

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Sat, Oct 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
01:00:00	Health Trends #1082 (Hookah Warnings) Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies.	SFPBS	(S)	(CC)	N/A	#1082H
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 Precision Medicine One in eight women in the U.S. will develop invasive breast cancer over the course of their lifetime and most of them will have no family history of the disease. Precision medicine helps determine the most effective treatment for individual types of cancer and helps avoid the risks and side effects of unnecessary treatment. In this episode, we learn about the latest approaches to the diagnosis and treatment of breast cancer.	APTEX	(S)	(CC)	N/A	#1501H
03:00:00	Mental Health (Latest Tips) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1291H
04:00:00	Staying Healthy #1159 (Diabetic Nerve Damage) Focus: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropathy Awareness Week in May.	SFPBS	(S)	(CC)	N/A	#1159H
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 Precision Medicine One in eight women in the U.S. will develop invasive breast cancer over the course of their lifetime and most of them will have no family history of the disease. Precision medicine helps determine the most effective treatment for individual types of cancer and helps avoid the risks and side effects of unnecessary treatment. In this episode, we learn about the latest approaches to the diagnosis and treatment of breast cancer.	APTEX	(S)	(CC)	N/A	#1501H
06:00:00	Alma's Way Checkers Champ/World's Greatest	PBS	(S)	(CC)	DVI	#121H
06:30:00	Scigirls Workin' It Out Jekima and friends break a sweat in steamy South Carolina hiking, playing soccer, dancing and doing yoga -- all to find out, "what's the best exercise for me?"	PBSPL	(S)	(CC)	N/A	#207H
07:00:00	Wild Kratts Neck and Neck As Chris and Martin search for the answer to why giraffes have long necks, a mischievous giraffe begins secretly taking Creature Power Suit parts and supplies from the Tortuga.	PBS	(S)	(CC)	N/A	#206H
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 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
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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
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

Sat, Oct 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
12:00:00	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	#0
13:00:00	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
14:00:00	Sex Talk with Dr. Lia Are aphrodisiacs really a love potion? And the experts weigh in on the science of sex addiction.	SFPBS	(S)	(CC)	N/A	#107H
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
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
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Rfids: Royal Flying Doctor Service When a catastrophic explosion at an underground mine creates a mass-casualty incident, the RFDS are called to save the lives of two brothers caught in the blast.	PBSPL	(S)	(CC)	N/A	#107H
18:00:00	Healthy Minds with Dr. Jeffrey Borenstein Depression - Intersection of Faith and Mental Health A psychologist who lost his daughter to suicide has become a leading voice of support for others, sharing how his faith, clinical training, and his own depression impacted his experience. W. Daniel Hale., Ph. D, Special Advisor to the President of Johns Hopkins Bayview Medical Center, offers insight for families to try to help them prevent their own tragedy.	NETA	(S)	(CC)	N/A	#711H
18:30:00	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
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

Sat, Oct 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	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 Are aphrodisiacs really a love potion? And the experts weigh in on the science of sex addiction.	SFPBS	(S)	(CC)	N/A	#107H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion Menopause	APTEX	(S)	(CC)	N/A	#1503H
	The average life span of a woman in the United States is 84 years. That means that many women will spend a full half of their lives as post-menopausal. It's easy to feel overwhelmed by symptoms and unsure about how to deal with them. In this episode, menopause experts provide practical advice to help women cope with hot flashes and other common, often debilitating symptoms, while addressing myths about available treatment such as Hormone Replacement Therapy (HRT).					

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Sun, Oct 02, 2022

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 Caregiving Through Alzheimer's Disease 5.7 million people are living with Alzheimer's disease today. Caring for a family member with Alzheimer's is a cause for stress, exhaustion, depression, caregiver burnout, and other health problems for the caregiver. Our three guests share the journeys they have lived while caring for their loved ones.	APTEX	(S)	(CC)	N/A	#1508H
01:00:00	Pain Management #1152 (Update) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1152H
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 Hypothyroidism It is estimated that 20 million people in the U.S. have thyroid disease and 12% of Americans will develop a thyroid condition in their lifetime. Thyroid disease can be life altering and debilitating, especially when left untreated.	APTEX	(S)	(CC)	N/A	#1609
03:00:00	All About Cancer (Proton Therapy) Focus: Dr. Hall discusses proton therapy treatments for different types of cancers.	SFPBS	(S)	(CC)	N/A	#1153H
04:00:00	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
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 Hypothyroidism It is estimated that 20 million people in the U.S. have thyroid disease and 12% of Americans will develop a thyroid condition in their lifetime. Thyroid disease can be life altering and debilitating, especially when left untreated.	APTEX	(S)	(CC)	N/A	#1609
06:00:00	Alma's Way Chacho Gets A Bath/Frankie's Four Feet	PBS	(S)	(CC)	DVI	#128H
06:30:00	Scigirls Bee Haven What's the buzz in urban gardens? The SCIGIRLS use math, mapping and data visualization to help a colony of bees thrive in a downtown Phoenix neighborhood.	PBSPL	(S)	(CC)	N/A	#208H
07:00:00	Wild Kratts Creature Power Challenge After getting caught in the middle of a tussle between a grumpy rhino and an outraged elephant, Martin and Chris decide to have a contest to decide what's stronger - elephant or rhino powers.	PBS	(S)	(CC)	N/A	#203H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Date: 12/30/2022  
 Sun, Oct 02, 2022

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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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 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 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	Sex Talk with Dr. Lia This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?	SFPBS	(S)	(CC)	N/A	#108H
14:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
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
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Rfds: Royal Flying Doctor Service As the RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the seemingly straightforward case of a boy with a concussion turns into a potentially fatal situation.	PBSPL	(S)	(CC)	N/A	#108H
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#107H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

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Sun, Oct 02, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(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 This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?	SFPBS	(S)	(CC)	N/A	#108H
22:30:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion Pain Management Beyond Opioids Opioid overdose caused more than 42,000 deaths in the U.S. in 2016, and the crisis continues. Every day, more than 115 people in the United States die after overdosing on opioids. Two million Americans are dependent on pain pills and street drugs to deal with their pain. Our patient Laura Garrison has lived with disabling pain for decades and is concerned about managing her active life while also managing her chronic pain. Is it true that there are several other pain meds that are equally effective for treating pain? Learn what's on the horizon as researchers work to help find ways for people to better manage pain.	APTEX	(S)	(CC)	N/A	#1504H



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Mon, Oct 03, 2022

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	Brain Health #1143 (Update) Memory, Learning, Concentration.	SFPBS	(S)	(CC)	N/A	#1143H
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 Insomnia Insomnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, specific substances, and/or certain biological factors. No matter the cause, insomnia is the most commonly reported sleep disorder, and can cause incredible disruption in a person's well-being.	APTEX	(S)	(CC)	N/A	#1610H
03:00:00	Spine & Back Care #1155 (Back Update) Spine and back conditions and how to treat them for a pain free life. Dr. Brusovanik discusses...	SFPBS	(S)	(CC)	N/A	#1155H
04:00:00	Spine & Back Care #1155 (Back Update) Spine and back conditions and how to treat them for a pain free life. Dr. Brusovanik discusses...	SFPBS	(S)	(CC)	N/A	#1155H
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 Insomnia Insomnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, specific substances, and/or certain biological factors. No matter the cause, insomnia is the most commonly reported sleep disorder, and can cause incredible disruption in a person's well-being.	APTEX	(S)	(CC)	N/A	#1610H
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 No More Headaches	APTEX	(S)	(CC)	N/A	#315H
07:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H

Mon, Oct 03, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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.					
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 Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
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. 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
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21:00:00	Your Fantastic Mind Long Covid	NETA	(S)	(CC)	N/A	#203
	It is estimated more than 11 million Americans are living with long Covid. Some people never fully recover from the virus, while others recover and then relapse with the same or new symptoms. With very few clinics dedicated to treating long Covid and with researchers and healthcare professionals still in the early stages of understanding how it manifests, millions of people are living with chronic issues not being addressed. Many can no longer work and function normally. This episode features four different people with long Covid, including an emergency room physician. We learn about research helping us better understand long Covid and the connection it has to other conditions such as chronic fatigue syndrome. The episode also looks at how widely available FDA medications can be repurposed and used to treat and help alleviate symptoms for some people fighting long Covid.					
21:30:00	Your Fantastic Mind Becoming A Brain Surgeon	NETA	(S)	(CC)	N/A	#204H
	The road to becoming a brain surgeon, or neurosurgeon, is widely known as the most difficult and longest in all of medicine. In the United States, neurosurgery residency training takes seven years after medical school. It is a competitive field where very few make the cut and achieve the dream. In this episode, we embed with the Emory Department of Neurosurgery's newest class of residents, taking viewers behind the curtain through their long days and long nights. From Emory's first African American woman neurosurgery resident to a man motivated to enter the field after lifechanging brain surgery as a child, we shadow these first-year residents as they begin their arduous journey.					
22:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Tue, Oct 04, 2022

