wooded glen as you enjoy a gentle seated yoga practice using a chair for support. Including strengthening warrior moves to create more tone in your legs, combined with upper body stretches for your shoulders and upper back.	NETA	(S)	(CC)	N/A	#703
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Tue, May 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
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 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.	APTEX	(S)	(CC)	N/A	#1802H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
11:00:00	Innovations In Medicine Hip replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smile, Coury and Beuhler Physical Therapy, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#406H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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.	SFPBS	(S)	(CC)	N/A	#203H
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	Pov 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.	NPS	(S)	(CC)	DVI	#3504H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#205H
14:30:00	Health Insiders Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety	SFPBS	(S)	(CC)	N/A	#1065H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:57:00	Smartlife Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
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 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.	NPS	(S)	(CC)	DVI	#3504H
18:00:00	Flip My Florida Yard The Anchorage - Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong A diagnosis of childhood cancer came as a shock to the Shoeneck family who found out about their daughter Kenedi's malignant tumor after an unexpected fall. This episode of Hope is Here proves the power of love and creativity as The Sing Me a Story Foundation pairs Kenedi and well known songwriter Kat Perkins to create a happy and memorable tune that delivers hope, strength and laughter to a family who needed a reason to smile.	SFPBS	(S)	(CC)	N/A	#204H
19:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0
20:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	Independent Lens Matter of Mind: My ALS Amyotrophic lateral sclerosis (ALS) is a neuromuscular disease with an average survival time of 2-5 years from diagnosis. In this intimate story, three people bravely face different paths as they live with the progressively debilitating illness.	NPS	(S)	(CC)	DVI	#2413H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#205H
22:30:00	Health Insiders Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety	SFPBS	(S)	(CC)	N/A	#1065H
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 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.	APTEX	(S)	(CC)	N/A	#1702H

Daily Program Listing II
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Date: 07/06/2023

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Wed, May 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Heart Health #917 (Aortic Stenosis) Health is where the heart is. Practical information that can lead to a long healthy life. Focus: Dr. Phillip Erwin discusses what aortic stenosis is and how it can be diagnosed and treated.	SFPBS	(S)	(CC)	N/A	#917H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	Healthy Living #1230 (Diabetes and Health) Henry Guzman and Lois Exelbert discuss National Senior Health and Fitness Day. Focus: Diabetes in seniors.	SFPBS	(S)	(CC)	N/A	#1230H
04:00:00	Heart Health (Coronary Artery Disease) Focus: Dr. Marco Bologna discusses coronary artery disease and explains what thoracic aneurysms are.	SFPBS	(S)	(CC)	N/A	#918H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Endurance and Power Build endurance and power with this full-body strengthening Classical Stretch Workout. Join Miranda Esmonde-White in breathtaking Montego Bay, Jamaica for a workout that leaves every muscle feeling stronger and more powerful.	APTEX	(S)	(CC)	N/A	#1210H
06:30:00	Wai Lana Yoga Legs Up	APTEX	(S)	(CC)	N/A	#422H
07:00:00	Pov 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.	NPS	(S)	(CC)	DVI	#3504H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H

Wed, May 17, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
11:00:00	Conscious Living Net-Zero Staycation	NETA	(S)	(CC)	N/A	#210H
	After a long journey, there's nothing more satisfying than returning home. On this episode, we celebrate the joy of staying put, while transforming our midcentury desert home into a net-zero oasis. With countless days of sun, temperatures topping 115 degrees, and A/C bills through the roof, Michael dons his toolbelt to see if we can harness solar energy to power our home yearround. Bianca takes a break from the action to hop on her electric bike for a vintage fashion show at a local art gallery. But first, breakfast. Michael kicks off the staycation with hearty vegan recipes from the farmer's market: a no-egg omelet and a cheezy sausage breakfast sandwich.					
11:30:00	Flip My Florida Yard The Anchorage - Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
12:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	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.					
13:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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."					
14:30:00	Health Insiders Focus: Interventional back treatments, Measles vaccine safety, Blood cancer	SFPBS	(S)	(CC)	N/A	#1066H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
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 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	SFPBS	(S)	(CC)	N/A	#1305H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Twilight Zone. In our Boomer Passion segment, Ralph sings with a male choir. Growing up down south, Ophelia's mother made all her clothes. Now, she models high fashion. Richard was a teenaged drug mule. Newman shares becoming an out gay minister. Viewers share revealing answers to our survey.					
18:30:00	Medical Stories Hard to Swallow	EPS	(S)	(CC)	N/A	#405H
	Imagine achieving your life's dream to become a chef despite the fact that 80% of the food you prepare will trigger a severe reaction in your throat and cause you to choke. Chef Lori lives that life. In this episode of Medical Stories, we learn how both Lori, and Darrien, a tal- ented student, have adapted to living with Eosinophilic esophagitis. EOE, as it is commonly known, is an allergic condition where the esophagus becomes inflamed and does not con- tract properly. Featuring renowned expert: Dr. Devon S. Dellon, from the University of North Carolina School of Medicine, Chapel Hill, NC.					
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					
20:00:00	Pov Midwives	NPS	(S)	(CC)	DVI	#3512H
	Meet two women running a makeshift clinic in western Myanmar torn apart by ethnic violence. The Buddhist owner helps her apprentice part of a Muslim minority group denied their basic rights become a steady health care provider for her people.					
21:30:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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	#135H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
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.					

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Thu, May 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Heart Health #919 (Heart Rehab) Getting healthy. Focus: Andres Gispert discusses what cardiac rehabilitation is, how it is different from other types of rehab services, and what patients can expect.	SFPBS	(S)	(CC)	N/A	#919H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	All About Cancer #1252 (Surviving Cancer) Dr. Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehabilitative treatments in support of National Cancer Survivors' Day.	SFPBS	(S)	(CC)	N/A	#1252H
04:00:00	Maternity Care (Pregnancy Info) Focus: Dr. Ellen Schwartzbard has everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#920H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Arthritis Workout Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classical Stretch Workout lubricates all of your joints and strengthens every muscle to help relieve the pain associated with arthritis.	APTEX	(S)	(CC)	N/A	#1211H
06:30:00	Wai Lana Yoga Cut Abs with Scissors	APTEX	(S)	(CC)	N/A	#423H
07:00:00	Flip My Florida Yard The Anchorage - Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Pov 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.	NPS	(S)	(CC)	DVI	#3504H

Thu, May 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#406H
	Hip replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smile, Coury and Beuhler Physical Therapy, Atrial Fibrillation.					
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) The Monk Terry Story	SFPBS	(S)	(CC)	N/A	#203H
	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.					
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
	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.					
14:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator!	SFPBS	(S)	(CC)	N/A	#206H
	What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
	Focus: Stigma of mental illness, Weight loss and vegetables, Heart health					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD					
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
	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					

Thu, May 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Midwives	NPS	(S)	(CC)	DVI	#3512H
	Meet two women running a makeshift clinic in western Myanmar torn apart by ethnic violence. The Buddhist owner helps her apprentice part of a Muslim minority group denied their basic rights become a steady health care provider for her people.					
18:30:00	Getting Dot Older Singing with Men	APTEX	(S)	(CC)	N/A	#203H
	Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Twilight Zone. In our Boomer Passion segment, Ralph sings with a male choir. Growing up down south, Ophelia's mother made all her clothes. Now, she models high fashion. Richard was a teenaged drug mule. Newman shares becoming an out gay minister. Viewers share revealing answers to our survey.					
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	#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.					
20:00:00	Pov He's My Brother	NPS	(S)	(CC)	DVI	#3504H
	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.					
21:00:00	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.					
22:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator!	SFPBS	(S)	(CC)	N/A	#206H
	What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.					
22:30:00	Health Insiders Focus: Stigma of mental illness, Weight loss and vegetables, Heart health	SFPBS	(S)	(CC)	N/A	#1067H
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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Start	Title Subtitle	Distrib	Stereo	Cap	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	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Kids & Teens #921 (Heart Health) Specialists share their expertise on caring for children. Focus: Karla Richey discusses heart health in children and teens.	SFPBS	(S)	(CC)	N/A	#921H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Orthopedics (Arthritis Aid) Dr. Lisa Corsa discusses treatment and rehabilitation of arthritis.	SFPBS	(S)	(CC)	N/A	#1273H
04:00:00	Kids & Teens (Premie Health Problems) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr. Majd Dardas discusses necrotizing enterocolitis, a serious condition that affects premature newborns.	SFPBS	(S)	(CC)	N/A	#922H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Classical Stretch: By Essentrics Hamstring Flexibility Your hamstrings are one of your largest muscles and they connect your legs to your back, this is why hamstring pain can actually cause pain in your legs, bum, and back. Strengthen and stretch your hamstrings and full body with Miranda Esmonde-White.	APTEX	(S)	(CC)	N/A	#1212H
06:30:00	Wai Lana Yoga The Sacrum Rock	APTEX	(S)	(CC)	N/A	#424H
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	N/A	#905H

Fri, May 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	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.					
10:30:00	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.					
11:00:00	Flip My Florida Yard The Anchorage - Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#134H
12:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	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.					
13:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
	Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
	Focus: Food trends, COPD-daughter's story, Mental Illness First Aid					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
	Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairo 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
	Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H

Fri, May 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Independent Lens Matter of Mind: My ALS	NPS	(S)	(CC)	DVI	#2413H
	Amyotrophic lateral sclerosis (ALS) is a neuromuscular disease with an average survival time of 2-5 years from diagnosis. In this intimate story, three people bravely face different paths as they live with the progressively debilitating illness.					
18:00:00	Pov He's My Brother	NPS	(S)	(CC)	DVI	#3504H
	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.					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	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.					
20:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	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.					
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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 Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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.					

Sat, May 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Mental Health (Emotional Health) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Coralie Patterson, Tiffany Hernandez & Richard Shutes discuss 2-1-1 resources for the community and share information on JCS' domestic abuse programs.	SFPBS	(S)	(CC)	N/A	#923H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Living Well (Cancer Survivor Help) Carla Araya & Joann Santiago-Charles discuss the various programs provided by MCI's Support Center for cancer survivors. Focus: The importance of a good exercise and nutrition regimen in survivorship , in honor of Cancer Survivors' Day on June 2.	SFPBS	(S)	(CC)	N/A	#1251H
04:00:00	Heart Health (Heart Health Tips) Health is where the heart is. Focus: Dr. Harry Aldrich has practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#924H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Alma's Way Alma's Cat-Tastrophe/Stickball! When Mr. Ramirez takes too many cats into his shop, Alma helps him figure out what to do with them. When Alma asks her friends to play stickball, there's one hold-out Howard. How will she convince him he'll enjoy playing the game, too?	PBS	(S)	(CC)	DVI	#126H
06:30:00	Scigirls High-Tech Fashion With "Project Runway" fashion designer Diana Eng, SciGirl Hallie and her friends wire up an electrifying gown.	PBSPL	(S)	(CC)	N/A	#107H
07:00:00	Wild Kratts Panda Power Up! While 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.	PBS	(S)	(CC)	N/A	#402H

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Start	Title Subtitle	Distrib	Stereo	Cap	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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
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	Pov 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.	NPS	(S)	(CC)	DVI	#3504H
13:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#205H
14:30:00	Health Insiders Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety	SFPBS	(S)	(CC)	N/A	#1065H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
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 Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kaue 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
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 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.	NPS	(S)	(CC)	DVI	#3504H

Sat, May 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong	SFPBS	(S)	(CC)	N/A	#204H
	A diagnosis of childhood cancer came as a shock to the Shoeneck family who found out about their daughter Kenedi's malignant tumor after an unexpected fall. This episode of Hope is Here proves the power of love and creativity as The Sing Me a Story Foundation pairs Kenedi and well known songwriter Kat Perkins to create a happy and memorable tune that delivers hope, strength and laughter to a family who needed a reason to smile.					
18:30:00	Flip My Florida Yard The Anchorage - Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
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 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.					
20:00:00	Pov Wuhan Wuhan	NPS	(S)	(CC)	DVI	#3501H
	Learn the stories of frontline medical workers, patients, and citizens during the early months of the COVID-19 pandemic in the city where the mysterious virus was first discovered.					
21:30:00	Getting Dot Older Singing with Men	APTEX	(S)	(CC)	N/A	#203H
	Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: The Twilight Zone. In our Boomer Passion segment, Ralph sings with a male choir. Growing up down south, Ophelia's mother made all her clothes. Now, she models high fashion. Richard was a teenaged drug mule. Newman shares becoming an out gay minister. Viewers share revealing answers to our survey.					
22:00:00	Sex Talk with Dr. Lia Making 'sexy Time' Last Longer	SFPBS	(S)	(CC)	N/A	#205H
	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 Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety	SFPBS	(S)	(CC)	N/A	#1065H
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 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.					

Sun, May 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Heart Health #917 (Aortic Stenosis) Health is where the heart is. Practical information that can lead to a long healthy life. Focus: Dr. Phillip Erwin discusses what aortic stenosis is and how it can be diagnosed and treated.	SFPBS	(S)	(CC)	N/A	#917H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Healthy Living #1230 (Diabetes and Health) Henry Guzman and Lois Exelbert discuss National Senior Health and Fitness Day. Focus: Diabetes in seniors.	SFPBS	(S)	(CC)	N/A	#1230H
04:00:00	Heart Health (Coronary Artery Disease) Focus: Dr. Marco Bologna discusses coronary artery disease and explains what thoracic aneurysms are.	SFPBS	(S)	(CC)	N/A	#918H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Alma's Way Lucas Left Out/The Sweetest Trea	PBS	(S)	(CC)	DVI	#124H
06:30:00	Scigirls Science Cooks! SciGirl Claire and her friends make comfort foods more nutritious (without sacrificing the delicious).	PBSPL	(S)	(CC)	N/A	#108H
07:00:00	Wild Kratts Attack of the Tree Eating Aliens The Wild Kratts get an urgent call from a group of North American Wild Kratts kids telling them almost all of the trees in the forest are dying. It's a race against time to solve the mystery and help the forest and the creatures who live there.	PBS	(S)	(CC)	N/A	#220H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

Daily Program Listing II
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Date: 07/06/2023
 Sun, May 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
<p>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.</p>						
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
<p>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.</p>						
10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
11:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H

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Start	Title Subtitle	Distrib	Stereo	Cap	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 Episode Six	PBS	(S)	(CC)	N/A	#906H
	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.					
13:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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."					
14:30:00	Health Insiders Focus: Interventional back treatments, Measles vaccine safety, Blood cancer	SFPBS	(S)	(CC)	N/A	#1066H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
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 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	SFPBS	(S)	(CC)	N/A	#1305H
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	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.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

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Sun, May 21, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
20:00:00	American Masters Oliver Sacks: His Own Life Dive into the life and work of the legendary neurologist and beloved author who was a fearless explorer of the brain and mind. Sacks redefined our understanding of the diversity of human experience, and of our shared humanity.	PBS	(S)	(CC)	DVI	#3110H
22:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator! What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.	SFPBS	(S)	(CC)	N/A	#206H
22:30:00	Health Insiders Focus: Stigma of mental illness, Weight loss and vegetables, Heart health	SFPBS	(S)	(CC)	N/A	#1067H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H