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	Living Well (Drunk Driving & Alcohol Abuse) Disease prevention and healthy lifestyle info.	SFPBS	(S)	(CC)	N/A	#1160H
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 #1239 (Skin Issues) Dr.Olga Kromo discusses scleroderma in support of Scleroderma Awareness Month. Focus: Rheumatoid arthritis and lupus.	SFPBS	(S)	(CC)	N/A	#1239H
04:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Searby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
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 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 The Importance of Breath	APTEX	(S)	(CC)	N/A	#316H
07:00:00	Happy Yoga with Sarah Starr Waterfall Haven Relax along the rejuvenating waterfall setting as we calm the body and mind with a gentle yoga practice using a chair for support, including stretches for the neck, shoulders and upper back combined with modified seated forward bends to stretch the hamstrings and hips.	NETA	(S)	(CC)	N/A	#403H
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Tue, Oct 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H
09:00:00	Your Fantastic Mind Long Covid It is estimated more than 11 million Americans are living with long Covid. Some people never fully recover from the virus, while others recover and then relapse with the same or new symptoms. With very few clinics dedicated to treating long Covid and with researchers and healthcare professionals still in the early stages of understanding how it manifests, millions of people are living with chronic issues not being addressed. Many can no longer work and function normally. This episode features four different people with long Covid, including an emergency room physician. We learn about research helping us better understand long Covid and the connection it has to other conditions such as chronic fatigue syndrome. The episode also looks at how widely available FDA medications can be repurposed and used to treat and help alleviate symptoms for some people fighting long Covid.	NETA	(S)	(CC)	N/A	#203
09:30:00	Your Fantastic Mind Becoming A Brain Surgeon The road to becoming a brain surgeon, or neurosurgeon, is widely known as the most difficult and longest in all of medicine. In the United States, neurosurgery residency training takes seven years after medical school. It is a competitive field where very few make the cut and achieve the dream. In this episode, we embed with the Emory Department of Neurosurgery's newest class of residents, taking viewers behind the curtain through their long days and long nights. From Emory's first African American woman neurosurgery resident to a man motivated to enter the field after lifechanging brain surgery as a child, we shadow these first-year residents as they begin their arduous journey.	NETA	(S)	(CC)	N/A	#204H
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 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 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
12:00:00	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H
13:00:00	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
14:00:00	Sex Talk with Dr. Lia This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?	SFPBS	(S)	(CC)	N/A	#108H

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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. 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
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	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
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:30	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Rfids: Royal Flying Doctor Service As the RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the seemingly straightforward case of a boy with a concussion turns into a potentially fatal situation.	PBSPL	(S)	(CC)	N/A	#108H
18:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
18:30:00	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
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 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	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H

Tue, Oct 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	SFPBS	(S)	(CC)	N/A	#108H
	This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
	Focus: The flu, What causes Scoliosis, Exercise and arthritis					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
	Pregnant women in the United States are more than twice as likely to die from complications related to pregnancy or childbirth than those in most other high-income countries in the world. And behind these statistics lie startling racial disparities in the care, treatment, and health outcomes for women of color.					

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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	Mental Health (Kids Mental Health) Dr. Torres discusses the latest medical updates In support of Children's Mental Health Awareness Week in May.	SFPBS	(S)	(CC)	N/A	#1162H
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 (Hernia Help) Dr. Gonzalez Ramos discusses minimally invasive and robotic surgery treatment options for hernias.	SFPBS	(S)	(CC)	N/A	#1295H
04:00:00	Health Trends (Melanoma Monday) Focus: Dr. Sharma & Dr. Mayoral discusses Skin Cancer Prevention and what is the significance on Melanoma Monday.	SFPBS	(S)	(CC)	N/A	#1163H
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 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 Ketchari Mudra	APTEX	(S)	(CC)	N/A	#317H
07:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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, Oct 05, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	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
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	Conscious Living Vegan In Vegas What happens in Vegas, stays in Vegas! Join us on a quest to find out if mindfulness can be a winning bet when traveling to Sin City. After checking into the greenest luxury hotel in town, we search for Vegas' hidden conscious gems. First, we venture on a 34-mile scenic nature drive to a beautiful hike through nearby Red Rock Canyon National Park. Then, Bianca doubles down on compassion with rescued farm animals at a sanctuary just minutes from the strip, and meditation at a Hindu temple behind the world-famous Hell's Kitchen restaurant. Finally, Michael rolls the dice to see if he can make vegan crab cakes that taste like real thing at the first plant-based culinary school in the United States.	NETA	(S)	(CC)	N/A	#201H
11:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
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	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 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. 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
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:56:00	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					
16:17:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Accidental Host: The Story of Rat Lungworm Disease	NETA	(S)	(CC)	N/A	#0H
	ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.					
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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	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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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 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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Thu, Oct 06, 2022

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	Plastic/Cosm Surgery (Cosmetic Surgery Update) Focus: Dr. Careaga and Reana Myers discuss looking and feeling like a 'Mother of all ages and stages.	SFPBS	(S)	(CC)	N/A	#1164H
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	Sports Medicine (Shoulder Issues) Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis.	SFPBS	(S)	(CC)	N/A	#1297H
04:00:00	Living Well #1165 (Nursing Care Benefits) Focus: Rosemarie Schwitzer discusses the important role of advanced practice nurses and the impact they have on healthcare delivery , patient care and outcomes in honor of Nurses Week in May.	SFPBS	(S)	(CC)	N/A	#1165H
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 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 Steady Now!	APTEX	(S)	(CC)	N/A	#318H
07:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

Thu, Oct 06, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H
09:00:00	Your Fantastic Mind Long Covid It is estimated more than 11 million Americans are living with long Covid. Some people never fully recover from the virus, while others recover and then relapse with the same or new symptoms. With very few clinics dedicated to treating long Covid and with researchers and healthcare professionals still in the early stages of understanding how it manifests, millions of people are living with chronic issues not being addressed. Many can no longer work and function normally. This episode features four different people with long Covid, including an emergency room physician. We learn about research helping us better understand long Covid and the connection it has to other conditions such as chronic fatigue syndrome. The episode also looks at how widely available FDA medications can be repurposed and used to treat and help alleviate symptoms for some people fighting long Covid.	NETA	(S)	(CC)	N/A	#203
09:30:00	Your Fantastic Mind Becoming A Brain Surgeon The road to becoming a brain surgeon, or neurosurgeon, is widely known as the most difficult and longest in all of medicine. In the United States, neurosurgery residency training takes seven years after medical school. It is a competitive field where very few make the cut and achieve the dream. In this episode, we embed with the Emory Department of Neurosurgery's newest class of residents, taking viewers behind the curtain through their long days and long nights. From Emory's first African American woman neurosurgery resident to a man motivated to enter the field after lifechanging brain surgery as a child, we shadow these first-year residents as they begin their arduous journey.	NETA	(S)	(CC)	N/A	#204H
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 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	Conscious Living Vegan In Vegas What happens in Vegas, stays in Vegas! Join us on a quest to find out if mindfulness can be a winning bet when traveling to Sin City. After checking into the greenest luxury hotel in town, we search for Vegas' hidden conscious gems. First, we venture on a 34-mile scenic nature drive to a beautiful hike through nearby Red Rock Canyon National Park. Then, Bianca doubles down on compassion with rescued farm animals at a sanctuary just minutes from the strip, and meditation at a Hindu temple behind the world-famous Hell's Kitchen restaurant. Finally, Michael rolls the dice to see if he can make vegan crab cakes that taste like real thing at the first plant-based culinary school in the United States.	NETA	(S)	(CC)	N/A	#201H
12:00:00	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H
13:00:00	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
14:00:00	Sex Talk with Dr. Lia Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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. 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
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	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
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Rfids: Royal Flying Doctor Service As the RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the seemingly straightforward case of a boy with a concussion turns into a potentially fatal situation.	PBSPL	(S)	(CC)	N/A	#108H
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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 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	Accidental Host: The Story of Rat Lungworm Disease ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Your Fantastic Mind Long Covid It is estimated more than 11 million Americans are living with long Covid. Some people never fully recover from the virus, while others recover and then relapse with the same or new symptoms. With very few clinics dedicated to treating long Covid and with researchers and healthcare professionals still in the early stages of understanding how it manifests, millions of people are living with chronic issues not being addressed. Many can no longer work and function normally. This episode features four different people with long Covid, including an emergency room physician. We learn about research helping us better understand long Covid and the connection it has to other conditions such as chronic fatigue syndrome. The episode also looks at how widely available FDA medications can be repurposed and used to treat and help alleviate symptoms for some people fighting long Covid.	NETA	(S)	(CC)	N/A	#203

Thu, Oct 06, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:30:00	Your Fantastic Mind Becoming A Brain Surgeon	NETA	(S)	(CC)	N/A	#204H
	<p>The road to becoming a brain surgeon, or neurosurgeon, is widely known as the most difficult and longest in all of medicine. In the United States, neurosurgery residency training takes seven years after medical school. It is a competitive field where very few make the cut and achieve the dream. In this episode, we embed with the Emory Department of Neurosurgery's newest class of residents, taking viewers behind the curtain through their long days and long nights. From Emory's first African American woman neurosurgery resident to a man motivated to enter the field after lifechanging brain surgery as a child, we shadow these first-year residents as they begin their arduous journey.</p>					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#109H
	<p>Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.</p>					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	<p>Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children</p>					
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 Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
	<p>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.</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 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	Staying Healthy #1159 (Diabetic Nerve Damage) Focus: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropathy Awareness Week in May.	SFPBS	(S)	(CC)	N/A	#1159H
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	Kids & Teens (Infant Heart Help) Dr. Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focus: Common pediatric heart conditions.	SFPBS	(S)	(CC)	N/A	#1302H
04:00:00	Women's Health (Bladder Pain Syndrome) Focus: Dr. Sepulveda-Toro discusses bladder pain syndrome.	SFPBS	(S)	(CC)	N/A	#1167H
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 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 Variations on the Classics	APTEX	(S)	(CC)	N/A	#319H
07:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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, Oct 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	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
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	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
11:30:00	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
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	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
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. 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
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H



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15:45:00	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					
16:12:00	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	Accidental Host: The Story of Rat Lungworm Disease	NETA	(S)	(CC)	N/A	#0H
	ACCIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of a foodborne parasite that invades human brains and now thrives in tropical areas of five continents, including Hawaii and Florida.					
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
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	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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others	SFPBS	(S)	(CC)	N/A	#0H
	The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.					
21:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
23:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	The misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bacteria and endangering the efficacy of antibiotics. Considered the next pandemic, antibiotic resistance is a threat to global health and food security.					

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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	Staying Healthy #1168 (Child Abuse Awareness) Focus: Graciela Jimenez & Dr. Lambert discuss child abuse - awareness, risk factors, prevention and support.	SFPBS	(S)	(CC)	N/A	#1168H
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	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	Staying Healthy #1169 (Adrenal Glands Update) Focus: Dr. Erinjeri discusses a posterior retroperitoneoscopic adrenalectomy.	SFPBS	(S)	(CC)	N/A	#1169H
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	Alma's Way No-Go Mofongo/Alma Vs. Eddie	PBS	(S)	(CC)	DVI	#101H
06:30:00	Scigirls Pedal Power Best friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power tools to engineer an ice cream-maker that's powered by their bikes.	PBSPL	(S)	(CC)	N/A	#209H
07:00:00	Wild Kratts Back In Creature Time - Tasmanian Tiger, Part 2 After their encounter with the Dodo Bird, the Wild Kratts decide to try out Aviva's Time Trampoline again. This time to visit with the extinct Tasmanian Tiger. But their trip doesn't go as smoothly as they hoped. Not only do they run into the ancestors of Donita and Dabio - who are trying to get rid of all the Tasmanian tigers - but the Wild Kratts have to defeat Zach, who is hatching a plan to keep them trapped in the past forever!	PBS	(S)	(CC)	N/A	#326H
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

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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	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	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.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#108H
	This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?					
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	#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
15:26:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	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					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:30	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Rfds: Royal Flying Doctor Service As the RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the seemingly straightforward case of a boy with a concussion turns into a potentially fatal situation.	PBSPL	(S)	(CC)	N/A	#108H
18:00:00	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
18:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
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 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	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
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 This week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus, can you and your partner really reach orgasm at the same time?	SFPBS	(S)	(CC)	N/A	#108H
22:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
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

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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	Mental Health (Kids Mental Health)  Dr. Torres discusses the latest medical updates In support of Children's Mental Health Awareness Week in May.	SFPBS	(S)	(CC)	N/A	#1162H
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 (Hernia Help)  Dr. Gonzalez Ramos discusses minimally invasive and robotic surgery treatment options for hernias.	SFPBS	(S)	(CC)	N/A	#1295H
04:00:00	Health Trends (Melanoma Monday)  Focus: Dr. Sharma & Dr. Mayoral discusses Skin Cancer Prevention and what is the significance on Melanoma Monday.	SFPBS	(S)	(CC)	N/A	#1163H
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 Too Corny/Alma Tags Along	PBS	(S)	(CC)	DVI	#119H
06:30:00	Scigirls Super Sleuths  At a forensics summer camp, super sleuths Emi and friends team up with real forensic scientists to solve the mysterious theft of the priceless "Queen of the Forest" ceremonial mask.	PBSPL	(S)	(CC)	N/A	#210H
07:00:00	Wild Kratts Golden Bamboo Lemur  While in Madagascar, the Wild Kratts learn from Wild Kratts Kid, Patricia Ranomafana, that a Golden Bamboo lemur baby has been born. The Team decides to stay a bit longer to learn about this rare lemur.	PBS	(S)	(CC)	N/A	#321H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

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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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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 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	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#109H
	Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.					
14:30:00	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					
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
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:56:00	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					
16:17:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Sages of Aging	APTEX	(S)	(CC)	N/A	#0H
	SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.					
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H



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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	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H
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 The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
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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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	Plastic/Cosm Surgery (Cosmetic Surgery Update) Focus: Dr. Careaga and Reana Myers discuss looking and feeling like a 'Mother of all ages and stages.	SFPBS	(S)	(CC)	N/A	#1164H
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	Sports Medicine (Shoulder Issues) Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis.	SFPBS	(S)	(CC)	N/A	#1297H
04:00:00	Living Well #1165 (Nursing Care Benefits) Focus: Rosemarie Schwitzer discusses the important role of advanced practice nurses and the impact they have on healthcare delivery , patient care and outcomes in honor of Nurses Week in May.	SFPBS	(S)	(CC)	N/A	#1165H
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 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 Cooling Breath	APTEX	(S)	(CC)	N/A	#320H
07:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
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	Sages of Aging SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.	APTEX	(S)	(CC)	N/A	#0H
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	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. 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
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Sages of Aging SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.	APTEX	(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 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	Sages of Aging SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Your Fantastic Mind Balance and Movement Cutting edge research that shows how stimulation of the vagus nerve can help patients regain arm function up to a decade after a stroke. Researchers at Emory/Georgia Tech who are studying the science of movement including the neuromechanics of human balance and gait. Their research shows that cognitive stiffness is connected to physical stiffness and vice versa and that improving one area can improve the other.	NETA	(S)	(CC)	N/A	#205H
21:30:00	Your Fantastic Mind Game Changers This episode features efforts to change huge issues. We take a critical look at disparities in maternal mortality and a new state of Georgia program, Peace for Moms, aimed at bridging the gap to provide mental health support for pre- and post-partum moms. And best-selling author and recovery expert William Cope Moyers, son of legendary journalist Bill Moyers, is featured in a segment about his journey with addiction. The story also features the work of the Clinton Foundation to educate faith leaders on the opioid crisis, so they can be part of a frontline solution. Finally, we take a closer look at new research examining the brain functions of grandmothers that goes a long way in explaining this important intergenerational relationship.	NETA	(S)	(CC)	N/A	#206H
22:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
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 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

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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	Healthy Trends (Pillars of a Healthy Lifestyle) Find out the latest trends that contribute to a healthy life. Henry Guzman and Tony Thomas discuss.	SFPBS	(S)	(CC)	N/A	#1170H
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	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
04:00:00	Kids & Teens (Humanitarian Healthcare) Dr. Medina and Rev. Escalona discuss growing up in a family with ethical, moral and religious principals. Focus: The guidance and example provided by humanitarian healthcare clinicians and counselors.	SFPBS	(S)	(CC)	N/A	#1171H
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 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.	APTEX	(S)	(CC)	N/A	#1216H
06:30:00	Wai Lana Yoga Stretch Your Legs	APTEX	(S)	(CC)	N/A	#321H
07:00:00	Happy Yoga with Sarah Starr Blooming Sunset Relax in the beauty of a blooming sunset as we gently stretch and lengthen the spine in a full range of motion. Including stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.	NETA	(S)	(CC)	N/A	#404H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Tue, Oct 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Your Fantastic Mind Balance and Movement Cutting edge research that shows how stimulation of the vagus nerve can help patients regain arm function up to a decade after a stroke. Researchers at Emory/Georgia Tech who are studying the science of movement including the neuromechanics of human balance and gait. Their research shows that cognitive stiffness is connected to physical stiffness and vice versa and that improving one area can improve the other.	NETA	(S)	(CC)	N/A	#205H
09:30:00	Your Fantastic Mind Game Changers This episode features efforts to change huge issues. We take a critical look at disparities in maternal mortality and a new state of Georgia program, Peace for Moms, aimed at bridging the gap to provide mental health support for pre- and post-partum moms. And best-selling author and recovery expert William Cope Moyers, son of legendary journalist Bill Moyers, is featured in a segment about his journey with addiction. The story also features the work of the Clinton Foundation to educate faith leaders on the opioid crisis, so they can be part of a frontline solution. Finally, we take a closer look at new research examining the brain functions of grandmothers that goes a long way in explaining this important intergenerational relationship.	NETA	(S)	(CC)	N/A	#206H
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	Innovations In Medicine Regenerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Physical Therapy, Digestive health - LifePharm.	NETA	(S)	(CC)	N/A	#413H
11:30:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
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 Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H
14:30:00	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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:59:00	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
16:28:00	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	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 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.	NETA	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
21:00:00	Sages of Aging SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H