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Mon, May 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Heart Health #919 (Heart Rehab) Getting healthy. Focus: Andres Gispert discusses what cardiac rehabilitation is, how it is different from other types of rehab services, and what patients can expect.	SFPBS	(S)	(CC)	N/A	#919H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	All About Cancer #1252 (Surviving Cancer) Dr. Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehabilitative treatments in support of National Cancer Survivors' Day.	SFPBS	(S)	(CC)	N/A	#1252H
04:00:00	Maternity Care (Pregnancy Info) Focus: Dr. Ellen Schwartzbard has everything you need to know about pregnancy, childbirth and post-partum care.	SFPBS	(S)	(CC)	N/A	#920H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Toning The Waist Today's episode is set in a villa that is rumored to have once been graced by the infamous director, Oscar Hammerstein. Join Miranda Esmonde-White for an episode of Classical Stretch that tones and strengthens every muscle in your waist.	APTEX	(S)	(CC)	N/A	#1213H
06:30:00	Wai Lana Yoga The Sacrum Rock	APTEX	(S)	(CC)	N/A	#424H
07:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Episode Six 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.	PBS	(S)	(CC)	N/A	#906H

Mon, May 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	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.					
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
	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.					
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse 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)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease					
14:30:00	Health Insiders Focus: Sunscreen and sun safety, Women & heart disease, Menopause	SFPBS	(S)	(CC)	N/A	#1069H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
15:59:00	Smartlife Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Giannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS	(S)	(CC)	N/A	#1605H

Mon, May 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Move Me	NPS	(S)	(CC)	DVI	#2403
	Who am I now? After an accident left dancer Kelsey Peterson paralyzed, she finds new allies within the Spinal Cord Injury community while testing the limits of her recovery, body, and spirit.					
18:30:00	Medical Stories Going The Distance	EPS	(S)	(CC)	N/A	#406H
	In this episode of Medical Stories, we meet two inspiring people who were diagnosed with cancer. Kenny's friends considered him the healthiest guy in the room and were shocked when the long-distance runner learned he had Multiple Myeloma. Similarly, Pam had healthy eating and daily yoga practice at the center of her life when she began her battle with gastric cancer. See how Pam and Kenny both found the strength to go the distance. Featuring renowned experts: Dr. Sagar Lonial, from Emory University School of Medicine, Dr. Daniel Catenacci, from the University of Chicago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta from Moffitt Cancer Center in Tampa, FL.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	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.					
20:00:00	Hiding In Plain Sight The Storm	NPS	(S)	(CC)	N/A	#101
	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.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only 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 Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Healthy Living (Exercise Training Tips) Medical experts share the essential factors of a healthy lifestyle. Focus: Anthony Mendez discusses a specific style of training and body weight training. They explain how to program a great routine and spread it out evenly throughout the week to make sure you hit all areas of your body In a healthy way.	SFPBS	(S)	(CC)	N/A	#925H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Healthy Living (After-Pregnancy Issues) Teba Orueta discusses post-partum depression. Focus: The benefits of massages, acupuncture and nutrition as valuable post-partum depression tools for mothers.	SFPBS	(S)	(CC)	N/A	#1256H
04:00:00	Mental Health (Teen Violence Warning Signs) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Nicole Rodriguez & Angel Terrero discuss teen violence, pointers for parents on how to talk to their teens about this and warning signs to look out for (Marjory Stoneman Douglas School Shooting - 1 year anniversary).	SFPBS	(S)	(CC)	N/A	#926H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Spine Strengthening You need a strong back to be active and independent. Strengthen your spine with this episode of Classical Stretch set in front of the quaint water sports center in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1214H
06:30:00	Wai Lana Yoga Cannonball	APTEX	(S)	(CC)	N/A	#425H
07:00:00	Happy Yoga with Sarah Starr Ocean Mist 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.	NETA	(S)	(CC)	N/A	#704

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1703H
10:30:00	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
11:00:00	Innovations In Medicine Modular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#407H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong A diagnosis of childhood cancer came as a shock to the Shoeneck family who found out about their daughter Kenedi's malignant tumor after an unexpected fall. This episode of Hope is Here proves the power of love and creativity as The Sing Me a Story Foundation pairs Kenedi and well known songwriter Kat Perkins to create a happy and memorable tune that delivers hope, strength and laughter to a family who needed a reason to smile.	SFPBS	(S)	(CC)	N/A	#204H
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 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.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator! What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.	SFPBS	(S)	(CC)	N/A	#206H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1701H

Tue, May 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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	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) 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.					
18:00:00	A Thousand Pebbles on the Ground	NETA	(S)	(CC)	N/A	#0H
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Finding The Light	SFPBS	(S)	(CC)	N/A	#205H
	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
	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.					
20:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
	In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.					
22:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator!	SFPBS	(S)	(CC)	N/A	#206H
	What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
	Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn					

Date: 07/06/2023
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Start	Title Subtitle	Distrib	Stereo	Cap	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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Healthy Living (Chiropractic Healing) Medical experts share the essential factors of a healthy lifestyle. Focus: Dr. Aura Tovar discusses how chiropractic helps the body heal itself.	SFPBS	(S)	(CC)	N/A	#927H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Healthy Living (Emotional Wellness) Brian Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, and overcoming adversity. Focus: The increase in peripheral vision.	SFPBS	(S)	(CC)	N/A	#1260H
04:00:00	Plastic/Cosmetic Surgery (Breast Augmentation) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Dr. Xiaoti Xu and Dr. Humberto Palladino discuss breast augmentation and related cosmetic procedures.	SFPBS	(S)	(CC)	N/A	#928H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Shoulder Pain Relief This episode of Classical Stretch targets shoulder pain and provides instant relief. Join Miranda Esmonde-White for a picturesque and pain soothing workout in Montego Bay, Jamaica.	APTEX	(S)	(CC)	N/A	#1215H
06:30:00	Wai Lana Yoga Side-Lying Stretch	APTEX	(S)	(CC)	N/A	#426H
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 Six 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.	PBS	(S)	(CC)	N/A	#906H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
<p>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.</p>						
10:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
<p>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.</p>						
11:00:00	Conscious Living Busting Loose In Berlin	NETA	(S)	(CC)	N/A	#101
<p>Guten Tag! Take a walk on the mindful side of one of the most eclectic cities in Europe: Berlin, Germany. From live music in historic Tiergarten park just steps from the Brandenburg gate, to incredible back alley vegan street eats, Berlin's the gift that keeps on giving. Its complex history creates a beautiful tapestry of diverse cultures and experiences, from pop up ethical fashion runway shows to a tasty plant-based take on Germany's beloved Currywurst, join us as we train, bike and walk our way through this surprisingly sustainable city.</p>						
11:30:00	Flip My Florida Yard The Turner Family - Marathon	WUCF	(S)	(N)	N/A	#207H
12:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
<p>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.</p>						
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
<p>When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julianne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.</p>						
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck	SFPBS	(S)	(CC)	N/A	#104H
<p>Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease</p>						
14:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
<p>Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult</p>						
15:15:00	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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:57:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1805H
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 UNCONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the home healthcare crises of mental wellness. Mental health issues and questions of emotional wellness challenge some 50 million family caregivers each year, and often they do not know it. Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.	APTEX	(S)	(CC)	N/A	#0H
18:30:00	Medical Stories Going The Distance In this episode of Medical Stories, we meet two inspiring people who were diagnosed with cancer. Kenny's friends considered him the healthiest guy in the room and were shocked when the long-distance runner learned he had Multiple Myeloma. Similarly, Pam had healthy eating and daily yoga practice at the center of her life when she began her battle with gastric cancer. See how Pam and Kenny both found the strength to go the distance. Featuring renowned experts: Dr. Sagar Lonial, from Emory University School of Medicine, Dr. Daniel Catenacci, from the University of Chicago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta from Moffitt Cancer Center in Tampa, FL.	EPS	(S)	(CC)	N/A	#406H
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 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.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	American Masters Oliver Sacks: His Own Life Dive into the life and work of the legendary neurologist and beloved author who was a fearless explorer of the brain and mind. Sacks redefined our understanding of the diversity of human experience, and of our shared humanity.	PBS	(S)	(CC)	DVI	#3110H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease	SFPBS	(S)	(CC)	N/A	#104H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
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 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."	APTEX	(S)	(CC)	N/A	#1710H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1809H
01:00:00	Staying Healthy (Nutrition and Blood Pressure) Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholesterol and blood pressure.	SFPBS	(S)	(CC)	N/A	#929H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1709H
03:00:00	Heart Health (Heart Disease) Dr. Chaleff discusses heart disease, treatment and prevention.	SFPBS	(S)	(CC)	N/A	#1261H
04:00:00	Healthy Living (Blood Circulation Help) 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	#930H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Relieve Neck Pain This episode of Classical Stretch liberates all of the joints and muscles in your neck and shoulders providing you with instant relief. Join Miranda Esmonde-White for a Classical Stretch workout to relieve neck pain.	APTX	(S)	(CC)	N/A	#1216H
06:30:00	Wai Lana Yoga Crane Poses Balance first on one leg, then on your hands in two poses that resemble this graceful white bird.	APTX	(S)	(CC)	N/A	#701
07:00:00	Flip My Florida Yard The Turner Family - Marathon	WUCF	(S)	(N)	N/A	#207H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

Thu, May 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
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 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	(S)	(CC)	N/A	#1707H
10:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
11:00:00	Innovations In Medicine Modular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation.	NETA	(S)	(CC)	N/A	#407H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Chicken Strong A diagnosis of childhood cancer came as a shock to the Shoeneck family who found out about their daughter Kenedi's malignant tumor after an unexpected fall. This episode of Hope is Here proves the power of love and creativity as The Sing Me a Story Foundation pairs Kenedi and well known songwriter Kat Perkins to create a happy and memorable tune that delivers hope, strength and laughter to a family who needed a reason to smile.	SFPBS	(S)	(CC)	N/A	#204H
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: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
14:30:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H
15:00:00	Smartlife Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD	SFPBS	(S)	(CC)	N/A	#1901H
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein	SFPBS	(S)	(CC)	N/A	#1905H
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 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)	N/A	#101H
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 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.	APTEX	(S)	(CC)	N/A	#1808H
20:00:00	Hiding In Plain Sight The Storm 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.	NPS	(S)	(CC)	N/A	#101
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
22:30:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H
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 Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H

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Fri, May 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Living Well (Healthy Living) Focus: Diane Vich discusses how different holistic methods can help your body, soul and mind heal with various holistic medicines.	SFPBS	(S)	(CC)	N/A	#931H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Plastic/Cosmetic Surgery (Facial Injectables) Carolyn Presby discusses PRP and collagen stimulating treatments in comparison with injectables.	SFPBS	(S)	(CC)	N/A	#1263H
04:00:00	Women's Health #932 (Heart Health) Focus: Dr. Viamonte Ros discusses inequalities in medical care of men vs. women with regards to heart health.	SFPBS	(S)	(CC)	N/A	#932H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Classical Stretch: By Essentrics Full Body Toning Join Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for a full body toning Classical Stretch workout. This all-standing workout tones and strengthens every muscle in your body in minutes.	APTEX	(S)	(CC)	N/A	#1217H
06:30:00	Wai Lana Yoga Lower Back Special (Part 1) Wai Lana shows you how to relieve lower back tension with gentle stretches for tight muscles. A chair makes ab strengthening easy in an essential back-care exercise.	APTEX	(S)	(CC)	N/A	#702
07:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H

Fri, May 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode Six 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.	PBS	(S)	(CC)	N/A	#906H
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 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.	APTEX	(S)	(CC)	N/A	#1709H
10:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
11:00:00	Flip My Florida Yard The Turner Family - Marathon	WUCF	(S)	(N)	N/A	#207H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
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 and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.	PBS	(S)	(CC)	N/A	#907H
13:00:00	Call The Midwife Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julianne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
14:00:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H

Fri, May 26, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:59:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:30:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Independent Lens Move Me Who am I now? After an accident left dancer Kelsey Peterson paralyzed, she finds new allies within the Spinal Cord Injury community while testing the limits of her recovery, body, and spirit.	NPS	(S)	(CC)	DVI	#2403
18:30:00	Medical Stories Going The Distance In this episode of Medical Stories, we meet two inspiring people who were diagnosed with cancer. Kenny's friends considered him the healthiest guy in the room and were shocked when the long-distance runner learned he had Multiple Myeloma. Similarly, Pam had healthy eating and daily yoga practice at the center of her life when she began her battle with gastric cancer. See how Pam and Kenny both found the strength to go the distance. Featuring renowned experts: Dr. Sagar Lonial, from Emory University School of Medicine, Dr. Daniel Catenacci, from the University of Chicago Medical Center in Chicago, IL, and Dr. Rutika J. Mehta from Moffitt Cancer Center in Tampa, FL.	EPS	(S)	(CC)	N/A	#406H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
20:00:00	Hiding In Plain Sight Resilience In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.	NPS	(S)	(CC)	N/A	#102
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#135H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H

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Sat, May 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Orthopedics (Back Repair) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Michael Swartzon discusses PRP treatments and the benefits for patients and patient Larry shares his personal success story with this type of treatment	SFPBS	(S)	(CC)	O	#933H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Staying Healthy #1188 (Update) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1188H
04:00:00	Spine & Back Care (Back Relief) Focus: Dr. Gosha Brusovanik talks about spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#934H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
06:00:00	Alma's Way All About Alma/Alma's Playdate When Alma is consumed with her starring role in a musical, she doesn't understand why her friends aren't happy for her. / Alma helps Harper feel at home during a playdate at the Rivera house.	PBS	(S)	(CC)	DVI	#129H
06:30:00	Scigirls Underwater Eco-Adventure SciGirls Elle and Meg scuba dive to protect the biodiversity of their favorite Catalina reefs.	PBSPL	(S)	(CC)	N/A	#109H

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07:00:00	Wild Kratts Owl Odyssey	PBS	(S)	(CC)	N/A	#703H
	When the Wild Kratts gets marooned and lost a world away from the Tortuga, they must embark on a long journey home. The gang finds inspiration in several owls that they encounter along the way. As owls live on every continent except Antarctica, Aviva thinks it must be a sign. She has enough supplies and power to make one creature power suit and one only and ultimately it's up to owl power whether or not they ever get back home.					
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	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.					
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
	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	#4702H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H