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Date: 12/30/2022  
 Tue, Oct 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	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
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 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



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Wed, Oct 12, 2022

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 #1172 (Chronic Pain Help) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1172H
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	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	Sports Medicine #1173 (Arthritis Update) Dr. Swartzon discusses arthritis joints and how best to deal with that condition. Focus: If you're active and an athlete we have more tips in support of Arthritis Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1173H
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 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 Yoga at the Office	APTEX	(S)	(CC)	N/A	#322H
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

Wed, Oct 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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.					
09:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
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	Conscious Living Mindful Modernism	NETA	(S)	(CC)	N/A	#202H
	Dust off your mid-century threads for a trip back in time to the hottest ticket in town: Palm Springs Modernism Week. With a mission of preserving historic design, fashion and culture, this sustainable event attracts mindful travelers each year from around the globe. Learn how to roll in style at a vintage RV show. Take a walking history tour of iconic architecture at swanky pads like the Dinah Shore Estate. Indulge in tasty bites at a mid-century diner with a vegan twist, then make a beeline to Palms Springs' Vintage market, where throwback fashion, furniture and upcycled textiles set the table for a perfect day of mid-mod shopping.					
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 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	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H

Wed, Oct 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 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	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	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	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H

Date: 12/30/2022  
Wed, Oct 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

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

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

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Thu, Oct 13, 2022

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	Plastic/Cosm Surgery #1174 (Cosmetic Surgery Tips) Dr. Zuriarrain discusses the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1174H
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	Spine & Back Care #1175 (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	#1175H
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 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 Terrific Triangle	APTEX	(S)	(CC)	N/A	#323H
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
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Thu, Oct 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Sages of Aging SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Your Fantastic Mind Balance and Movement Cutting edge research that shows how stimulation of the vagus nerve can help patients regain arm function up to a decade after a stroke. Researchers at Emory/Georgia Tech who are studying the science of movement including the neuromechanics of human balance and gait. Their research shows that cognitive stiffness is connected to physical stiffness and vice versa and that improving one area can improve the other.	NETA	(S)	(CC)	N/A	#205H
09:30:00	Your Fantastic Mind Game Changers This episode features efforts to change huge issues. We take a critical look at disparities in maternal mortality and a new state of Georgia program, Peace for Moms, aimed at bridging the gap to provide mental health support for pre- and post-partum moms. And best-selling author and recovery expert William Cope Moyers, son of legendary journalist Bill Moyers, is featured in a segment about his journey with addiction. The story also features the work of the Clinton Foundation to educate faith leaders on the opioid crisis, so they can be part of a frontline solution. Finally, we take a closer look at new research examining the brain functions of grandmothers that goes a long way in explaining this important intergenerational relationship.	NETA	(S)	(CC)	N/A	#206H
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 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 Regenerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Physical Therapy, Digestive health - LifePharm.	NETA	(S)	(CC)	N/A	#413H
11:30:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Scattering Cj When a heartbroken mom asked the world to help honor the memory of her beloved elder son, the loss of one became the journey of many. Scattering CJ is the story of how one mother's unexpected effort to heal unleashes the innate goodness of humanity.	NETA	(S)	(CC)	N/A	#0H
13:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
14:00:00	Sex Talk with Dr. Lia Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#110H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
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

Thu, Oct 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	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					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
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	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.					
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 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	Empowered Patient	APTEX	(S)	(CC)	N/A	#0H
	Medical websites, including WebMD, Mayo Clinic and others, make it easier than ever for patients to access health-related information and to connect with support-based communities. Patients can bond over their shared experiences and educate one another online. Increasingly, healthcare providers must interact with these more engaged, informed and proactive patients, who may consider themselves experts in their condition. Are doctors and nurses ready to embrace this change? Are medical students prepared to encounter more educated patients? Is a more informed patient a "better" patient? THE EMPOWERED PATIENT answers these questions and others as it explores the concepts and changing dynamics of this new era in medicine. The half-hour special features the personal stories of patients taking greater ownership over their healthcare.					

Thu, Oct 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:30:00	Before Stage Four: Confronting Early Psychosis	APTEX	(S)	(CC)	N/A	#0
	<p>BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."</p>					
21:00:00	Your Fantastic Mind Balance and Movement	NETA	(S)	(CC)	N/A	#205H
	<p>Cutting edge research that shows how stimulation of the vagus nerve can help patients regain arm function up to a decade after a stroke. Researchers at Emory/Georgia Tech who are studying the science of movement including the neuromechanics of human balance and gait. Their research shows that cognitive stiffness is connected to physical stiffness and vice versa and that improving one area can improve the other.</p>					
21:30:00	Your Fantastic Mind Game Changers	NETA	(S)	(CC)	N/A	#206H
	<p>This episode features efforts to change huge issues. We take a critical look at disparities in maternal mortality and a new state of Georgia program, Peace for Moms, aimed at bridging the gap to provide mental health support for pre- and post-partum moms. And best-selling author and recovery expert William Cope Moyers, son of legendary journalist Bill Moyers, is featured in a segment about his journey with addiction. The story also features the work of the Clinton Foundation to educate faith leaders on the opioid crisis, so they can be part of a frontline solution. Finally, we take a closer look at new research examining the brain functions of grandmothers that goes a long way in explaining this important intergenerational relationship.</p>					
22:00:00	Sex Talk with Dr. Lia Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#110H
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
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
	<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>					



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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	Orthopedics #1176 (Physical Therapy for the Back) Ron Yacoub discusses physical therapy for the back and lower extremities.	SFPBS	(S)	(CC)	N/A	#1176H
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	Sports Medicine #1177 (Sports Injuries Help) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness.	SFPBS	(S)	(CC)	N/A	#1177H
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 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 Energize!	APTEX	(S)	(CC)	N/A	#324H

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07:00:00	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>					
08:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	<p>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.</p>					
09:00:00	Sages of Aging	APTEX	(S)	(CC)	N/A	#0H
	<p>SAGES OF AGING synthesizes inspirational and insightful comments culled from unique interviews with a dozen leading experts in the field of aging. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides viewers the opportunity to reflect on the breadth of knowledge, years of experience, and untold lessons learned from these pioneers who forged today's aging field.</p>					
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
	<p>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.</p>					
10:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	<p>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.</p>					
11:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	<p>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.</p>					
11:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
12:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	<p>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.</p>					
13:00:00	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>					

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14:00:00	Health Insiders 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	SFPBS	(S)	(CC)	N/A	#1012H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
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
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1005H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	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
20:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

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22:00:00	Empowered Patient Medical websites, including WebMD, Mayo Clinic and others, make it easier than ever for patients to access health-related information and to connect with support-based communities. Patients can bond over their shared experiences and educate one another online. Increasingly, healthcare providers must interact with these more engaged, informed and proactive patients, who may consider themselves experts in their condition. Are doctors and nurses ready to embrace this change? Are medical students prepared to encounter more educated patients? Is a more informed patient a "better" patient? THE EMPOWERED PATIENT answers these questions and others as it explores the concepts and changing dynamics of this new era in medicine. The half-hour special features the personal stories of patients taking greater ownership over their healthcare.	APTEX	(S)	(CC)	N/A	#0H
22:30:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
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 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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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	Mental Health #1178 (Mental Health Support) Focus: Dr. John Newcomer and Laura Naredo discuss Mental Health stigmas in honor of Mental Health month in May.	SFPBS	(S)	(CC)	N/A	#1178H
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	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	Women's Health (Female Cancer Update) Focus: Dr. Troy Gatcliffe discusses National Women's Health week and gynecological cancer and its treatment options.	SFPBS	(S)	(CC)	N/A	#1179H
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	Alma's Way Lost in the Bronx/New Neighbors	PBS	(S)	(CC)	DVI	#136H
06:30:00	Scigirls Frog Whisperers When St. Louis SciGirls find the amphibian population in decline, they hop to it! Alanna, Madison, Amanda and Clara hit urban and rural sites to compare frog and toad calls and report on their amphibian neighbors.	PBSPL	(S)	(CC)	DVI	#301H
07:00:00	Wild Kratts The Mystery of the Two Horned Narwhal During an argument over what is better - horns or antlers - Martin and Chris decide to go on an adventure with the horned Narwhal of the Arctic. But once they get there, they soon discover sometimes a horn isn't a horn and soon are unraveling the mystery of this amazing creature. Science Concept : Differences between horns, antlers and tusks. Rare growth patterns.	PBS	(S)	(CC)	N/A	#413H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

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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	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
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 Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H
14:30:00	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
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
15:14:00	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
15:59:00	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
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H

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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 Jill Costello	NETA	(S)	(CC)	N/A	#102H
	<p>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.</p>					
18:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
	<p>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.</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 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-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 &amp; Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.</p>					
21:00:00	Empowered Patient	APTEX	(S)	(CC)	N/A	#0H
	<p>Medical websites, including WebMD, Mayo Clinic and others, make it easier than ever for patients to access health-related information and to connect with support-based communities. Patients can bond over their shared experiences and educate one another online. Increasingly, healthcare providers must interact with these more engaged, informed and proactive patients, who may consider themselves experts in their condition. Are doctors and nurses ready to embrace this change? Are medical students prepared to encounter more educated patients? Is a more informed patient a "better" patient? THE EMPOWERED PATIENT answers these questions and others as it explores the concepts and changing dynamics of this new era in medicine. The half-hour special features the personal stories of patients taking greater ownership over their healthcare.</p>					



Sat, Oct 15, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:30:00	Before Stage Four: Confronting Early Psychosis BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."	APTEX	(S)	(CC)	N/A	#0
22:00:00	Sex Talk with Dr. Lia Self-confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always stay in Vegas: how to avoid getting sexually transmitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#109H
22:30:00	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
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 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

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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	Pain Management #1172 (Chronic Pain Help) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1172H
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	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	Sports Medicine #1173 (Arthritis Update) Dr. Swartzon discusses arthritis joints and how best to deal with that condition. Focus: If you're active and an athlete we have more tips in support of Arthritis Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1173H
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 Trick Or Treatasaurus/The Haunted Hallway	PBS	(S)	(CC)	DVI	#138H
06:30:00	Scigirls Flower Power SciGirls spring into action! Minnesota sixth-grader Jordan gathers her girls to track changes in flowers and plants as spring emerges, and celebrates by creating a sculpture and a time-lapse video of the season's arrival.	PBSPL	(S)	(CC)	DVI	#302H
07:00:00	Wild Kratts Masked Bandits As they prepare for a creature costume party, the Wild Kratts team begins to notice all sorts of strange things happening in the Tortuga HQ. Jimmy is sure there is a ghost or monster living with them, but the Kratt brothers are convinced it's some kind of creature. When the gang sets out to discover who is causing all the trouble, they discover that certain animals gravitate towards human habitation because it provides food and protection from predators.	PBS	(S)	(CC)	N/A	#131H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#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.						
08:12:00	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	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	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#110H
	Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
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					
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	The Last Chapter	APTEX	(S)	(CC)	N/A	#0H
	THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.					

Sun, Oct 16, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	<p>In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.</p>					
18:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	<p>We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.</p>					
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 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>					
20:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	<p>Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.</p>					
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	<p>Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.</p>					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#110H
	<p>Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.</p>					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
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 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>					

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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	Plastic/Cosm Surgery #1174 (Cosmetic Surgery Tips) Dr. Zuriarrain discusses the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1174H
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	Spine & Back Care #1175 (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	#1175H
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 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 Get The Kinks Out	APTEX	(S)	(CC)	N/A	#325H
07:00:00	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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.					
09:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.					
10:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
11:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
11:30:00	Medical Stories Unfinished Portraits	EPS	(S)	(CC)	N/A	#102
	A compelling story of a young graphic artist named Dylan Duncan who is dealing with a rare and fatal genetic disease called Hereditary Amyloidosis, a disease that he watched kill his mother and aunt when he was a teenager. We will see how his life has dramatically changed from a certain death sentence with devastating symptoms and diminishing quality, to one of renewed hope and greater longevity under the care of Dr. John Berk, a pioneering expert at Boston University School of Medicine. Additionally, we will take a trip to the Florida Keys and a unique place called Island Dolphin Care for a look at an extraordinary therapy program where kids with special needs and challenges swim, play and interact with dolphins as a key component of their treatment. We will also meet the founders who started the center after swimming with dolphins in the wild with their son who suffered from a stroke at the age of 3, and then experiencing the dramatic transformation in his health and wellbeing firsthand.					
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	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					
14:30:00	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					
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
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:59:00	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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
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	Extra Life: A Short History of Living Longer Vaccines Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.	NPS	(S)	(CC)	N/A	#101H
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 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	Blood Sugar Rising Diabetes is an epidemic that affects 100 million Americans, costing over \$350 billion annually. Explore the history and science of this hidden crisis and meet some of the faces behind the statistics whose stories bring insights and hope.	PBS	(S)	(CC)	N/A	#0H
22:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
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 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: 12/30/2022

10/01/2022 - 12/31/2022

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Tue, Oct 18, 2022

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	Women's Health #1180 (Update) In-depth exploration of a wide variety of issues that affect women' s health.	SFPBS	(S)	(CC)	N/A	#1180H
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	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	Plastic/Cosm Surgery#1181(Cosmetic Surgery Update) Dr. Castellon discusses the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1181H
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 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 Soothing Twist	APTEX	(S)	(CC)	N/A	#326H
07:00:00	Happy Yoga with Sarah Starr Desert Gold Bask in the brilliant desert bloom as we enjoy easy to follow yoga moves for the whole body. Including gentle sun salutations along with stretches to create more ease in the wrists, neck, shoulders, chest, back, hips and more using a chair for support.	NETA	(S)	(CC)	N/A	#405H

Tue, Oct 18, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
09:00:00	Extra Life: A Short History of Living Longer Vaccines Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.	NPS	(S)	(CC)	N/A	#101H
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 PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
11:30:00	Hope Is Here 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."	NETA	(S)	(CC)	N/A	#103H
12:00:00	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
13:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
14:00:00	Sex Talk with Dr. Lia Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#110H
14:30:00	Health Insiders Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H

Tue, Oct 18, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:59:00	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
16:15:00	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	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H
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 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."	NETA	(S)	(CC)	N/A	#103H
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 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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
21:00:00	Extra Life: A Short History of Living Longer Vaccines Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.	NPS	(S)	(CC)	N/A	#101H

Daily Program Listing II  
 WPBTHC  
 10/01/2022 - 12/31/2022

Date: 12/30/2022  
 Tue, Oct 18, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#110H
22:30:00	Health Insiders Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H
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 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

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Wed, Oct 19, 2022

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	Heart Health #1182 (Cardiovascular Tips) Health is where the heart is. Practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#1182H
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	Heart Health (Cardiac Health Update) Dr. Lisardo Garcia-Covarrubias discusses atrial valve disease.	SFPBS	(S)	(CC)	N/A	#1330H
04:00:00	Mental Health #1183 (Update) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1183H
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	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 Bye Bye Bulges	APTEX	(S)	(CC)	N/A	#401H
07:00:00	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H

Wed, Oct 19, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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.					
09:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.					
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 A Taste of the Good Life in the City of Angels	NETA	(S)	(CC)	N/A	#203H
	Sunshine, Tinseltown, and legendary surfing - what's not to love about the City of Angels? We roll out the red carpet to some of L.A.'s secret destinations for nourishing body, mind and soul. Bianca takes a walk on the glitzy side at a Beverly Hills hotel famous for A-list organic facials, private yoga sessions and spa treatments to the stars. Then, surfs up for spiritual healing at the Self-Realization Fellowship Lake Shrine gardens in Pacific Palisades, where meditation, silence and the healing power of nature offer a welcome refuge from the city's hectic pace. Bianca takes a front-row seat at Vegan Fashion Week, while Michael cruises Venice Beach for a vegan fivecourse meal at a Michelin star restaurant where meat eaters bow down for a taste of the good life.					
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 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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
	Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
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	#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					

Wed, Oct 19, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:15:00	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
16:36:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
	REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.					
18:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
18:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	Blood Sugar Rising	PBS	(S)	(CC)	N/A	#0H
	Diabetes is an epidemic that affects 100 million Americans, costing over \$350 billion annually. Explore the history and science of this hidden crisis and meet some of the faces behind the statistics whose stories bring insights and hope.					