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10:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
10:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
11:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
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	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
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 I'm Jealous of My Wife's Vibrator! What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.	SFPBS	(S)	(CC)	N/A	#206H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1701H
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 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	SFPBS	(S)	(CC)	N/A	#1705H
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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Finding The Light	SFPBS	(S)	(CC)	N/A	#205H
	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.					
18:30:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
	Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.					
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	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.					
20:00:00	American Masters Oliver Sacks: His Own Life	PBS	(S)	(CC)	DVI	#3110H
	Dive into the life and work of the legendary neurologist and beloved author who was a fearless explorer of the brain and mind. Sacks redefined our understanding of the diversity of human experience, and of our shared humanity.					
22:00:00	Sex Talk with Dr. Lia I'm Jealous of My Wife's Vibrator!	SFPBS	(S)	(CC)	N/A	#206H
	What to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spice things up plus a health and wellness physician talks about how to stay physically and emotionally healthy.					
22:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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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Sun, May 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Healthy Living (Chiropractic Healing) Medical experts share the essential factors of a healthy lifestyle. Focus: Dr. Aura Tovar discusses how chiropractic helps the body heal itself.	SFPBS	(S)	(CC)	N/A	#927H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
03:00:00	Healthy Living (Emotional Wellness) Brian Betancourt & Gil Gonzalez discuss the cognitive side of performance, goal setting, and overcoming adversity. Focus: The increase in peripheral vision.	SFPBS	(S)	(CC)	N/A	#1260H
04:00:00	Plastic/Cosmetic Surgery (Breast Augmentation) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Dr. Xiaoti Xu and Dr. Humberto Palladino discuss breast augmentation and related cosmetic procedures.	SFPBS	(S)	(CC)	N/A	#928H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Alma's Way Harper's Quick Change/All Rapped Up When Alma, Harper, and Rafia see a quick-change video Safina made, Harper wants to make a video for her dad of her changing into her robot costume that's just like it. The only problem is, they can't figure out how she changed her clothes so fast! They'll need a little help to make a video of their own. Alma is supposed to help Eddie record a rap, but starts a rap circle with Junior, Andre, and Becka instead.	PBS	(S)	(CC)	DVI	#132H
06:30:00	Scigirls Robots to the Rescue! SciGirl Abby and her friends give a rescue robot a personality makeover so it can do a better job when disaster strikes.	PBSPL	(S)	(CC)	N/A	#110H
07:00:00	Wild Kratts Outfoxed While playing with acorns in his Squirrel Creature Power Suit, Chris gets caught and carried off by a red fox. The gang must track Chris and the 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.	PBS	(S)	(CC)	N/A	#701H

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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	#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	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

Sun, May 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	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.					
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse 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)	N/A	#104H
	Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease					
14:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
15:00:00	Smartlife Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult	SFPBS	(S)	(CC)	N/A	#1801H
15:15:00	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
15:57:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1805H
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	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.					

Sun, May 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
20:00:00	Hiding In Plain Sight Resilience In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.	NPS	(S)	(CC)	N/A	#102
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
22:30:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H
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 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.	APTEX	(S)	(CC)	N/A	#1804H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

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Mon, May 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Staying Healthy (Nutrition and Blood Pressure) Disease prevention and healthy lifestyle info. Focus: Lucette Talamas discusses nutrition and heart health with nutrition tips for both cholesterol and blood pressure.	SFPBS	(S)	(CC)	N/A	#929H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Heart Health (Heart Disease) Dr. Chaleff discusses heart disease, treatment and prevention.	SFPBS	(S)	(CC)	N/A	#1261H
04:00:00	Healthy Living (Blood Circulation Help) 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	#930H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
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 stunning scenery of Montego Bay, Jamaica for an episode of Classical Stretch.	APTEX	(S)	(CC)	N/A	#1218H
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 cross-legged easy.	APTEX	(S)	(CC)	N/A	#703
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 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.	PBS	(S)	(CC)	N/A	#907H

Mon, May 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
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 Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
13:00:00	Call The Midwife Episode 1 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
14:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
15:00:00	Smartlife 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
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

Mon, May 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Unconditional: Healing Hidden Wounds	APTEX	(S)	(CC)	N/A	#0H
	UNCONDITIONAL: HEALING HIDDEN WOUNDS is a revealing documentary about the home healthcare crises of mental wellness. Mental health issues and questions of emotional wellness challenge some 50 million family caregivers each year, and often they do not know it. Filmed over seven years, the cinema verite film follows three very different families as they discover the impacts, stresses and rewards of caregiving for their loved ones living with disabilities.					
18:30:00	Medical Stories Courage Over Cancer	EPS	(S)	(CC)	N/A	#407H
	While there are early-detection screening tests for prostate cancer and breast cancer, there is still no early screening test for lung cancer. Yet, people fighting lung cancer like Chuck, who smoked for sixty years, and Barbara who quit smoking over 40 years ago, have both gained fresh hope. Both Chuck and Barbara chose to participate in clinical trials to test inhibitors to stop cancer cell growth. With the unflagging support of their families, each of these vibrant individuals faces every new day as an opportunity. Featuring renowned expert: Dr. Alex Spira, from Virginia Cancer Specialists in Alexandria, VA.					
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 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.					
20:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
	In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
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 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.					

Tue, May 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Dermatology (High-Tech Help) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth. Focus: Dr. Jill Waibel discusses vectra whole-body skin lesion mapping system.	SFPBS	(S)	(CC)	N/A	#935H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Spine & Back Care #1214 (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life.	SFPBS	(S)	(CC)	N/A	#1214H
04:00:00	Sports Medicine (Senior Exercise Tips) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Derek Papp and Carlos Fernandez discuss exercise and fitness options for the senior population. They share information on safe exercises for the elderly to practice to stay active.	SFPBS	(S)	(CC)	N/A	#937H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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
06:00:00	Classical Stretch: By Essentrics Waist Slenderizing This all-standing Classical Stretch waist slenderizing workout strengthens every muscle around your core and waist leaving you longer and leaner.	APTEX	(S)	(CC)	N/A	#1219H
06:30:00	Wai Lana Yoga Un-Knot Your Neck Get rid of kinks and stubborn knots in your neck with exercises that release tension and prevent headaches. The flexibility you gain will prepare you for a few upside down poses.	APTEX	(S)	(CC)	N/A	#704
07:00:00	Happy Yoga with Sarah Starr Palm Sunrise	NETA	(S)	(CC)	N/A	#705

Daily Program Listing II
WPBTHC

Date: 07/06/2023

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Tue, May 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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? In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Innovations In Medicine Longevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology, Immuno-oncology.	NETA	(S)	(CC)	N/A	#408H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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.	SFPBS	(S)	(CC)	N/A	#205H
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
13:00:00	Joe 238 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.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
14:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

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Tue, May 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your 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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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
	The way to healing can take on different forms. Little 7 year old Leonor, was suffering from a very rare cancer, and it was decided she needed an uplifting project to give her hope. What better medicine than an endearing song that was created from Lenore and her sister Dot's imagination and a ridiculously cute and famous dog named Doug the Pug. This episode of Hope is Here is about how a famous dog, creativity and a group of caring individuals came together to give a little girl a world of hope to carry on.					
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
	Roger is a Chinese-American medical worker facing rising anti-Asian sentiment, he's grieving the loss of his father, but he loves to perform and make people laugh.					
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	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	Sex Talk with Dr. Lia Exercises for Better Sex	SFPBS	(S)	(CC)	N/A	#207H
	Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.					
22:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Date: 07/06/2023
Tue, May 30, 2023

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

Wed, May 31, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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
01:00:00	Heart Health #938 (A-Fib Update) Focus: Dr. Jose Martel discusses trends in cardiac electrophysiology and atrial fibrillation.	SFPBS	(S)	(CC)	N/A	#938H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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
03:00:00	Sports Medicine #1217 (Sports Exercise Update) Dr. Papp and Jerome Turner discuss cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness.	SFPBS	(S)	(CC)	N/A	#1217H
04:00:00	Heart Health (Vein Disease) Focus: Dr. Reagan Ross discusses endovascular surgery advancements.	SFPBS	(S)	(CC)	N/A	#940H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Feet Strengthening Your feet are the foundation of your body - without strong, healthy, pain-free feet you cannot achieve a strong, healthy, pain-free body. Join Miranda Esmonde-White for a foot strengthening Classical Stretch workout.	APTEX	(S)	(CC)	N/A	#1220H
06:30:00	Wai Lana Yoga Lean On It! (Part 1) 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.	APTEX	(S)	(CC)	N/A	#705H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Is Your Story Making You Sick? In "Is Your Story Making You Sick?" cameras roll as eight people from all walks of life bravely confront their stories and a variety of stress-related illnesses. All eight had used prescription drugs to try to cure their illnesses, but to no avail. Over four, 4-day workshops spanning 6-months, filmmaker Frances Causey documents the changes participants experience throughout the program, following each character as they painstakingly recount their childhood trauma and negative experiences, ranging from family strife, addiction, neglect, and assault to incest. They have families and friends who have struggled with them while trying to support them. With a variety of tools like mindfulness meditation, we see them destroy past beliefs, welcome change and new ideas about themselves, writing a new story for themselves. The eight grew close in the intimate workshop environment, sharing their pain and helping each other through their toughest moments.	NETA	(S)	(CC)	N/A	#0H
08:00:00	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 and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.	PBS	(S)	(CC)	N/A	#907H
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 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.	APTEX	(S)	(CC)	N/A	#1805H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
11:00:00	Conscious Living Escape to Bali It's no wonder millions of tourists each year visit the 17,000 island archipelago of Indonesia, the most popular of which is the island of Bali. From its crystal blue waters and white sand beaches, to an indigenous culture that's remained intact for thousands of years and some of the world's most cutting-edge wellness retreats, Bali keeps mindful travelers coming back year after year. On this episode, visit an authentic Indian Ayurveda retreat for a life-changing Panchakarma detox amidst the ancient temples of Tegallalang. Then, join us on the enchanted riverbanks of Ubud for a spiritual workshop to manifest your wildest dreams.	NETA	(S)	(CC)	N/A	#102H
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 When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julianne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
13:00:00	Call The Midwife Episode 1 Sister Julianne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
14:30:00	Health Insiders Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
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 Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
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 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.	NPS	(S)	(CC)	N/A	#101
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 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	Pov Not Going Quietly A rising star in progressive politics and new father, Ady Barkan's life is upended when he is diagnosed with ALS. After a chance encounter with a powerful Senator on an airplane catapults him to fame, Ady and a motley crew of activists ignite a once-in-a-generation movement for universal healthcare, in a journey that transforms his belief in what is possible for the country and for his family.	NPS	(S)	(CC)	DVI	#3412H
21:30:00	Getting Dot Older Painting Memories Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: Star Trek. In our Boomer Passion segment, Jean-Pierre paints his French childhood. George loves pickleball. Erica wonders about age discrimination. Robbin experienced disability, then she and her husband chose closed adoption with a mixed-race child. Viewers share revealing answers to our survey.	APTEX	(S)	(CC)	N/A	#204H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Emily Bennett Taylor Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.	SFPBS	(S)	(CC)	N/A	#105H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H

Date: 07/06/2023
Wed, May 31, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
01:00:00	Maternity Care (Pregnancy Care) Focus: Dr. Robert Feldman has an update on the latest in maternity care.	SFPBS	(S)	(CC)	N/A	#941H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Living Well (Stroke Help) Dr. Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1216H
04:00:00	Kids & Teens #942 (10 Common Pediatric Er Visits) Focus: Dr. Mendoza discusses the top 10 most common reasons for Pediatric ER visits.	SFPBS	(S)	(CC)	N/A	#942H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Connective Tissue Your connective tissue surrounds your entire body from the top of your head to the tip of your toes. A healthy body requires a healthy connective tissue, and a healthy connective tissue requires healthy muscles. Strengthen and stretch every muscle and all of your connective tissue with Miranda Esmonde-White.	APTEX	(S)	(CC)	N/A	#1221H
06:30:00	Wai Lana Yoga Lean On It! (Part 2) Standing, lying, or upside down, a wall makes challenging poses easy. The wall helps you build strength as you prepare for Handstand, Headstand, and Scorpion.	APTEX	(S)	(CC)	N/A	#706H
07:00:00	Flip My Florida Yard The Bell Family - Vero Beach	WUCF	(S)	(N)	N/A	#208H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Thu, Jun 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine Longevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology, Immuno-oncology.	NETA	(S)	(CC)	N/A	#408H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Finding The Light	SFPBS	(S)	(CC)	N/A	#205H
	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.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#136H
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
13:00:00	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.					
14:00:00	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					
14:30:00	Health Insiders Focus: Blue zone, autism, chiropractic care	SFPBS	(S)	(CC)	N/A	#1108H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H

Thu, Jun 01, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:57:00	Smartlife Focus: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. Metee Comkornruecha, Nicklaus Children’s Hospital 3. Ask The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation - Dr. Jose Vargas	SFPBS	(S)	(CC)	N/A	#205H
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 In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.	NPS	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
20:00:00	Independent Lens Love in the Time of Fentanyl As deaths in Vancouver, Canada reach an all-time high, the Overdose Prevention Society opens its doors.	NPS	(S)	(CC)	DVI	#2409
21:30:00	Getting Dot Older Taking Kids to Nature Host Roberto Mighty intimately interviews Baby Boomers and invites viewer participation. Boomer Quiz: Mission Impossible. In our Boomer Passion segment, Anthony and Maja take urban kids to the woods. Carolyn experiences homelessness. Nalan rides her motorcycle in the desert and invests in crypto. Judy has very little money, but helps out her grown Son. Viewers share revealing answers to our survey.	APTEX	(S)	(CC)	N/A	#205H
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay 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	SFPBS	(S)	(CC)	N/A	#208H
22:30:00	Health Insiders Focus: Blue zone, autism, chiropractic care	SFPBS	(S)	(CC)	N/A	#1108H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Health Trends #943 (Heart Help) Find out the latest trends that contribute to a healthy life. Focus: Dr. Deepa Sharma & Dr. Julio Barcena discuss heart failure, hypertension and atrial fibrillation.	SFPBS	(S)	(CC)	N/A	#943H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
03:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
04:00:00	Staying Healthy (Healthy Lifestyle Cooking) Disease prevention and healthy lifestyle info. Focus: Angie Placeres & Francisco Jou discuss heart healthy nutrition and fitness options: fats, fiber, healthy cooking methods & reading labels.	SFPBS	(S)	(CC)	N/A	#944H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
06:00:00	Classical Stretch: By Essentrics Hip & Glute Flexibility When your hips and glutes are not doing their job properly you may feel discomfort throughout your entire body. This Classical Stretch Workout not only strengthens, it also stretches these muscles leaving your entire lower body liberated and flexible.	APTEX	(S)	(CC)	N/A	#1222H
06:30:00	Wai Lana Yoga Dynamic Combo Rolls Turn upside down, stretch your hamstrings, test your balance, and strengthen your abs all in one fun exercise that combines different poses.	APTEX	(S)	(CC)	N/A	#707H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H

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Fri, Jun 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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 and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence.	PBS	(S)	(CC)	N/A	#907H
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 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.	APTEX	(S)	(CC)	N/A	#1809H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
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 Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
13:00:00	Call The Midwife Episode 1 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
14:00:00	Health Insiders Focus: Arthritis exercise, functional medicine, depression	SFPBS	(S)	(CC)	N/A	#1109H
14:30:00	Health Insiders Focus: Caregiving, bladder pain syndrome, drunk driving	SFPBS	(S)	(CC)	N/A	#1110H
15:00:00	Smartlife Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castellon 2. Thai Chi – Alex Rivas, Body & Brain Pinecrest 3. Glaucoma - Dr. Barry Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism Siblings - Natalie and Jose Roman	SFPBS	(S)	(CC)	N/A	#301H
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
15:57:00	Smartlife Focus: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home - Torre Washington, body builder 3. What is Occupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5. Online Dating - Paula Levine, PHD	SFPBS	(S)	(CC)	N/A	#305H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H

Fri, Jun 02, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
18:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
	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.					
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	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.					
20:00:00	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.					
21:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
	COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.					
22:00:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory	SFPBS	(S)	(CC)	N/A	#101H
	Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#137H
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 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.					