Daily Program Listing II  
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Wed, Oct 19, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
	<p>REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.</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 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>					



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Thu, Oct 20, 2022

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	Staying Healthy #1184 (Menopause Weight Issues) Focus: Dr. Enrique Soto discusses infertility issues in women.	SFPBS	(S)	(CC)	N/A	#1184H
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	Dermatology #1185 (Skin-Care Help) Focus: Skin-care help	SFPBS	(S)	(CC)	N/A	#1185H
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 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 Yaga Glow	APTEX	(S)	(CC)	N/A	#402H
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

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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	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
09:00:00	Extra Life: A Short History of Living Longer Vaccines Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.	NPS	(S)	(CC)	N/A	#101H
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 PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
11:30:00	Innovations In Medicine PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
12:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
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 Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#111H
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. 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	SFPBS	(S)	(CC)	N/A	#1501H
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:32:00	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
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	The Last Chapter	APTEX	(S)	(CC)	N/A	#0H
	THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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 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	Nova Can Psychedelics Cure?	NPS	(S)	(CC)	DVI	#4915
	Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.					
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
	Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	Focus- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after weight loss surgery 3. DR. GOSHA BRUSOVANIK Spine surgery risks					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Date: 12/30/2022  
Thu, Oct 20, 2022

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 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 #1186 (Sleep Loss & Crime) Charles Ryan Meldrum discusses his recent research into the effects of sleep deprivation in teens and young adults and how that may lead to criminal behavior. Ryan C. Meldrum, Ph.D., Criminal Justice associate professor, Stephen J. Green School of International & Public Affairs (Florida International University)	SFPBS	(S)	(CC)	N/A	#1186H
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 (Achilles Tendon) Noel Gressner discusses Achilles tendon rehab & injury prevention.	SFPBS	(S)	(CC)	N/A	#1337H
04:00:00	Women's Health #1187 (Arthritis & Osteoporosis) Joann Santiago-Charles discusses arthritis and osteoporosis in women. Focus: Different exercises to help alleviate both.	SFPBS	(S)	(CC)	N/A	#1187H
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 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 Stand Tall	APTEX	(S)	(CC)	N/A	#403H
07:00:00	Nova Can Psychedelics Cure? Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.	NPS	(S)	(CC)	DVI	#4915

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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	Amazing Human Body Grow  Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
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 PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
11:30:00	Innovations In Medicine PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD.	NETA	(S)	(CC)	N/A	#501H
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 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
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	#1022H
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 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
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H

Fri, Oct 21, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:00:00	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
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
18:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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 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	Staying Healthy #1188 (Update) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1188H
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	Women's Health #1189 (Female Fertility) Dr. Enrique Soto discusses infertility issues in women.	SFPBS	(S)	(CC)	N/A	#1189H
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	Alma's Way Do The Waltzango/Big Brother Bootcamp	PBS	(S)	(CC)	DVI	#120H
06:30:00	Scigirls Skygirls Virginia SciGirls Emma, Lauren and Madison have the ultimate "stratus update!" Teaming up with NASA scientists, they identify clouds from the ground and compare their data with satellite images, ultimately creating a "mostly cloudy" museum display.	PBSPL	(S)	(CC)	DVI	#303H
07:00:00	Wild Kratts Secrets of the Spider's Web When the creature adventuring Kratt Brothers take a nasty tumble, the Wild Kratts sets off on a mission to find and recreate one of the greatest of all biotech engineering secrets. Spider silk.	PBS	(S)	(CC)	N/A	#208H
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H

Date: 12/30/2022  
 Sat, Oct 22, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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>						
08:12:00	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
11:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H

Sat, Oct 22, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Nova Can Psychedelics Cure?	NPS	(S)	(CC)	DVI	#4915
	Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.					
13:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
	REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#110H
	Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.					
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	#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					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:59:00	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					
16:15:00	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	Nova Can Psychedelics Cure?	NPS	(S)	(CC)	DVI	#4915
	Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.					

Sat, Oct 22, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here Hank Baskett	NETA	(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 (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.					
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 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	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	Discover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccines and learn how new ones are developed when never-before-seen diseases like COVID-19 emerge.					
21:00:00	Nova Can Psychedelics Cure?	NPS	(S)	(CC)	DVI	#4915
	Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#110H
	Ever have the post sex blues? You aren't alone. Plus, why cheating isn't always about sex. All this and more on Sex Talk with Dr. Lia.					
22:30:00	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					
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 Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					

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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	Heart Health #1182 (Cardiovascular Tips) Health is where the heart is. Practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#1182H
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	Heart Health (Cardiac Health Update) Dr. Lisardo Garcia-Covarrubias discusses atrial valve disease.	SFPBS	(S)	(CC)	N/A	#1330H
04:00:00	Mental Health #1183 (Update) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1183H
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 Community Campout/Leaf It to Alma	PBS	(S)	(CC)	DVI	#131H
06:30:00	Scigirls Butterfly Diaries Mimi and her friends explore a Minnesota milkweed patch, counting monarchs to help scientists track the butterfly population. These SciGirls then raise monarch caterpillars, and use a video diary to capture their metamorphosis into butterflies.	PBSPL	(S)	(CC)	DVI	#304H
07:00:00	Wild Kratts A Bat in the Brownies When a little brown bat crashlands into a plate of Jimmy Z's famous brownies, Martin and Chris out set out to convince Aviva, Jimmy Z and Koki that bats are nothing to be afraid of. With bat activated Creature Power Suits, the bros follow join their new friend on a nocturnal fly about, and the entire crew must come to the rescue when the bat colony's roost is destroyed by a lightning bolt. In the end the Wild Kratts crew "goes batty," as they gain a new appreciation for bat ecology, predators and insects and echolocation, and learn to love bats.	PBS	(S)	(CC)	N/A	#136H

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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	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
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

Date: 12/30/2022  
 Sun, Oct 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
	Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	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	#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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:34:00	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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Nova Can Psychedelics Cure?	NPS	(S)	(CC)	DVI	#4915
	Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	Blood Sugar Rising  Diabetes is an epidemic that affects 100 million Americans, costing over \$350 billion annually. Explore the history and science of this hidden crisis and meet some of the faces behind the statistics whose stories bring insights and hope.	PBS	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia  Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#111H
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 All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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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Mon, Oct 24, 2022

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	Staying Healthy #1184 (Menopause Weight Issues) Focus: Dr. Enrique Soto discusses infertility issues in women.	SFPBS	(S)	(CC)	N/A	#1184H
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	Dermatology #1185 (Skin-Care Help) Focus: Skin-care help	SFPBS	(S)	(CC)	N/A	#1185H
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 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 Chin Lock	APTEX	(S)	(CC)	N/A	#404H
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 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, Oct 24, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Nova Can Psychedelics Cure? Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.	NPS	(S)	(CC)	DVI	#4915
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	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
11:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
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)	N/A	#1001H
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
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. 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
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
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

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Mon, Oct 24, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
18:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 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	Human React Through the lens of a boxer, a first responder, a cell tower climber and a man with a bionic limb, go deep into the universe of the most powerful machine on earth: the human brain and the vast nervous system it controls.	PBS	(S)	(CC)	N/A	#101H
21:00:00	Nova Can Psychedelics Cure? Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.	NPS	(S)	(CC)	DVI	#4915
22:00:00	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
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 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

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Tue, Oct 25, 2022

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 #1190 (Female Fitness Support) Focus: Henry Guzman and Unni Greene discuss women's fitness tips.	SFPBS	(S)	(CC)	N/A	#1190H
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	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	All About Cancer #1191 (Update) Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#1191H
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 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 Lift and Tone	APTEX	(S)	(CC)	N/A	#405H
07:00:00	Happy Yoga with Sarah Starr Luminous Sunset Recharge along the luminous ocean sunset, gaining clarity and stability with a modified yoga practice using a chair for support including: dynamic seated stretches to open the hips and release tension in the spine and a standing sequence to build strength, balance and focus.	NETA	(S)	(CC)	N/A	#406H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Tue, Oct 25, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(S)	(CC)	N/A	#0H
09:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
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 Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain.	NETA	(S)	(CC)	N/A	#502H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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
12:00:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
12:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
13:00:00	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#111H
14:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
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

Date: 12/30/2022  
 Tue, Oct 25, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:30:00	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
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:46:00	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	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
	Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.					
18:30:00	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.					
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	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	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
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	SFPBS	(S)	(CC)	N/A	#111H
	Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.					
22:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Date: 12/30/2022  
Tue, Oct 25, 2022

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.

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Date: 12/30/2022

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Wed, Oct 26, 2022

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 #1192 (Chronic Pain) Dr. Mena discusses approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1192H
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(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	Orthopedics #1193 (Physical Therapy Benefits) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Ron Yacoub, owner & physical therapist (Pinecrest Physical Therapy Clinics)	SFPBS	(S)	(CC)	N/A	#1193H
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 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 Yoga for Vitality	APTEX	(S)	(CC)	N/A	#406H
07:00:00	Nova Can Psychedelics Cure? Mind-altering drugs-or psychedelics-have been used for thousands of years. Today, scientists are discovering their potential for profoundly positive clinical impacts, helping patients struggling with afflictions like addiction and depression.	NPS	(S)	(CC)	DVI	#4915



Wed, Oct 26, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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.					
09:00:00	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.					
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	Conscious Living The Secret Recipe: Intention	NETA	(S)	(CC)	N/A	#204H
	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.					
11:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
	Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.					
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)	N/A	#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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
	Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
	Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
	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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H

Wed, Oct 26, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
16:00:00	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	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	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
19:00:00	Medicare: Which Plan Is Best for You? Town Hall Smartlife Town Hall	SFPBS	(S)	(CC)	N/A	#0
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	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	Human React Through the lens of a boxer, a first responder, a cell tower climber and a man with a bionic limb, go deep into the universe of the most powerful machine on earth: the human brain and the vast nervous system it controls.	PBS	(S)	(CC)	N/A	#101H
22:00:00	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
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 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 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	Maternity Care #1041 (Perimenopause) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldman and Dr. Salazar discuss "puberty in middle-aged women" also known as perimenopause.	SFPBS	(S)	(CC)	N/A	#1041H
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	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	Spine & Back Care #1195 (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	#1195H
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.	APTX	(S)	(CC)	N/A	#1709H
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.	APTX	(S)	(CC)	N/A	#1228H
06:30:00	Wai Lana Yoga Back Relief	APTX	(S)	(CC)	N/A	#407H
07:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H

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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	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(S)	(CC)	N/A	#0H
09:00:00	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
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 Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain.	NETA	(S)	(CC)	N/A	#502H
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) 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
12:00:00	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(S)	(CC)	N/A	#0H
13:00:00	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#112H
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. 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
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#104H

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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
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(S)	(CC)	N/A	#0H
18:00:00	Human React Through the lens of a boxer, a first responder, a cell tower climber and a man with a bionic limb, go deep into the universe of the most powerful machine on earth: the human brain and the vast nervous system it controls.	PBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
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 Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#112H
22:30:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
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 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#1151 (Healthy Nutrition) Focus: Lucette Talamas and Nicole Rodriguez discuss the psychology of eating and mindful eating - part 2.	SFPBS	(S)	(CC)	N/A	#1151H
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	Primary Care (Diabetes Help) Dr. Yeisel Barquin discusses the relationship between diabetes and hypertension and high cholesterol.	SFPBS	(S)	(CC)	N/A	#1352H
04:00:00	Sports Medicine #1177 (Sports Injuries Help) Cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness.	SFPBS	(S)	(CC)	N/A	#1177H
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 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 Shake A Leg	APTEX	(S)	(CC)	N/A	#408H
07:00:00	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(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

Fri, Oct 28, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	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
10:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
11:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
11:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
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)	N/A	#1001H
14:00:00	Health Insiders Focus: Herniated disks, Alcohol and effects on health, Oral cancer	SFPBS	(S)	(CC)	N/A	#1060H
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. 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
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:58:00	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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
17:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
18:00:00	Hacking Your Mind Living On Auto-Pilot	PBS	(S)	(CC)	N/A	#101H
	Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.					
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 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 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.					
21:00:00	Human React	PBS	(S)	(CC)	N/A	#101H
	Through the lens of a boxer, a first responder, a cell tower climber and a man with a bionic limb, go deep into the universe of the most powerful machine on earth: the human brain and the vast nervous system it controls.					
22:00:00	Hacking Your Mind Living On Auto-Pilot	PBS	(S)	(CC)	N/A	#101H
	Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.					
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 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	Emergency Medicine #1198 (Storm Safety Preps) Raj Maragh, Jessie Menocal and Mike Diaz discuss the different steps Baptist Health takes to be ready for patient care in any situation. Focus: They share information on emergency preparedness tips for people at home before hurricane season and during the different watch and warning levels. Also hotlines and important resource numbers to know and safety tips to be aware of during the storm. Extra Tips: When and how to go to the hospital should an injury occur during a storm or crisis.	SFPBS	(S)	(CC)	N/A	#1198H
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	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	Maternity Care #1301 Everything you need to know about pregnancy, childbirth and post-partum care with Dr. Schwartzbard	SFPBS	(S)	(CC)	N/A	#1301H
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's Book Swap/Finders Keepers	PBS	(S)	(CC)	DVI	#123H
06:30:00	Scigirls Feathered Friends Regina, Schuyler and Anayia hit the streets of Denver to investigate what makes a good urban bird habitat, and transform a city school garden into a welcoming home for any flock of feathered friends.	PBSPL	(S)	(CC)	DVI	#305H

Date: 12/30/2022  
 Sat, Oct 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Wild Kratts Masked Bandits	PBS	(S)	(CC)	N/A	#131H
	As they prepare for a creature costume party, the Wild Kratts team begins to notice all sorts of strange things happening in the Tortuga HQ. Jimmy is sure there is a ghost or monster living with them, but the Kratt brothers are convinced it's some kind of creature. When the gang sets out to discover who is causing all the trouble, they discover that certain animals gravitate towards human habitation because it provides food and protection from predators.					
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#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
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H

Date: 12/30/2022  
 Sat, Oct 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
14:00:00	Sex Talk with Dr. Lia Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#111H
14:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
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
15:30:00	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
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H

Sat, Oct 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	Fast-Forward: Look Into Your Future Follow four millennials and their parents as they travel through time wearing an MIT-produced "aging empathy suit" and working with professional make-up artists to navigate the realizations, conversations and mindset required to age successfully.	PBS	(S)	(CC)	N/A	#0H
18:00:00	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
18:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	Hacking Your Mind Living On Auto-Pilot Take a trip around the world to discover how you go through life on auto-pilot, and get an auto-pilot owner's manual.	PBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia Think you can't get an STI more than once? Think again. And is there such a thing as wanting too much sex? This week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#111H
22:30:00	Health Insiders Focus: The flu, What causes Scoliosis, Exercise and arthritis	SFPBS	(S)	(CC)	N/A	#1055H
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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Date: 12/30/2022

10/01/2022 - 12/31/2022

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Sun, Oct 30, 2022

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 #1192 (Chronic Pain) Dr. Mena discusses approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1192H
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(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	Orthopedics #1193 (Physical Therapy Benefits) From surgical to nonsurgical procedures, learn the treatments that will restore your body back to health after it has suffered trauma. Ron Yacoub, owner & physical therapist (Pinecrest Physical Therapy Clinics)	SFPBS	(S)	(CC)	N/A	#1193H
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 Trick Or Treatasaurus/The Haunted Hallway	PBS	(S)	(CC)	DVI	#138H
06:30:00	Scigirls Terrific Pacific Anchors aweigh! Junior lifeguard Chloe and her friends set sail on a SoCal citizen science cruise, working with marine scientists to collect data on the health of the Pacific Ocean and create a splashy conservation video for beach visitors.	PBSPL	(S)	(CC)	DVI	#306H
07:00:00	Wild Kratts A Bat in the Brownies When a little brown bat crashlands into a plate of Jimmy Z's famous brownies, Martin and Chris out set out to convince Aviva, Jimmy Z and Koki that bats are nothing to be afraid of. With bat activated Creature Power Suits, the bros follow join their new friend on a nocturnal fly about, and the entire crew must come to the rescue when the bat colony's roost is destroyed by a lightning bolt. In the end the Wild Kratts crew "goes batty," as they gain a new appreciation for bat ecology, predators and insects and echolocation, and learn to love bats.	PBS	(S)	(CC)	N/A	#136H

Daily Program Listing II  
 WPBTHC  
 10/01/2022 - 12/31/2022

Date: 12/30/2022  
 Sun, Oct 30, 2022

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	#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.						
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
In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.						
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3002H
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3003H
10:40:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3004H
10:52:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3006H

Date: 12/30/2022  
 Sun, Oct 30, 2022

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 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)	N/A	#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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
	Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
	Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
	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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
16:00:00	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
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
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.					