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Sat, Jun 03, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Healthcare Connect #945 (Rehab of Stroke Patients) Focus: Dr. Vargas discusses the use of EksoGT in the rehabilitation of stroke patients.	SFPBS	(S)	(CC)	N/A	#945H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Health Trends #1226 (On-Demand Care Tips) Dr. David Mishkin discusses the Care On Demand app - Conditions addressed and treated, benefits to patients and families, and continued growth of Telehealth.	SFPBS	(S)	(CC)	N/A	#1226H
04:00:00	Health Trends #946 (Heart and Stroke Risk) Find out the latest trends that contribute to a healthy life. Focus: Dr. Michelle Brewster and Dr. Salman Ali discuss metabolic syndrome and how exercise can help with this condition.	SFPBS	(S)	(CC)	N/A	#946H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Alma's Way Basketball Birds/Looking for Litter When Alma and Rafia find a bird's nest in the park's basketball hoop, they recruit their friends to help keep it safe. But when it's time to go home, Alma tries to think of a way to protect the nest, even when her friends aren't around. After cleaning up the playground, Alma, her family, and friends are surprised to find it full of litter again the next day! Alma and her friends go undercover and follow the litter clues to find out where the trash is coming from.	PBS	(S)	(CC)	DVI	#111H
06:30:00	Scigirls Going Green SciGirl Mackenzie and her friends put a lid on school trash by inventing a new use for recycled yogurt cups.	PBSPL	(S)	(CC)	N/A	#111H

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07:00:00	Wild Kratts Pangolin Rescue	PBS	(S)	(CC)	N/A	#404H
	After discovering a pangolin and its amazingly unique keratin scales, the Wild Kratts receive an alert from two Wild Kratt kids in China. The pangolins in their forest are in trouble! The gang responds, uncovering Chef Gourmand Gaston's latest plan to make Smoothies using pangolin scales. The Wild Kratts must tap into the real power of the pangolin's scales - as an incredible defense - to rescue this little-known creature. Science Concept: Specialization for Defence.					
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	#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	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

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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
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 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.	NETA	(S)	(CC)	N/A	#0H
13:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Exercises for Better Sex Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#207H
14:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
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 How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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) 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.					
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug	SFPBS	(S)	(CC)	N/A	#206H
	The way to healing can take on different forms. Little 7 year old Leonor, was suffering from a very rare cancer, and it was decided she needed an uplifting project to give her hope. What better medicine than an endearing song that was created from Lenore and her sister Dot's imagination and a ridiculously cute and famous dog named Doug the Pug. This episode of Hope is Here is about how a famous dog, creativity and a group of caring individuals came together to give a little girl a world of hope to carry on.					
18:30:00	Flip My Florida Yard The Bell Family - Vero Beach	WUCF	(S)	(N)	N/A	#208H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	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.					
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) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
	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	Sex Talk with Dr. Lia Exercises for Better Sex	SFPBS	(S)	(CC)	N/A	#207H
	Specific exercises that can improve your sex life. Plus which natural testosterone boosters really work and an interview with an expert about ways to protect yourself from sexually transmitted infections.					
22:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Heart Health #938 (A-Fib Update) Focus: Dr. Jose Martel discusses trends in cardiac electrophysiology and atrial fibrillation.	SFPBS	(S)	(CC)	N/A	#938H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Health Trends #1229 (Cerebral Palsy Update) Dr. Lucinda Arenas discusses rehabilitation treatment for patients with cerebral palsy.	SFPBS	(S)	(CC)	N/A	#1229H
04:00:00	Heart Health (Vein Disease) Focus: Dr. Reagan Ross discusses endovascular surgery advancements.	SFPBS	(S)	(CC)	N/A	#940H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Alma's Way Trick Or Treatasaurus/The Haunted Hallway When Junior accidentally ruins his dinosaur Halloween costume, Alma, Mami, and T'a Gloria must figure out a way to turn the mistake into a fright-night delight. It's Halloween at the community center, and Alma, Rafia, and Lucas are determined to have the best Haunted Hallway ever. But when Alma decides that she wants to make the Hallway even spookier than before, people stop visiting. What gives?	PBS	(S)	(CC)	DVI	#138H
06:30:00	Scigirls Star Power SciGirls Avianna and Miranda help cut light pollution in their neighborhood.	PBSPL	(S)	(CC)	N/A	#112H
07:00:00	Wild Kratts City Hoppers! 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.	PBS	(S)	(CC)	N/A	#510H

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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

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11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
12:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.					
13:00:00	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.					
14:00:00	Hope Is Here Emily Bennett Taylor	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor and her husband Miles were newlyweds with a bright future planned. Just as they were house hunting and talking about raising a family Emily received the news that she had stage 4 lung cancer. She and her husband recall their cancer journey and recount their determination to live life to its fullest while fighting for the chance to have children despite a grave cancer diagnosis.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1107H
	Focus: Running, autoimmune disease, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
	Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- 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
	Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt					
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
	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.					

Sun, Jun 04, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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. 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.	APTEX	(S)	(CC)	N/A	#801H
20:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H
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 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	SFPBS	(S)	(CC)	N/A	#208H
22:30:00	Health Insiders Focus: Blue zone, autism, chiropractic care	SFPBS	(S)	(CC)	N/A	#1108H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Mon, Jun 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
01:00:00	Maternity Care (Pregnancy Care) Focus: Dr. Robert Feldman has an update on the latest in maternity care.	SFPBS	(S)	(CC)	N/A	#941H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
03:00:00	Mental Health #1231 (Mental Health Help) Heather Winters and Demian Laudisio discuss Mental Health. Focus: First Aid.	SFPBS	(S)	(CC)	N/A	#1231H
04:00:00	Kids & Teens #942 (10 Common Pediatric Er Visits) Focus: Dr. Mendoza discusses the top 10 most common reasons for Pediatric ER visits.	SFPBS	(S)	(CC)	N/A	#942H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Stretch Your Spine Today's episode is set on the patio of a stunning villa with breathtaking views of the Caribbean sea. Join Miranda Esmonde-White for an episode of Classical Stretch that decompresses your vertebrae and stretches your spine.	APTEX	(S)	(CC)	N/A	#1223H
06:30:00	Wai Lana Yoga Ease Into It! This seven-stage forward bend will ease your hamstrings to their maximum length. Then rest your legs as you focus on your torso with a side bend and twist.	APTEX	(S)	(CC)	N/A	#708H
07:00:00	Covid Lost and Learned COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julianne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H

Mon, Jun 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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 Racial Disparities In Health	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.					
10:30:00	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.					
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 Episode 1	PBS	(S)	(CC)	DVI	#1001H
	Sister Julianne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.					
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
	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 Julianne's new venture hits a stumbling block.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Lisa Briggs	SFPBS	(S)	(CC)	N/A	#106H
	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 devastating 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.					
14:30:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann					
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
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#405H
	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 Castellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa					

Mon, Jun 05, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	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.					
20:00:00	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.					
21:00:00	Hope and Healing (Sfpbs Town Hall) Finding Answers to Cancer	SFPBS	(S)	(CC)	N/A	#102H
	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) Lisa Briggs	SFPBS	(S)	(CC)	N/A	#106H
	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 devastating 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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Dermatology (Skin-Care Help) Focus: Monica Ponce shares advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth. Monica Ponce, PA (Sunset Dermatology)	SFPBS	(S)	(CC)	N/A	#947H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
03:00:00	Healthy Living #1250 (Aging Throat Issues) Henry Guzman and Dr. Vivero discuss swallowing difficulties with aging in support of Better Hearing and Speech Month.	SFPBS	(S)	(CC)	N/A	#1250H
04:00:00	Living Well #949 (Endocrinology Tips) Experts tell you how to live well. Focus: Dr. Lara Paraskos discusses adrenal glands, osteoporosis and pituitary glands.	SFPBS	(S)	(CC)	N/A	#949H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
06:00:00	Classical Stretch: By Essentrics Upper Body Pain Relief To relieve upper body pain you must stretch and strengthen every muscle in your body. This Classical Stretch workout set in Montego Bay, Jamaica liberates your entire body while focusing on your shoulders, back, and neck - leaving you completely pain-free.	APTEX	(S)	(CC)	N/A	#1224H
06:30:00	Wai Lana Yoga Perfect Posture Wai Lana shows you a series of poses to loosen the shoulders and open the chest, making good posture a breeze.	APTEX	(S)	(CC)	N/A	#709H
07:00:00	Happy Yoga with Sarah Starr 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.	NETA	(S)	(CC)	N/A	#706

Tue, Jun 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.	NETA	(S)	(CC)	N/A	#0H
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 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
10:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
11:00:00	Innovations In Medicine Hair transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory suppression, Addiction.	NETA	(S)	(CC)	N/A	#409H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug The way to healing can take on different forms. Little 7 year old Leonor, was suffering from a very rare cancer, and it was decided she needed an uplifting project to give her hope. What better medicine than an endearing song that was created from Lenore and her sister Dot's imagination and a ridiculously cute and famous dog named Doug the Pug. This episode of Hope is Here is about how a famous dog, creativity and a group of caring individuals came together to give a little girl a world of hope to carry on.	SFPBS	(S)	(CC)	N/A	#206H
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 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	SFPBS	(S)	(CC)	N/A	#208H
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H

Tue, Jun 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairo 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association					
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
	COVID Lost and Learned explores a post pandemic reset through stories of loss, lessons and looking forward. Three US-based hosts take viewers through America, for a look at supply lines, education, mental health, law enforcement and entertainment/sports. The hosts are joined by 10 global contributors, each with a unique perspective from their part of the world.					
18:00:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence	SFPBS	(S)	(CC)	N/A	#207H
	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.					
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 The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					
20:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	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.					
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	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.					
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	#1115H
	Focus: Chronic disease, knee replacement, mental crisis					

Tue, Jun 06, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

Daily Program Listing II
WPBTHC

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Wed, Jun 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1803H
01:00:00	Healthy Living #950 (Exercise Training Tips) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Melanie Rinaldi discuss the gyrotonic training method and motivational strategies to help you stick to your training and rehab program.	SFPBS	(S)	(CC)	N/A	#950H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1709H
03:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
04:00:00	Staying Healthy (Breast Implant Issues) Disease prevention and healthy lifestyle info. Focus: News Anchor Jen Herrera shares her personal story with her breast implants removal, the struggles she faced, the recovery process and what she has learned from this experience.	SFPBS	(S)	(CC)	N/A	#951H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1709H
06:00:00	Classical Stretch: By Essentrics Balance Today's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-White for a full body workout that strengthens your core and improves your balance.	APTEx	(S)	(CC)	N/A	#1225H
06:30:00	Wai Lana Yoga Threaded Twist Threading your arm through your leg gives you stability and leverage for a great spinal twist. Round out the session with an energizing breath, Headstand, and deep relaxation.	APTEx	(S)	(CC)	N/A	#710H
07:00:00	7 Days: The Opioid Crisis 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.	NETA	(S)	(CC)	N/A	#0H

Wed, Jun 07, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
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 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.	APTEX	(S)	(CC)	N/A	#1706H
10:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
11:00:00	Conscious Living The Many Faces of the Divine We're on location in Rishikesh, India - one of the most spiritual places on earth - celebrating the beauty of diverse religious practices the world over. First, an Indian-inspired ashram outside of Charlottesville, Virginia helps devotees from different faiths come together through yoga, meditation and uplifting vegetarian cuisine. Then, we're back in the jungles of Bali to learn how to make one of the ubiquitous flower offerings that litter its land and temples. Sometimes nature provides the best religious experiences, so we visit a healing retreat tucked into the majestic red rocks of Sedona, Arizona that's literally been touched by angels. Finally, we find a moment of calm outside the bustle of New York City at a converted monastery with a mission to provide an inclusive, non-denominational refuge for contemplation and mindful reflection.	NETA	(S)	(CC)	N/A	#103H
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 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	DVI	#1002H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) 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 devastating 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.	SFPBS	(S)	(CC)	N/A	#106H
14:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
15:00:00	Smartlife Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers - Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa	SFPBS	(S)	(CC)	N/A	#601H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:56:00	Smartlife Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS	(S)	(CC)	N/A	#605H
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:40:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
20:00:00	The Cure 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.	NETA	(S)	(CC)	N/A	#1
21:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) 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 devastating 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.	SFPBS	(S)	(CC)	N/A	#106H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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.

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Pain Management #952 (Pain Relief) Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#952H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Health Trends #1226 (On-Demand Care Tips) Dr. David Mishkin discusses the Care On Demand app - Conditions addressed and treated, benefits to patients and families, and continued growth of Telehealth.	SFPBS	(S)	(CC)	N/A	#1226H
04:00:00	Living Well #954 (Allergies and Asthma) Focus: Dr. Andrew Rivera tells you how to live well in allergy season. Experts tell you how to live well.	SFPBS	(S)	(CC)	N/A	#954H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Stomach Flattening Today's episode is set in one of the most beautiful locations we've ever seen. Join Miranda Esmonde-White in paradise for a stomach flattening workout that stretches and strengthens every muscle needed to smooth out your tummy.	APTEX	(S)	(CC)	N/A	#1226H
06:30:00	Wai Lana Yoga Special: High Blood Pressure Relaxing poses and gentle stretches are ideal for high blood pressure. Get a few cushions and join Wai Lana for restful asanas and a special breathing technique.	APTEX	(S)	(CC)	N/A	#711H
07:00:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210

Thu, Jun 08, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
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 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.	APTEX	(S)	(CC)	N/A	#1708H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
11:00:00	Innovations In Medicine Hair transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory suppression, Addiction.	NETA	(S)	(CC)	N/A	#409H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Doug The Pug The way to healing can take on different forms. Little 7 year old Leonor, was suffering from a very rare cancer, and it was decided she needed an uplifting project to give her hope. What better medicine than an endearing song that was created from Lenore and her sister Dot's imagination and a ridiculously cute and famous dog named Doug the Pug. This episode of Hope is Here is about how a famous dog, creativity and a group of caring individuals came together to give a little girl a world of hope to carry on.	SFPBS	(S)	(CC)	N/A	#206H
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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#701H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the 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 The Storm	NPS	(S)	(CC)	N/A	#101
	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.					
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 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.					
20:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
	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.					
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	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.					
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
	Focus: Bladder pain syndrome, cancer and nutrition, mental health help					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Fri, Jun 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Healthy Living #956 (Sleep Issues) Medical experts share the essential factors of a healthy lifestyle. Focus: Dr. Jeremy Tabak discusses the most common sleeping disorders, symptoms to look out for and when you should seek the help of a sleep specialist. He explains what sleep apnea is and what the treatment options are.	SFPBS	(S)	(CC)	N/A	#956H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
03:00:00	All About Cancer #1252 (Surviving Cancer) Dr. Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehabilitative treatments in support of National Cancer Survivors' Day.	SFPBS	(S)	(CC)	N/A	#1252H
04:00:00	Sports Medicine #957 (Healthy Living) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Jason Meland discusses the top 10 fitness and health success habits to help create positive lasting changes. He explains mindset/mental habits, fitness/exercise habits, healthy eating habits, and wellness habits (such as sleep, ways to reduce stress, meditating, gratitude, etc.).	SFPBS	(S)	(CC)	N/A	#957H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
06:00:00	Classical Stretch: By Essentrics Shoulder Strengthening This full-body episode of Classical Stretch strengthens every muscle in your body while targeting your shoulders. Join Miranda-Esmonde white for a full-body workout in front of the beautiful Caribbean sea.	APTEX	(S)	(CC)	N/A	#1227H
06:30:00	Wai Lana Yoga Lengthen Your Legs Tight legs are often the cause of back troubles. Keep both quads and hamstrings supple with an easy version of splits and a fun thigh stretch.	APTEX	(S)	(CC)	N/A	#712H
07:00:00	7 Days: The Opioid Crisis 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.	NETA	(S)	(CC)	N/A	#0H

Fri, Jun 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode Eight When the council sends a letter announcing plans to cut Nonnatus House's funding, Sister Julienne takes matters into her own hands. Nurse Crane cares for an unmarried expectant mother. Petra must move up her wedding after becoming pregnant.	PBS	(S)	(CC)	N/A	#908H
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 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."	APTEX	(S)	(CC)	N/A	#1710H
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
11:00:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
11:30:00	Research Detectives (Sfpbs/Health Channel Local) Finding Lost Memory Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.	SFPBS	(S)	(CC)	N/A	#101H
12:00:00	Call The Midwife Episode 1 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
13:00:00	Call The Midwife 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.	PBS	(S)	(CC)	DVI	#1002H
14:00:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
14:30:00	Health Insiders Focus: Stroke, vaccines, mental crisis	SFPBS	(S)	(CC)	N/A	#1133H
15:00:00	Smartlife Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff	SFPBS	(S)	(CC)	N/A	#801H
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

Fri, Jun 09, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:54:00	Smartlife Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples	SFPBS	(S)	(CC)	N/A	#805H
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 Resilience In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.	NPS	(S)	(CC)	N/A	#102
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 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.	APTEX	(S)	(CC)	N/A	#1803H
20:00:00	The Cure 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.	NETA	(S)	(CC)	N/A	#1
21:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein Chemical Dependency Research into the commonality of brain patterns of chemical dependency and depression and aspects of relapse seen in the brain, as well as a focus on the social and economic factors of mental health, can help families treat and prevent addiction. Guest: Nii Addy, Ph.D., Albert E. Kent Associate Professor of Psychiatry, and Associate Professor of Cellular and Molecular Physiology, and the inaugural Director of Scientist Diversity and Inclusion at Yale School of Medicine.	NETA	(S)	(CC)	N/A	#801H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#138H
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 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	(S)	(CC)	N/A	#1707H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
01:00:00	Health Trends #958 (Sleep, Teens and Braces) Find out the latest trends that contribute to a healthy life. Focus: Dr. Bober and Dr. Haller discuss what modern science is saying about sleep and teenagers and how dentists screen for sleep apnea. They explain how dentists can promote growth of healthy airways by treating children between ages 6 and 12 rather than waiting to do traditional braces after their adult teeth have all come in.	SFPBS	(S)	(CC)	N/A	#958H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
03:00:00	All About Cancer (Breast Care) Breast Cancer and nutrition is the focus of a new book "Experts in Pink."	SFPBS	(S)	(CC)	N/A	#1255H
04:00:00	Heart Health #959 (Heart Rehab) Health is where the heart is. Practical information that can lead to a long healthy life. Focus: Dr. Joshua Harris discusses heart disease preventive tips and cardiac rehabilitation options.	SFPBS	(S)	(CC)	N/A	#959H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
06:00:00	Alma's Way Alma Goes to Puerto Rico	PBS	(S)	(CC)	DVI	#0
07:00:00	Wild Kratts Snowy Owl Invasion Martin and Chris are hanging out in China with their Giant panda friend Stufko, when they receive reports of Snowy owls showing up all over North America. Since these raptors live in the Arctic, it's up to the Wild Kratts to solve the Mystery of the Snowy Owl Invasion! Science Concept : Territoriality, population cycles, migration.	PBS	(S)	(CC)	N/A	#403H
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 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.	SFPBS	(S)	(CC)	N/A	#501H

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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
<p>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.</p>						
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
11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H

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11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
12:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
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 Focusing On Foreplay 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	SFPBS	(S)	(CC)	N/A	#208H
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#501H
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 Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association	SFPBS	(S)	(CC)	N/A	#505H
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	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence 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.	SFPBS	(S)	(CC)	N/A	#207H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Flip My Florida Yard The Henley Family - Coral Springs	WUCF	(S)	(N)	N/A	#210
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein Chemical Dependency Research into the commonality of brain patterns of chemical dependency and depression and aspects of relapse seen in the brain, as well as a focus on the social and economic factors of mental health, can help families treat and prevent addiction. Guest: Nii Addy, Ph.D., Albert E. Kent Associate Professor of Psychiatry, and Associate Professor of Cellular and Molecular Physiology, and the inaugural Director of Scientist Diversity and Inclusion at Yale School of Medicine.	NETA	(S)	(CC)	N/A	#801H
20:00:00	7 Days: The Opioid Crisis 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.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Journey Through Breast Cancer 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.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay 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	SFPBS	(S)	(CC)	N/A	#208H
22:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
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 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.	APTEX	(S)	(CC)	N/A	#1708H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Healthy Living #950 (Exercise Training Tips) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Melanie Rinaldi discuss the gyrotonic training method and motivational strategies to help you stick to your training and rehab program.	SFPBS	(S)	(CC)	N/A	#950H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
03:00:00	All About Cancer (Urogenital System) Dr. Bruno Bastos discusses genitourinary cancer.	SFPBS	(S)	(CC)	N/A	#1259H
04:00:00	Staying Healthy (Breast Implant Issues) Disease prevention and healthy lifestyle info. Focus: News Anchor Jen Herrera shares her personal story with her breast implants removal, the struggles she faced, the recovery process and what she has learned from this experience.	SFPBS	(S)	(CC)	N/A	#951H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
06:00:00	Alma's Way Song of the Summer/Leapin Lizards	PBS	(S)	(CC)	DVI	#117H
06:30:00	Scigirls Aquabots Akina and friends dive into underwater robotics at the U.S. Naval Academy, building a "Sea Perch" ROV to investigate artificial oyster reefs in the Chesapeake Bay.	PBSPL	(S)	(CC)	N/A	#201H
07:00:00	Wild Kratts Kerhonk When Martin's and Chris' Creature Power Suits unexpectedly get jammed in Proboscis monkey mode and the top monkey of the troop is injured 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.	PBS	(S)	(CC)	N/A	#124H

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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

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11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
12:00:00	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.					
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1002H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Lisa Briggs	SFPBS	(S)	(CC)	N/A	#106H
	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 devastating 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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
	Focus: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
	Focus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Armando Hernandez-Rey 3. Equine Therapy - Working with Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA 5. Recovery after surgery - Matt Pack, personal trainer 6. Pilates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:56:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	Focus: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Jerome Turner 3. Meditation - Leslie Glickman, Yoga Instructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco					
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:40:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H

Sun, Jun 11, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Hiding In Plain Sight Resilience	NPS	(S)	(CC)	N/A	#102
	In this episode, our "heroes" speak about finding help, inpatient and outpatient therapy, the added stigma of racial or gender discrimination, the criminalization of mental illness, and youth suicide.					
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Growing Bolder Playbook for Life	APTEX	(S)	(CC)	N/A	#802H
	We're helping you create your own playbook for life with three legendary football coaches. Learn to tackle life and achieve your goals with Steve Spurrier, Bobby Bowden and Jimmy Johnson. These champions of the gridiron have life lessons for all of us from the way they lived their lives on and off the field.					
20:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
	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.					
21:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0H
	In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.					
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
	Focus: Bladder pain syndrome, cancer and nutrition, mental health help					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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.					

Mon, Jun 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
01:00:00	Pain Management #952 (Pain Relief) Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#952H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
03:00:00	Kids and Teens (Teen Anxiety) Dr. Yadira Torres discusses warding off anxiety and depression in kids during the summer. Focus: When there is no routine, boredom sets in and kids lose their sense of belonging.	SFPBS	(S)	(CC)	N/A	#1262H
04:00:00	Living Well #954 (Allergies and Asthma) Focus: Dr. Andrew Rivera tells you how to live well in allergy season. Experts tell you how to live well.	SFPBS	(S)	(CC)	N/A	#954H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
06:00:00	Classical Stretch: By Essentrics Full Leg Toning This episode of Classical Stretch strengthens and tones every muscle group in your legs, leaving them stronger, leaner, and more defined. Join Miranda Esmonde-White in Montego-Bay, Jamaica for a full leg toning workout.	APTEX	(S)	(CC)	N/A	#1228H
06:30:00	Wai Lana Yoga Special: Chair Poses Wai Lana shows you creative ways to use a chair in forward bends, backbends, and even inversions.	APTEX	(S)	(CC)	N/A	#713H
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 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H

Mon, Jun 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.					
10:30:00	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.					
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 Episode 2	PBS	(S)	(CC)	DVI	#1002H
	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.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
	Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD					
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
	Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H

Daily Program Listing II
WPBTHC

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Mon, Jun 12, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
18:00:00	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.					
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	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.					
20:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
	Climate change is a critical scientific and social issue that confronts today's world. Nowhere are the consequences of a warming climate more pronounced and observable than in the Polar Regions. The documentary FROZEN OBSESSION follows the 18-day, 2,000-mile Northwest Passage Project expedition through the stunningly beautiful and extreme Canadian Arctic Archipelago aboard the Swedish research icebreaker Oden. During the expedition, the Northwest Passage Project team studies water chemistry, microbiology, birds, mammals, and physical oceanography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, we gain a sobering assessment of what's at stake. But in a hopeful turn, the film also witnesses the exhilarating life-changing experiences of the students on this expedition, who represent the next generation of scientists and decision makers who will surely make a difference in the world.					
21:00:00	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.					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
	Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#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."					

Daily Program Listing II
WPBTHC

Date: 07/06/2023

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Tue, Jun 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
01:00:00	Dermatology #960 (Skincare Update) Focus: Dr. Ileana Perez-Quintairos shares advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#960H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
03:00:00	Mental Health (Grief Relief) Amy Exum & Nicole Rodriguez discuss grieving and the different stages of grief.	SFPBS	(S)	(CC)	N/A	#1264H
04:00:00	Orthopedics #961 (Ankle Injury) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Focus: Dr. Kyle Kinmon discusses ankle replacement and emerging treatment options for foot and ankle pain.	SFPBS	(S)	(CC)	N/A	#961H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
06:00:00	Classical Stretch: By Essentrics Body Shaping Join Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classical Stretch shapes every muscle in your body leaving you with more definition and tone.	APTEX	(S)	(CC)	N/A	#1229H
06:30:00	Wai Lana Yoga Stand Strong Stand firm in a variety of standing poses, then end the session by tensing and releasing the various parts of your body, one by one, until you are utterly relaxed.	APTEX	(S)	(CC)	N/A	#714H
07:00:00	Happy Yoga with Sarah Starr Sunflower Gold Revel in the golden sunflower sunset 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 neck, shoulders, chest, back and more.	NETA	(S)	(CC)	N/A	#707
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Tue, Jun 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.	APTEX	(S)	(CC)	N/A	#1803H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
11:00:00	Innovations In Medicine CBD (Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.	NETA	(S)	(CC)	N/A	#410H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence 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.	SFPBS	(S)	(CC)	N/A	#207H
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 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)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)	SFPBS	(S)	(CC)	N/A	#1002H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1305H

Tue, Jun 13, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
	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.					
18:00:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story	SFPBS	(S)	(CC)	N/A	#208H
	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.					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	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.					
20:00:00	Get Busy Living	NETA	(S)	(CC)	N/A	#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.					
21:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
	Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.					
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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.					

Wed, Jun 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
01:00:00	Health Trends #962 (Adult Speech Help) Find out the latest trends that contribute to a healthy life. Focus: Amanda Moshe discusses trends in adult speech therapy.	SFPBS	(S)	(CC)	N/A	#962H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	All About Cancer (Breast Care) Breast Cancer and nutrition is the focus of a new book "Experts in Pink."	SFPBS	(S)	(CC)	N/A	#1255H
04:00:00	Mental Health #963 (Trauma Recovery) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Dr. Spann and Dr. Ehrlich discuss what the conventional treatment for trauma is and the respective cognitive processing therapy available to patients.	SFPBS	(S)	(CC)	N/A	#963H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Classical Stretch: By Essentrics Quad Flexibility Your quad muscles in the front of your thighs are one of the largest muscles in your entire body - this is why keeping them strong and flexible is so important to full body health. Join Miranda Esmonde-White for a Classical Stretch workout that focuses on strengthening and stretching the quad muscles.	APTEX	(S)	(CC)	N/A	#1230H
06:30:00	Wai Lana Yoga Butterfly Shoulderstand Today you'll go from Plough to Shoulderstand to Butterfly and Bridge in a fun flow of upside down poses.	APTEX	(S)	(CC)	N/A	#715H
07:00:00	The Cure 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.	NETA	(S)	(CC)	N/A	#1

Wed, Jun 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 1 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H
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 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.	APTEX	(S)	(CC)	N/A	#1805H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
11:00:00	Conscious Living Vegan Mexican Fiesta Like it spicy? Then get your taste buds ready for this episode, where we're at home preparing a full-blown vegan Mexican fiesta from scratch. Michael and Bianca team up in the kitchen to make her favorite savory sweet potato and black bean quesadillas, spicy guacamole and Pico de Gallo with Tortilla chips. Then, Bianca hangs out with a sustainable lifestyle expert for some eco-chic outdoor entertaining tips. Back in the kitchen, Michael steals the show with a yummy vegan Dulce de Leche flan that tickles the taste buds!	NETA	(S)	(CC)	N/A	#104H
11:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
12:00:00	Call The Midwife 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.	PBS	(S)	(CC)	DVI	#1002H
13:00:00	Call The Midwife Episode 3 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.	PBS	(S)	(CC)	DVI	#1003H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.	SFPBS	(S)	(CC)	N/A	#101H
14:30:00	Health Insiders Focus- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, ANN DEVELASCO: Women & heart disease 3. DR. MARCIO FAGUNDES: Proton therapy	SFPBS	(S)	(CC)	N/A	#1004H
15:00:00	Smartlife Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost	SFPBS	(S)	(CC)	N/A	#1201H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H

Wed, Jun 14, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:58:00	Smartlife Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist	SFPBS	(S)	(CC)	N/A	#1205H
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 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.	NETA	(S)	(CC)	N/A	#1
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
20:00:00	Frozen Obsession Climate change is a critical scientific and social issue that confronts today's world. Nowhere are the consequences of a warming climate more pronounced and observable than in the Polar Regions. The documentary FROZEN OBSESSION follows the 18-day, 2,000-mile Northwest Passage Project expedition through the stunningly beautiful and extreme Canadian Arctic Archipelago aboard the Swedish research icebreaker Oden. During the expedition, the Northwest Passage Project team studies water chemistry, microbiology, birds, mammals, and physical oceanography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, we gain a sobering assessment of what's at stake. But in a hopeful turn, the film also witnesses the exhilarating life-changing experiences of the students on this expedition, who represent the next generation of scientists and decision makers who will surely make a difference in the world.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.	SFPBS	(S)	(CC)	N/A	#101H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
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 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.	APTEX	(S)	(CC)	N/A	#1802H

Thu, Jun 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
01:00:00	Healthcare Connect #964 (Rescue Help) Lisa-Mae Williams and Annette Miller discuss telemedicine intensive care unit nursing interventions to prevent failure to rescue.	SFPBS	(S)	(CC)	N/A	#964H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	All About Cancer (Urogenital System) Dr. Bruno Bastos discusses genitourinary cancer.	SFPBS	(S)	(CC)	N/A	#1259H
04:00:00	Dermatology #965 (Skincare Help) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#965H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Welcome to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cambridge Beaches Resort & Spa Bermuda, in Episode 1 you'll rebalance the muscle chains of your lower body. This gentle, standing & barre workout will activate your calorie-burning mitochondria and leave you feeling energized and more flexible	APTEX	(S)	(CC)	N/A	#1301H
06:30:00	Wai Lana Yoga Backbend Boons Try a range of backbends to strengthen your spine, stretch your abdominal organs, and build your stamina.	APTEX	(S)	(CC)	N/A	#716H
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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
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 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.	APTEX	(S)	(CC)	N/A	#1807H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
11:00:00	Innovations In Medicine CBD (Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.	NETA	(S)	(CC)	N/A	#410H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Working Towards Independence 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.	SFPBS	(S)	(CC)	N/A	#207H
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 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.	SFPBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#210H
14:30:00	Health Insiders 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	SFPBS	(S)	(CC)	N/A	#1005H
15:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1101H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H

Thu, Jun 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
16:00:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1105H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Frozen Obsession Climate change is a critical scientific and social issue that confronts today's world. Nowhere are the consequences of a warming climate more pronounced and observable than in the Polar Regions. The documentary FROZEN OBSESSION follows the 18-day, 2,000-mile Northwest Passage Project expedition through the stunningly beautiful and extreme Canadian Arctic Archipelago aboard the Swedish research icebreaker Oden. During the expedition, the Northwest Passage Project team studies water chemistry, microbiology, birds, mammals, and physical oceanography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, we gain a sobering assessment of what's at stake. But in a hopeful turn, the film also witnesses the exhilarating life-changing experiences of the students on this expedition, who represent the next generation of scientists and decision makers who will surely make a difference in the world.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Generation A: Portraits of Autism and the Arts 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.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1807H
20:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#210H
22:30:00	Health Insiders Focus- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2. Wilbert Fuente, Mayret Gonzalez: Antibiotic safety 3. Dr. Jose Llach: ER vs. Urgent Care	SFPBS	(S)	(CC)	N/A	#1005H

Thu, Jun 15, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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.

Daily Program Listing II
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Fri, Jun 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
01:00:00	Staying Healthy #966 (Self-Care) Disease prevention and healthy lifestyle info. Focus: Iana Sundari discusses the importance of making time for self-care.	SFPBS	(S)	(CC)	N/A	#966H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
03:00:00	Brain Health (Stroke Help) Daniel D'Amour discusses stroke awareness.	SFPBS	(S)	(CC)	N/A	#1266H
04:00:00	Heart Health #967 (Heart Health) Health is where the heart is. Focus: Dr. Phillip Erwin, cardiologist has practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#967H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1806H
06:00:00	Classical Stretch: By Essentrics Join Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside workout will rebalance your full body and strengthen your posture. By loosening, lengthening, and liberating your spine you will feel greater mobility between your vertebrae. This increased range of motion will allow you to go deeper into the strengthening exercises.	APTEX	(S)	(CC)	N/A	#1302H
06:30:00	Wai Lana Yoga Lunge! Combine a lunge with a hamstring stretch to loosen up your hips, then strengthen your arms and test your balance with Two-Hand Snake Pose.	APTEX	(S)	(CC)	N/A	#717H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H
08:00:00	Call The Midwife Episode 1 Sister Julienne and Dr. Turner clash over whether to provide a private care service. A distressing birth raises fears of another Thalidomide case.	PBS	(S)	(CC)	DVI	#1001H

Fri, Jun 16, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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	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.					
10:30:00	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.					
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	#1002H
	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.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1006H
	Focus- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL SWARTZON, PATIENT: PRP/Stem cell injections for knee arthritis 3. DR. SCARLET CONSTANT: Tantrums & giving your kids shots					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
	Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:28:00	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
	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					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H

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16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Get Busy Living 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.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firsenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(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 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.	APTEX	(S)	(CC)	N/A	#1808H
20:00:00	The Cure 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.	NETA	(S)	(CC)	N/A	#1
21:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families A confidential mental health resource for active military and veterans treats the invisible wounds of war, lowers barriers to care, and serves the entire family facing a wide range of mental health issues including PTSD, chemical dependency, and suicide prevention. Guest: Headstrong Project CEO James D. McDonough, Jr. (COL U.S. Army Retired).	NETA	(S)	(CC)	N/A	#802H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#139H
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 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.	APTEX	(S)	(CC)	N/A	#1804H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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
01:00:00	Plastic/Cosm Surgery #968 (Implants & Cancer Risk) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Dr. Rafael Gottenger discusses breast implant-associated anaplastic large cell lymphoma (BIA-ALCL) and most common myths about breast implants.	SFPBS	(S)	(CC)	N/A	#968H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
03:00:00	Health Trends (Heart Help) Dr. Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Treating the whole patient.	SFPBS		(N)	N/A	#1304H
04:00:00	Living Well #969 (Lung Issues) Experts tell you how to live well. Focus: Dr.Keith Jamal Robinson & Yamile Leon discuss overall lung health, wellness and disease prevention and shares information on the American Lung Association's upcoming Fight for Air Climb event in March. Kathleen Cordero shares her personal story with lung cancer and her hope & inspiration for the future of this disease.	SFPBS	(S)	(CC)	N/A	#969H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
06:00:00	Alma's Way Alma's New Kicks/Star Ball	PBS	(S)	(CC)	DVI	#114H
06:30:00	Scigirls Mother Nature's Shoes Nature's designs, from polar bear paws to penguin flippers, inspire Elin and her best friends to design a safer shoe for walking on Minnesota's icy winter streets.	PBSPL	(S)	(CC)	N/A	#202H
07:00:00	Wild Kratts Zig-Zagged 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."	PBS	(S)	(CC)	N/A	#127H

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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	Cap	AS2	Episode
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
11:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
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 Preventing Disease and Staying Healthy	SFPBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.	SFPBS	(S)	(CC)	N/A	#209H
14:30:00	Health Insiders Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)	SFPBS	(S)	(CC)	N/A	#1002H
15:00:00	Smartlife Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham	SFPBS	(S)	(CC)	N/A	#1301H
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 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	SFPBS	(S)	(CC)	N/A	#1305H
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: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story 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.	SFPBS	(S)	(CC)	N/A	#208H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	Flip My Florida Yard Oviedo	WUCF	(S)	(N)	N/A	#201H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein Help for Veterans & Military Families	NETA	(S)	(CC)	N/A	#802H
	A confidential mental health resource for active military and veterans treats the invisible wounds of war, lowers barriers to care, and serves the entire family facing a wide range of mental health issues including PTSD, chemical dependency, and suicide prevention. Guest: Headstrong Project CEO James D. McDonough, Jr. (COL U.S. Army Retired).					
20:00:00	Frozen Obsession	NETA	(S)	(CC)	N/A	#0H
	Climate change is a critical scientific and social issue that confronts today's world. Nowhere are the consequences of a warming climate more pronounced and observable than in the Polar Regions. The documentary FROZEN OBSESSION follows the 18-day, 2,000-mile Northwest Passage Project expedition through the stunningly beautiful and extreme Canadian Arctic Archipelago aboard the Swedish research icebreaker Oden. During the expedition, the Northwest Passage Project team studies water chemistry, microbiology, birds, mammals, and physical oceanography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, we gain a sobering assessment of what's at stake. But in a hopeful turn, the film also witnesses the exhilarating life-changing experiences of the students on this expedition, who represent the next generation of scientists and decision makers who will surely make a difference in the world.					
21:00:00	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.					
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
	The impact of loneliness on your mind and lifestyle, a look at weight loss supplements and an interview with an expert on ways to be less lonely.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	Focus- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cancer screenings 3. Dr. Gosha Brusovanik: Back pain (viewer questions)					
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.					

Sun, Jun 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
01:00:00	Health Trends #962 (Adult Speech Help) Find out the latest trends that contribute to a healthy life. Focus: Amanda Moshe discusses trends in adult speech therapy.	SFPBS	(S)	(CC)	N/A	#962H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
03:00:00	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
04:00:00	Mental Health #963 (Trauma Recovery) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Focus: Dr. Spann and Dr. Ehrlich discuss what the conventional treatment for trauma is and the respective cognitive processing therapy available to patients.	SFPBS	(S)	(CC)	N/A	#963H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
06:00:00	Alma's Way Beatbox Big Time/Super Sisters Alma's great at beatboxing so good that she thinks she doesn't need to practice with Eddie and Becka before their backyard show. She finds out the hard way that practice makes perfect when she ruins the performance. Alma wants to be a "super sister" to Junior, just like Tia Gloria is to Mami. But when Junior doesn't seem happy with her not-so-super deeds, Alma must figure out what being a "super sister" really means.	PBS	(S)	(CC)	DVI	#110H
06:30:00	Scigirls Habitat Havoc 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.	PBSPL	(S)	(CC)	N/A	#203H

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07:00:00	Wild Kratts The Erminator	PBS	(S)	(CC)	N/A	#515H
	While on a mission to explore the creature powers of the chickadee - and to discover why such a little bird can make it through the toughest winters - Martin and Chris get separated. While Chris makes it back to the Tortuga with his chickadee findings, Martin encounters an ermine. With the help of this little weasel, Martin also learns what it takes to survive in this harsh environment. Science Concept: Animals use different strategies to survive in harsh environments.					
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	#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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	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.					
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
	Bonnie Addario, a lung cancer survivor, tells her story of hope and how she has come to help lung cancer patients and caregivers around the world.					
14:30:00	Health Insiders	SFPBS	(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	(S)	(CC)	N/A	#1201H
	Focus: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures, Dr. Jonathan Gottlieb 3. Scoliosis Diagnosis and Causes, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. Young Adult and Cardiovascular Risk, Dr. Lauren Frost					
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
	Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H

Sun, Jun 18, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	The Cure 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.	NETA	(S)	(CC)	N/A	#1
18:00:00	Death Is But A Dream In Buffalo, New York a research team is studying the dreams of dying patients. By asking a single question "Are you dreaming?", they are completely re framing the dying process. End of life experiences are intrinsic to the process of dying. film establishes why dying is relevant, what the dying process really entails, and why dying has been misunderstood for so long.	NETA	(S)	(CC)	N/A	#0H
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 The Power of Creative Engagement As any creative person knows, it's not always the finished product that's what is most valuable -- many times, it's what you learn in the process. At 98, Harold Garde's art is bolder than ever, and his perspective is provocative as well. As the lighting director for AC-DC, Aerosmith, Rolling Stones and others, Cosmo Wilson shines the light on some of the greatest bands in rock. He has some bright ideas on living life to the fullest. Plus, one of the gifts of aging is the opportunity to reinvent yourself, again and again. From beauty queen to roadie to seamstress and restaurateur, Maxine Earhart has done just that -- and she's not finished yet.	APTEX	(S)	(CC)	N/A	#803H
20:00:00	Get Busy Living 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.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia 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.	SFPBS	(S)	(CC)	N/A	#210H
22:30:00	Health Insiders 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	SFPBS	(S)	(CC)	N/A	#1005H
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 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.	APTEX	(S)	(CC)	N/A	#1806H

Daily Program Listing II
WPBTHC

Date: 07/06/2023

04/01/2023 - 06/30/2023

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Mon, Jun 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
01:00:00	Healthcare Connect #964 (Rescue Help) Lisa-Mae Williams and Annette Miller discuss telemedicine intensive care unit nursing interventions to prevent failure to rescue.	SFPBS	(S)	(CC)	N/A	#964H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
03:00:00	Healthy Living (Blood Disorders) Dr. Victor Guardiola discusses sickle cell disease, in support of World Sickle Cell Day. Focus: Treatment of other blood disorders.	SFPBS	(S)	(CC)	N/A	#1309H
04:00:00	Dermatology #965 (Skincare Help) Medical experts share advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#965H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
06:00:00	Classical Stretch: By Essentrics Strengthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at the Cambridge Beaches Resort & Spa, this powerful and dynamic all-standing workout will tone your waist, activate your core, increase your connective tissue elasticity, and leave your back, abs, and spine fully stretched and strengthened.	APTEX	(S)	(CC)	N/A	#1303H
06:30:00	Wai Lana Yoga Animal Poses Bulldog, Pigeon, Dolphin, and Stretching Dog all have something to teach us about stretching and strengthening various parts of our bodies.	APTEX	(S)	(CC)	N/A	#718H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#102H
08:00:00	Call The Midwife 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 Julianne's new venture hits a stumbling block.	PBS	(S)	(CC)	DVI	#1002H

Mon, Jun 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Racial Disparities In Health	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.					
10:30:00	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.					
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 Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1004H
	It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1008H
	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					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	Focus: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa Corsa 3. Innovations in Spine Surgery - Dr. Gosha Brusovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Children - Beatriz Martinez Peñalver, Carol Jamoult					
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
	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					

Mon, Jun 19, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
	Climate change is a critical scientific and social issue that confronts today's world. Nowhere are the consequences of a warming climate more pronounced and observable than in the Polar Regions. The documentary FROZEN OBSESSION follows the 18-day, 2,000-mile Northwest Passage Project expedition through the stunningly beautiful and extreme Canadian Arctic Archipelago aboard the Swedish research icebreaker Oden. During the expedition, the Northwest Passage Project team studies water chemistry, microbiology, birds, mammals, and physical oceanography. As FROZEN OBSESSION bears witness to a dramatically changing Arctic, we gain a sobering assessment of what's at stake. But in a hopeful turn, the film also witnesses the exhilarating life-changing experiences of the students on this expedition, who represent the next generation of scientists and decision makers who will surely make a difference in the world.					
18:00:00	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.					
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	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.					
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 Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					
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 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.					

Tue, Jun 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
01:00:00	Healthy Living #970 (Mobility Training) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman, Brian Betancourt and Marc Scanlan discuss mobility, stability and conditioning training, all in a one. They share information on the specific benefits associated with this type of training.	SFPBS	(S)	(CC)	N/A	#970H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
03:00:00	Heart Health (Mri Imaging) Dr. Ricardo Cury & Dr. Constantino Pena discuss the landmark new MRI technology. Focus: The benefits of this type of imaging for patients.	SFPBS	(S)	(CC)	N/A	#1313H
04:00:00	Dermatology (Skincare Help) Focus: Natalie Suarez shares advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#971H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1808H
06:00:00	Classical Stretch: By Essentrics Join Miranda in beautiful Bermuda! In this standing & barre workout you'll be led through a series of large, complex movements that will challenge your balance, strengthen your full body, and stimulate your brain's neurons and synapses! In this episode you will strengthen your body and activate your brain!	APTEX	(S)	(CC)	N/A	#1304H
06:30:00	Wai Lana Yoga Special: Hemorrhoids Aswini Mudra is an easy technique that helps relieve this common ailment. Combine it with the poses on today's show for effective results.	APTEX	(S)	(CC)	N/A	#719H
07:00:00	Happy Yoga with Sarah Starr Red Rock Basin 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.	NETA	(S)	(CC)	N/A	#708

Daily Program Listing II
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Tue, Jun 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine Hip replacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes management.	NETA	(S)	(CC)	N/A	#411H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story	SFPBS	(S)	(CC)	N/A	#208H
	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.					
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) 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.					
14:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	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					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H

Tue, Jun 20, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	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
	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.					
18:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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) Vacc Camp	SFPBS	(S)	(CC)	N/A	#209H
	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) Exposing The Fentanyl Crisis	SFPBS	(S)	(CC)	N/A	#103
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 Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	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	SFPBS	(S)	(CC)	N/A	#1010H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	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.	APTEX	(S)	(CC)	N/A	#1708H
01:00:00	Pain Management #972 (Chronic Pain) Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#972H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Health Trends (Heart Help) Dr. Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Treating the whole patient.	SFPBS		(N)	N/A	#1304H
04:00:00	Men's Health (Stomach Issues) In-depth exploration of a wide variety of issues that affect men's health. Focus: Dr. Eduardo Ruan discusses the most common GI disorders in men and different treatment options.	SFPBS	(S)	(CC)	N/A	#974H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Classical Stretch: By Essentrics Boost your energy with this standing & floor workout filmed in sunny Bermuda! Miranda Esmonde-White combines leg, core, and back exercises to get your blood pumping, strengthen your entire body, and increase your overall energy!	APTEX	(S)	(CC)	N/A	#1305H
06:30:00	Wai Lana Yoga Lotus Let your body bend in Blowing Tree. Loosen your legs for Lotus with a five-part stretch, then do some lying-down versions of the posture.	APTEX	(S)	(CC)	N/A	#720H
07:00:00	Covid 19: What Did We Learn? Town Hall (Sfpbs)	SFPBS	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife 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 Julianne's new venture hits a stumbling block.	PBS	(S)	(CC)	DVI	#1002H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.					
10:30:00	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.					
11:00:00	Conscious Living Ready, Set, Go!	NETA	(S)	(CC)	N/A	#105H
	Since life is a journey and not a destination, put on your adventure boots, grab your GPS and get ready for for some fun on this episode. Hang ten with us on the legendary North Shore of Oahu where we take surf and yoga lessons with a former competitive surfer turned girl boss. Who needs a fancy hotel room? We relish the great outdoors at a glamping retreat in Ithaca, New York with gourmet s'mores, local foraging and hammock naps under the midnight stars. Finally, we take an inner journey and explore some of the world's greatest art, from the LEED-platinum Chicago Art Institute in the Windy City to the winding canals of the Venice Biennale.					
11:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1004H
	It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story – Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H

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15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
15:59:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1405H
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 Research Detectives is an engrossing new series, developed in partnership with The Wertheim UF Scripps Institute, and airing on South Florida PBS and The Health Channel in April. In the first episode titled "Finding Lost Memory," host Trace Dominguez gives viewers an inside look at the fascinating research neuroscientists are doing to find effective treatments for Dementia and Alzheimer's Disease.	SFPBS	(S)	(CC)	N/A	#101H
17:30:00	Growing Up Green As climate change impacts increase, a few schools across the country are motivating their students to learn by engaging them outside classroom walls in real world experiences trying to solve environmental problems in their own communities. Growing Up Green, a documentary film by Bob Gliner (One Carbon Footprint At A Time, Schools That Change Communities, We're Still Here) tells the story of a unique environmental education initiative in Michigan, where a statewide effort involving thousands of students in both rural and urban areas, is having a profound impact on both the environments students inhabit, as well as student educational outcomes across a broad range of disciplines - a model other states might find well worth emulating.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
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 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.	APTEX	(S)	(CC)	N/A	#1810H
20:00:00	Get Busy Living 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.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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

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Start	Title Subtitle	Distrib	Stereo	Cap	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.

Thu, Jun 22, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
01:00:00	Spine & Back Care #976 (Your Aching Back) Focus: Dr. Gosha Brusovanik has the latest on spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#976H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
04:00:00	Sports Medicine (Athletic Injuries) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Derek Papp and Dr. Lisa Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, elbow, knee and ankle, and how best to prevent them.	SFPBS	(S)	(CC)	N/A	#977H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics In this all-standing, advanced strengthening workout Miranda will bend, twist, and work the spine in every direction it was built to move! The intelligently designed exercises used in this workout will keep the connective tissue of your spine and back flexible, lubricated, strong, and mobile.	APTEX	(S)	(CC)	N/A	#1306H
06:30:00	Wai Lana Yoga Toes & Palms Balance Balance in push-up position, then test your strength and stamina by turning sideways to balance on one hand and foot. An energizing breath and an easy twist will give you energy for Yoga Dance.	APTEX	(S)	(CC)	N/A	#721H
07:00:00	Flip My Florida Yard Jacksonville	WUCF	(S)	(N)	N/A	#202H
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
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 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.	APTEX	(S)	(CC)	N/A	#1708H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H
11:00:00	Innovations In Medicine Hip replacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes management.	NETA	(S)	(CC)	N/A	#411H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Oliver's Story 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.	SFPBS	(S)	(CC)	N/A	#208H
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 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.	SFPBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo Escalona	SFPBS	(S)	(CC)	N/A	#1501H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H

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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
	Focus: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 3. Procedure for Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Procedures for Men, Dr. Ricardo Castellon 6. Exercises 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
	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.					
18:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
	One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.					
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 Racial Disparities In Health	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.					
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 How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
23:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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."	APTEX	(S)	(CC)	N/A	#1710H
01:00:00	Plastic/Cosmetic Surgery#978 (Men's Update) Focus: Dr. Ricardo Castrellon has the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#978H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
03:00:00	Spine & Back Care (Your Aching Back) Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#1315H
04:00:00	All About Cancer #979 (Breast Cancer Update) Ways to prevent some cancers; lifestyle, family history and more. Focus: Dr. Joseph Panoff discusses advancements in breast cancer diagnosis and the different treatment options.	SFPBS	(S)	(CC)	N/A	#979H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
06:00:00	Classical Stretch: By Essentrics Our feet are the foundation of our bodies and keeping them strong and flexible is a major factor in having strong and flexible legs & hips! In this all-standing beginner workout Miranda will work the musculature and joints of your feet, ankles, knees, and hips to keep your entire body pain free and healthy.	APTEX	(S)	(CC)	N/A	#1307H
06:30:00	Wai Lana Yoga Special: Blankets Blankets can make your yoga session easier and more enjoyable. Wai Lana shows you how.	APTEX	(S)	(CC)	N/A	#722
07:00:00	Get Busy Living 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.	NETA	(S)	(CC)	N/A	#0H

Fri, Jun 23, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife 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.	PBS	(S)	(CC)	DVI	#1002H
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 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."	APTEX	(S)	(CC)	N/A	#1710H
10:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTEX	(S)	(CC)	N/A	#1801H
11:00:00	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.	SFPBS	(S)	(CC)	N/A	#202H
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 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.	PBS	(S)	(CC)	DVI	#1003H
13:00:00	Call The Midwife Episode 4 It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	PBS	(S)	(CC)	DVI	#1004H
14:00:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1015H
14:30:00	Health Insiders Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction	SFPBS	(S)	(CC)	N/A	#1016H
15:00:00	Smartlife Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health - Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS	(S)	(CC)	N/A	#1601H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H

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15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
15:58:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1605H
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 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.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Gini in the Time of Covid-19 Gini in The Time of Covid-19 is a documentary about structural economic inequalities in America magnified by the Covid-19 Pandemic. Featuring Economist Heather Boushey, Former President & CEO of the Washington Center for Equitable Growth; William Arnone, CEO of the National Academy of Social Insurance; Max Richtman, President of the National Committee to Preserve Social Security & Medicare; Authors Isabel Sawhill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNickie; DC Councilmember at Large, Robert White; Robert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Building Bridges Across the River. Also featuring artist Suzanne Firstenberg and her public art installation "In America How Could this Happen". The film highlights powerful first hand accounts of economic inequalities in America and their consequences from Wheeling, West VA activist Amy Jo Hutchison and Jackson, OH Judge Mark T. Musick.	NETA	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1703H
20:00:00	Below The Belt: The Last Health Taboo 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.	NPS	(S)	(CC)	N/A	#0H
21:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein Schizophrenia: Understanding Diagnosis and Treatment An overview to help understand the role of family history, negative symptoms, behavioral analysis, and prescription compliance for successful outcomes for treatment. Guest: Dawn Velligan, Ph.D., Professor, Department of Psychiatry & Behavioral Sciences, University of Texas Health Science Center at San Antonio.	NETA	(S)	(CC)	N/A	#803H
22:30:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	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.

Sat, Jun 24, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) 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.	APTX	(S)	(CC)	N/A	#1801H
01:00:00	Nutrition & Health #980 (Healthy Habits) Approaches to healthy eating and ways to use food as medicine. Focus: Natalie Castro discusses the concept of "Eating Well, Being Well." She shares information on learning what you need to make sure you are practicing healthy habits.	SFPBS	(S)	(CC)	N/A	#980H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1703H
03:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
04:00:00	Health Trends (Reflux Issues) Find out the latest trends that contribute to a healthy life. Focus: Dr. Anthony Gonzalez discusses reflux and gallbladder disease.	SFPBS	(S)	(CC)	N/A	#981H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTX	(S)	(CC)	N/A	#1703H
06:00:00	Alma's Way Singing on the 6 Train/Safinas Doggy Problem	PBS	(S)	(CC)	DVI	#118H
06:30:00	Scigirls The Awesome App Race San Francisco SCIGIRLS shake things up, programming their own smartphone app to highlight the history and geoscience of the 1989 San Francisco Earthquake.	PBSPL	(S)	(CC)	N/A	#204H
07:00:00	Wild Kratts Cheetah Racer 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.	PBS	(S)	(CC)	N/A	#123H

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Start	Title Subtitle	Distrib	Stereo	Cap	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	Cap	AS2	Episode
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	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.					
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
	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 Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	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					
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
	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	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Vacc Camp	SFPBS	(S)	(CC)	N/A	#209H
	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.					
18:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	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.					
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Healthy Minds with Dr. Jeffrey Borenstein Schizophrenia: Understanding Diagnosis and Treatment	NETA	(S)	(CC)	N/A	#803H
	An overview to help understand the role of family history, negative symptoms, behavioral analysis, and prescription compliance for successful outcomes for treatment. Guest: Dawn Velligan, Ph.D., Professor, Department of Psychiatry & Behavioral Sciences, University of Texas Health Science Center at San Antonio.					
20:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	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.					
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	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	SFPBS	(S)	(CC)	N/A	#1010H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1802H
01:00:00	Pain Management #972 (Chronic Pain) Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#972H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
03:00:00	Primary Care (Flu Shot Update) Dr. Vazquez explains the importance of getting vaccinated . Focus: Protecting yourself during flu season.	SFPBS	(S)	(CC)	N/A	#1325H
04:00:00	Men's Health (Stomach Issues) In-depth exploration of a wide variety of issues that affect men's health. Focus: Dr. Eduardo Ruan discusses the most common GI disorders in men and different treatment options.	SFPBS	(S)	(CC)	N/A	#974H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
06:00:00	Alma's Way All About Alma/Alma's Playdate When Alma is consumed with her starring role in a musical, she doesn't understand why her friends aren't happy for her. / Alma helps Harper feel at home during a playdate at the Rivera house.	PBS	(S)	(CC)	DVI	#129H
06:30:00	Scigirls Multitasking Mania Can teens -- juggling computers, smartphones, music, homework and TV at the same time -- multitask as well as they think they can? Alejandra and her friends find out.	PBSPL	(S)	(CC)	N/A	#205H
07:00:00	Wild Kratts Box Turtled In! When the Wild Kratts Tortuga is accidentally miniaturized and carried off by a coyote, the mothership's shell defense is finally put to the test. The gang embarks on a box turtle-style mission to get back to the Miniaturizer and restore the Tortuga back to normal size. Science Concept: Defense.	PBS	(S)	(CC)	N/A	#418H
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

Date: 07/06/2023
 Sun, Jun 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3301H
<p>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.</p>						
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
<p>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.</p>						
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

Sun, Jun 25, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
11:28:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3608H
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	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1003H
	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.					
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1004H
	It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	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.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	Focus- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVANIK, patient: Spine surgery (Patient story - Paola) 3. DR. MARCIO FAGUNDES Proton therapy & clinical trials					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	Focus: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Healthy Shopping Tips, Jenna Werner, RD 4. Holiday Safety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimberlain, RD					
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
	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					
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: Preventing Disease and Staying Healthy 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	#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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	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 Masters Sports and the Fountain of Youth We dive deep into the world of masters sports to see how athletes of all ages continue to shatter expectations. Go inside the ropes at the National Senior Games with champion runner Alicia Antoinette, as she shows what happens when we push ourselves to be our absolute best. Plus, learn how physical activity of any kind can unlock the Fountain of Youth for all of us.	APTEX	(S)	(CC)	N/A	#804H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
22:00:00	Sex Talk with Dr. Lia How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
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 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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1803H
01:00:00	Spine & Back Care #976 (Your Aching Back) Focus: Dr. Gosha Brusovanik has the latest on spine and back conditions and how to treat them for a pain free life	SFPBS	(S)	(CC)	N/A	#976H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
03:00:00	Heart Health (Cardiac Health Update) Dr. Lisardo Garcia-Covarrubias discusses atrial valve disease.	SFPBS	(S)	(CC)	N/A	#1330H
04:00:00	Sports Medicine (Athletic Injuries) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. Focus: Dr. Derek Papp and Dr. Lisa Corsa discuss rehabilitation for the most commonly athletic injured joints: shoulder, elbow, knee and ankle, and how best to prevent them.	SFPBS	(S)	(CC)	N/A	#977H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1810H
06:00:00	Classical Stretch: By Essentrics Your core consists of more than just your abs - it includes your back, sides, and entire midsection! Having a strong core will reduce back pain while helping you to do any physical activities efficiently and without injury. In this intermediate standing & floor workout Miranda will work your entire core.	APTEX	(S)	(CC)	N/A	#1308H
06:30:00	Wai Lana Yoga Perfect Partners Flexibility and strength are perfect partners, so develop them both with today's mix of postures.	APTEX	(S)	(CC)	N/A	#723
07:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
08:00:00	Call The Midwife Episode 3 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.	PBS	(S)	(CC)	DVI	#1003H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.					
10:30:00	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.					
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 Episode 4	PBS	(S)	(CC)	DVI	#1004H
	It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.					
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1005H
	With Sister Hilda away on a refresher course, Sister Julianne steps in to carry out home visits. The new Pupil Midwives settle in. An overly protective mother struggles to cope with her daughter's teenage pregnancy and frustrates Pupil Midwife Nancy.					
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	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."					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramos 3. Genito-urinary Syndrome of Menopause - Dr. Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
	Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment - Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein					
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 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.	NETA	(S)	(CC)	N/A	#0H
18:30:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
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	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#103H
21:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
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 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.	APTEX	(S)	(CC)	N/A	#1705H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1804H
01:00:00	Brain Health #982 (Brain Aneurysms) Memory, Learning, Concentration. Focus: Dr. Guilherme Dabus has an update in honor of Brain Awareness Week in March.	SFPBS	(S)	(CC)	N/A	#982H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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
03:00:00	Spine & Back Care (Common Back & Neck Pain) Dr. Brusovanik discusses common back and neck pain conditions and injuries.	SFPBS	(S)	(CC)	N/A	#1335H
04:00:00	Health Trends (Physician Tips) Find out the latest trends that contribute to a healthy life. Focus: Dr. Steven Rosenberg and Ed Tellechea discuss how to select the safest physician and what resources the public has in both identifying physicians who are of high quality but also how to report those that are not. They share information on top ten issues Board of Medicine deals with; where can a patient file a complaint and the role of the Board of medicine and their available resources.	SFPBS	(S)	(CC)	N/A	#983H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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
06:00:00	Classical Stretch: By Essentrics Enjoy the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & barre workout. Miranda Esmonde-White believes that you can strengthen and tone your legs without causing injuries; that's why she has created this intermediate workout designed to activate and strengthen the muscles of your legs in a safe and balanced way.	APTEX	(S)	(CC)	N/A	#1309H
06:30:00	Wai Lana Yoga Lord of the Dance This graceful balancing pose is a study in concentration, poise, and beauty. After backbends and a twist, end the session with musical meditation.	APTEX	(S)	(CC)	N/A	#724
07:00:00	Happy Yoga with Sarah Starr Sunflower Meadow 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.	NETA	(S)	(CC)	N/A	#709

Tue, Jun 27, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
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 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.					
10:30:00	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.					
11:00:00	Innovations In Medicine Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement.	NETA	(S)	(CC)	N/A	#412H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Vacc Camp	SFPBS	(S)	(CC)	N/A	#209H
	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.					
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 How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.					
14:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
15:00:00	Smartlife Focus: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Obesity - Dr. Luciano Fiszer 3. Dental Health and Overall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5. Gua Sha - Sandy Root, acupuncture physician 6. Thyroid Nodules - Dr. Robert Udelsman	SFPBS	(S)	(CC)	N/A	#2001H
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:00:00	Smartlife Focus: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martin 3. PVD and Leg Pain - Dr. Bernie Fernandez 4. Importance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2005H
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:31:00	Smartlife Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik	SFPBS	(S)	(CC)	N/A	#2007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Finding Hope-Town Hall 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.	SFPBS	(S)	(CC)	N/A	#103H
18:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) A Mother's Love Finding inspiration to fight cancer calls upon courage and an immense determination to soldier on through the toughest of days. This arduous journey also requires support and love from friends and family. Michael Cramer was gifted with all these necessary ingredients to forge ahead, not only from a family who loves him but a especially from a mother whose encouragement strengthened her son through his darkest moments. Here is Michael's remarkable story about a mother's love, his undying resilience and the important lessons he learned about giving back the gift of survival.	SFPBS	(S)	(CC)	N/A	#210H
19:00:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.2	SFPBS	(S)	(CC)	N/A	#103
19:30:00	Healing America's Heroes Town Hall (Sfpbs) A Benefits Breakthrough Pt.1	SFPBS	(S)	(CC)	N/A	#102H
20:00:00	Get Busy Living 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.	NETA	(S)	(CC)	N/A	#0H
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 How to Talk About Sex Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.	SFPBS	(S)	(CC)	N/A	#211H
22:30:00	Health Insiders Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks	SFPBS	(S)	(CC)	N/A	#1021H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1805H
01:00:00	Plastic/Cosmetic Surgery #984 (Body-Sculpting) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. Focus: Dr. Daniel Careaga helps educate the public and provide patients with what they need to know, the questions they should ask before having any type of surgery. He also shares information about EmSculpt, the latest technology which uses high-intensity focused electromagnetic energy to trigger contractions that cannot be achieved by voluntary muscle action.	SFPBS	(S)	(CC)	N/A	#984H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
03:00:00	Sports Medicine (Phys Therapy Help for Elderly) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility.	SFPBS	(S)	(CC)	N/A	#1320H
04:00:00	Kids & Teens (Autism Update) Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Cathy Schwartz, Jacob Vallejo, Nelson Gonzalez & Victoria Sanchez discuss the different physical & occupational therapies, speech, psychological and other therapies available to children with developmental disorders such as Autism.	SFPBS	(S)	(CC)	N/A	#985H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Enjoy the beautiful Bermuda coastline in this advanced workout designed to strengthen the full musculature of the hips and glutes. Our hips provide stability to our entire body during walking, running, or any activity! In this all-standing workout Miranda Esmonde-White combines a series of full-body strengthening & stretching exercises to give you strong, healthy hips.	APTEX	(S)	(CC)	N/A	#1310H
06:30:00	Wai Lana Yoga Special: Blankets Blankets can make your yoga session easier and more enjoyable. Wai Lana shows you how.	APTEX	(S)	(CC)	N/A	#722
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H

Wed, Jun 28, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 3 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.	PBS	(S)	(CC)	DVI	#1003H
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 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.	APTEX	(S)	(CC)	N/A	#1806H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
11:00:00	Conscious Living Dancing to the Rhythm Around The World On this episode, we're dancing to the beat of humanity to explore the uplifting power of music to transform and heal. We start in Joshua Tree, California for the best yoga and music festival of the year. Next we're off to the island of Bali, Indonesia for an immersive didgeridoo sound healing and a sacred dance retreat teaching women how to reclaim their innate feminine power. Then, we power through a magical night in Rome, Italy fueled by raw cacao, vegan gelato and live electronica at the center of Rome's boho Monti district - wow!	NETA	(S)	(CC)	N/A	#106H
11:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H
12:00:00	Call The Midwife Episode 4 It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	PBS	(S)	(CC)	DVI	#1004H
13:00:00	Call The Midwife Episode 5 With Sister Hilda away on a refresher course, Sister Julianne steps in to carry out home visits. The new Pupil Midwives settle in. An overly protective mother struggles to cope with her daughter's teenage pregnancy and frustrates Pupil Midwife Nancy.	PBS	(S)	(CC)	DVI	#1005H
14:00:00	Hope Is Here (Sfpbs/Health Channel Local) 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."	SFPBS	(S)	(CC)	N/A	#103H
14:30:00	Health Insiders Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms	SFPBS	(S)	(CC)	N/A	#1023H
15:00:00	Smartlife 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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H

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Start	Title Subtitle	Distrib	Stereo	Cap	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
	<p>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.</p>					
18:30:00	In The Night I Remember Your Name	NETA	(S)	(CC)	N/A	#0H
	<p>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.</p>					
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
	<p>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.</p>					
21:00:00	Hope and Healing (Sfpbs Town Hall) Exposing The Fentanyl Crisis	SFPBS	(S)	(CC)	N/A	#103H
	<p>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.</p>					
22:00:00	Hope Is Here (Sfpbs/Health Channel Local) Hank Baskett	SFPBS	(S)	(CC)	N/A	#103H
	<p>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."</p>					
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
	<p>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.</p>					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1806H
01:00:00	Dermatology #986 (Skincare Tips) Focus: Caleb McGrew shares information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#986H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1706H
03:00:00	Primary Care (Flu Shot Update) Dr. Vazquez explains the importance of getting vaccinated . Focus: Protecting yourself during flu season.	SFPBS	(S)	(CC)	N/A	#1325H
04:00:00	Dermatology #987 (Skincare Help) Focus: Dr. Deborah Longwill shares advice and information about the best treatments and care of diseases dealing with the skin, nails, and hair, from the superficial to the in-depth.	SFPBS	(S)	(CC)	N/A	#987H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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.	APTEx	(S)	(CC)	N/A	#1706H
06:00:00	Classical Stretch: By Essentrics Full body strength and flexibility is vital in maintaining your balance, mobility, and staying out of pain. This advanced, full-body workout is designed to challenge and improve your balance by strengthening your core and full body. Join Miranda Esmonde-White in Bermuda for this standing & barre workout!	APTEx	(S)	(CC)	N/A	#1311H
06:30:00	Wai Lana Yoga Supple Sides Loosen the sides of your torso with Cat Twist and a side leg lift. Stretch out your hips, knees, and legs with Lotus Stretch and relax into Lotus Forward Bend.	APTEx	(S)	(CC)	N/A	#726
07:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H

Thu, Jun 29, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Medicating Normal One in five Americans are physically dependent on, not heroin or cocaine, but commonly prescribed psychiatric drugs. Combining cinema verite and investigative journalism, MEDICATING NORMAL follows the stories of five ordinary people whose doctors prescribed psychiatric drugs to help with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is the untold story of the very serious consequences that can occur when profit-driven medicine intersects with human beings in distress.	NETA	(S)	(CC)	N/A	#0H
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 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.	APTEX	(S)	(CC)	N/A	#1808H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1809H
11:00:00	Innovations In Medicine Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement.	NETA	(S)	(CC)	N/A	#412H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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.	SFPBS	(S)	(CC)	N/A	#209H
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? What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.	SFPBS	(S)	(CC)	N/A	#212H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife 1st hour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Nutrition & Exercise, Fillers vs Face Creams, Healthy Ways to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2201H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife How to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back Pain Q & A, Bad Habits that Wreck Your Teeth	SFPBS	(S)	(CC)	N/A	#2205H
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 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.	NPS	(S)	(CC)	N/A	#0H
18:00:00	Expect A Miracle "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.	NETA	(S)	(CC)	N/A	#0
19:00:00	Research Detectives (Sfpbs/Health Channel Local) Outsmarting Cancer One of the cleverest ways cancer cells survive is by evading detection from the immune system forces that would otherwise destroy them. In this new episode of Research Detectives, we go inside the laboratory with the scientists who are working to outsmart cancer cells and expose them. Plus, we take a look at medications and treatments that could force cancer cells to destroy themselves.	SFPBS	(S)	(CC)	N/A	#102H
19:30:00	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 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.	APTEX	(S)	(CC)	N/A	#1705H
20:00:00	Expect A Miracle "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.	NETA	(S)	(CC)	N/A	#0
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 Sex & Sleep: What's The Connection? What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health.	SFPBS	(S)	(CC)	N/A	#212H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	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.

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Fri, Jun 30, 2023

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
00:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1807H
01:00:00	Nutrition & Health #988 (Healthy Nutrition) Focus: Dr. Deepa Sharma explains approaches to healthy eating and ways to use food as medicine.	SFPBS	(S)	(CC)	N/A	#988H
02:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
02:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
03:00:00	Sports Medicine (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
04:00:00	Healthy Living (Bariatric Weight-Loss Surgery) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Dr. Rabaza discuss recent trends in bariatric surgeries and procedures.	SFPBS	(S)	(CC)	N/A	#990H
05:00:00	All Health Go 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.	SFPBS	(S)	(CC)	N/A	#0H
05:30:00	Second Opinion with Joan Lunden 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	(S)	(CC)	N/A	#1707H
06:00:00	Classical Stretch: By Essentrics The muscles of your core act as the scaffolding surrounding your torso, back, and sides - keeping your torso corseted, back upright, and spine in good posture. This is why having a strong and flexible core is essential to looking and feeling young. This intermediate workout is designed to strengthen the core and open the chest and pectorals - leaving you with improved posture.	APTEX	(S)	(CC)	N/A	#1312H
06:30:00	Wai Lana Yoga Anyone Can Do It	APTEX	(S)	(CC)	N/A	#101H
07:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#103H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 3 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.	PBS	(S)	(CC)	DVI	#1003H
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 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.	APTEX	(S)	(CC)	N/A	#1810H
10:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1702H
11:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg 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.	SFPBS	(S)	(CC)	N/A	#203H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#140H
12:00:00	Call The Midwife Episode 4 It's July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrival of four new pupil midwives. One of them, Nancy Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	PBS	(S)	(CC)	DVI	#1004H
13:00:00	Call The Midwife Episode 5 With Sister Hilda away on a refresher course, Sister Julianne steps in to carry out home visits. The new Pupil Midwives settle in. An overly protective mother struggles to cope with her daughter's teenage pregnancy and frustrates Pupil Midwife Nancy.	PBS	(S)	(CC)	DVI	#1005H
14:00:00	Health Insiders Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon	SFPBS	(S)	(CC)	N/A	#1054H
14:30:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
15:00:00	Smartlife Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks	SFPBS	(S)	(CC)	N/A	#101H
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

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15:58:00	Smartlife Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack - Sandi Glandt	SFPBS	(S)	(CC)	N/A	#105H
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 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.	SFPBS	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1706H
20:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Hope and Healing (Sfpbs Town Hall) 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.	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Healthy Minds with Dr. Jeffrey Borenstein Suicide Prevention, Part One: What You and Your Family Need to Know The latest research looking at the rise in rates among different cultural groups, effective prevention strategies, the myths and importance of communication with suicidal individuals, and more. Guest: Dr. Christine Yu Moutier, Chief Medical Officer of the American Foundation for Suicide Prevention and a leader in the field.	NETA	(S)	(CC)	N/A	#804H
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#141H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden 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.	APTEX	(S)	(CC)	N/A	#1709H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	<p>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.</p>					
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	<p>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.</p>					