Sun, Oct 30, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(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 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	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
21:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
22:00:00	Sex Talk with Dr. Lia Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#112H
22:30:00	Health Insiders Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
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 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



Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Mon, Oct 31, 2022

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	Maternity Care #1041 (Perimenopause) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldman and Dr. Salazar discuss "puberty in middle-aged women" also known as perimenopause.	SFPBS	(S)	(CC)	N/A	#1041H
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	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	Spine & Back Care #1195 (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	#1195H
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 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 Royal Flush	APTEX	(S)	(CC)	N/A	#409H
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 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)	N/A	#1001H

Mon, Oct 31, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
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	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
11:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
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)	N/A	#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)	N/A	#1002H
14:00:00	Health Insiders Focus: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	(CC)	N/A	#1062H
14:30:00	Health Insiders Focus: Living greener-"food prints"; Food and your mood; Dawn phenomenon-diabetes	SFPBS	(S)	(CC)	N/A	#1063H
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

Mon, Oct 31, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
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	Hacking Your Mind Weapons of Influence See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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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Tue, Nov 01, 2022

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	Mental Health #1085 (Alcohol Awareness) Focus: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in April.	SFPBS	(S)	(CC)	N/A	#1085H
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	Staying Healthy #1188 (Update) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1188H
04:00:00	Maternity Care #1301 Everything you need to know about pregnancy, childbirth and post-partum care with Dr. Schwartzbard	SFPBS	(S)	(CC)	N/A	#1301H
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 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 Breath Is The Key	APTEX	(S)	(CC)	N/A	#410H
07:00:00	Happy Yoga with Sarah Starr Seashore Cove Bask along the luminous seashore cove as we gently lengthen and stretch the whole body, all while seated in a chair. Relax from head to toe as we open the hips and hamstrings, release tension in the shoulders and neck, and find more length in the spine with this modified yoga practice.	NETA	(S)	(CC)	N/A	#407H
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Tue, Nov 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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.					
09:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.					
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	Innovations In Medicine Cannabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacement.	NETA	(S)	(CC)	N/A	#503H
11:30:00	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.					
12:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
12:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
13:00:00	Hacking Your Mind Weapons of Influence	PBS	(S)	(CC)	N/A	#102H
	See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#112H
	Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.					
14:30:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H

Tue, Nov 01, 2022

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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	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 - Ginnelle Ruffa	SFPBS	(S)	(CC)	N/A	#405H
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
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	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
18:30:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#105H
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 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	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
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

Date: 12/30/2022  
 Tue, Nov 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#112H
22:30:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H
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 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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Wed, Nov 02, 2022

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	Health Trends #1082 (Hookah Warnings) Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies.	SFPBS	(S)	(CC)	N/A	#1082H
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	Maternity Care #1041 (Perimenopause) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldman and Dr. Salazar discuss "puberty in middle-aged women" also known as perimenopause.	SFPBS	(S)	(CC)	N/A	#1041H
04:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Searby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
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 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 Nerves Frayed	APTEX	(S)	(CC)	N/A	#411H
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 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)	N/A	#1001H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	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.					
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	Conscious Living Ode to the Road Trip	NETA	(S)	(CC)	N/A	#205H
	Hop in for a trip to remember, as we hit the road for a wellness journey into the heart of the desert. Start with a relaxing dip in the mineral waters of Desert Hot Springs, where a group of First Responders are working to mindfully heal PTSD from years on the emergency front lines. Next stop: hipster haven Joshua Tree, where Michael learns the art of vegan pie-making while Bianca balances hormones with a transcendental acupuncture session. Renewed and energized, we join a drum circle to get our groove on at the desert's best kept secret, The Joshua Tree Music Festival.					
11:30:00	Flip My Florida Yard (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.					
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
	Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1066H
	Focus: Interventional back treatments, Measles vaccine safety, Blood cancer					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco					
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

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Wed, Nov 02, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
16:13:00	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	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
18:00:00	Hacking Your Mind Weapons of Influence See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	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	Human Pulse Dive into the world of an ice climber, a bus driver, a woman in labor and a senior dance club to show how the human heart and the circulatory system power our physical and emotional lives and create the pulsing rhythm of our world.	PBS	(S)	(CC)	N/A	#102H
22:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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

Thu, Nov 03, 2022

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	Kids & Teens (Preemie 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
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	Living Well #1165 (Nursing Care Benefits)  Focus: Rosemarie Schwitzer discusses the important role of advanced practice nurses and the impact they have on healthcare delivery , patient care and outcomes in honor of Nurses Week in May.	SFPBS	(S)	(CC)	N/A	#1165H
04:00:00	Nutrition & Health #1205 (Healthy Eating)  Angie Placeres & Elise Karnegis discuss what an International Mediterranean diet is. Focus: The life longevity benefits from the diet which includes the blue zones and Mediterranean lifestyles.	SFPBS	(S)	(CC)	N/A	#1205H
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  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 Cradle Rock	APTEX	(S)	(CC)	N/A	#412H
07:00:00	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

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Thu, Nov 03, 2022

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	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	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
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 Cannabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacement.	NETA	(S)	(CC)	N/A	#503H
11:30:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#105H
12:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
13:00:00	Hacking Your Mind Weapons of Influence See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.	SFPBS	(S)	(CC)	N/A	#113H
14:30:00	Health Insiders Focus: Stigma of mental illness, Weight loss and vegetables, Heart health	SFPBS	(S)	(CC)	N/A	#1067H
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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	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
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:44:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
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	Human Pulse Dive into the world of an ice climber, a bus driver, a woman in labor and a senior dance club to show how the human heart and the circulatory system power our physical and emotional lives and create the pulsing rhythm of our world.	PBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
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 This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.	SFPBS	(S)	(CC)	N/A	#113H
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 Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Fri, Nov 04, 2022

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	Dermatology #1185 (Skin-Care Help) Focus: Skin-care help	SFPBS	(S)	(CC)	N/A	#1185H
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	Emergency Medicine #1198 (Storm Safety Preps) Raj Maragh, Jessie Menocal and Mike Diaz discuss the different steps Baptist Health takes to be ready for patient care in any situation. Focus: They share information on emergency preparedness tips for people at home before hurricane season and during the different watch and warning levels. Also hotlines and important resource numbers to know and safety tips to be aware of during the storm. Extra Tips: When and how to go to the hospital should an injury occur during a storm or crisis.	SFPBS	(S)	(CC)	N/A	#1198H
04:00:00	Plastic/Cosmetic Surgery #1207 (Update) Learn the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1207H
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 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 Sports Protection	APTEX	(S)	(CC)	N/A	#413H
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 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)	N/A	#1001H

Daily Program Listing II  
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Fri, Nov 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	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
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	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
11:30:00	Medical Frontiers Killing Cancer Cells with a Virus  The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
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)	N/A	#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)	N/A	#1002H
14:00:00	Health Insiders Focus: Food trends, COPD-daughter's story, Mental Illness First Aid	SFPBS	(S)	(CC)	N/A	#1068H
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 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
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H

Fri, Nov 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:57:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Hacking Your Mind Weapons of Influence See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
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	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	Human Pulse Dive into the world of an ice climber, a bus driver, a woman in labor and a senior dance club to show how the human heart and the circulatory system power our physical and emotional lives and create the pulsing rhythm of our world.	PBS	(S)	(CC)	N/A	#102H
22:00:00	Hacking Your Mind Weapons of Influence See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
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 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



Sat, Nov 05, 2022

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	Mental Health #1208 (Summertime Wellness)  Mathew Walton & Rafael Aballi discuss summertime health and wellness for kids. Focus: Preparing for summer camp programs, health referrals, vaccinations, free healthy meals during the summer, and mental health and substance abuse resources.	SFPBS	(S)	(CC)	N/A	#1208H
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 #1085 (Alcohol Awareness)  Focus: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in April.	SFPBS	(S)	(CC)	N/A	#1085H
04:00:00	Nutrition & Health (Nutrition Tips)  Focus: Lucette Talamas and Chef Rod Knight discuss what a Mediterranean diet is and its multiple health benefits in honor of International Mediterranean Diet Month in May.	SFPBS	(S)	(CC)	N/A	#1209H
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 Showstopper/Ultimate Helper	PBS	(S)	(CC)	DVI	#107H
06:30:00	Scigirls Baile Digital   Digital Dance	PBSPL	(S)	(CC)	N/A	#401
07:00:00	Wild Kratts Hercules - The Giant Beetle  While on a mission to investigate the exoskeletons of the Atlas and Hercules beetles, the Hercules beetle accidentally gets enlarged. Now the Wild Kratts are faced with a new mission. How to find a way to shrink the giant beetle before it demolishes everything in its path! Science Concept: Exoskeletons and their functionality.	PBS	(S)	(CC)	N/A	#516H
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Date: 12/30/2022  
 Sat, Nov 05, 2022

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

Date: 12/30/2022  
 Sat, Nov 05, 2022

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	Trauma to Triumph - The Rise of the Entrepreneur Survivors of War  Profiling a Native American who volunteered for Vietnam and a Holocaust Survivor. They experienced Battle, PTSD, Genocide, the Mob, Anti-semitism and Family loss. Sam and Bill found their inner power to create and own their futures.	NETA	(S)	(CC)	N/A	#101H
13:00:00	Hacking Your Mind Weapons of Influence  See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.	PBS	(S)	(CC)	N/A	#102H
14:00:00	Sex Talk with Dr. Lia  Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#112H
14:30:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	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
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others  The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#105H

Date: 12/30/2022  
 Sat, Nov 05, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:30:00	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.					
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 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	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	Hacking Your Mind Weapons of Influence	PBS	(S)	(CC)	N/A	#102H
	See how politicians, social media companies and corporate marketers use big data to hack your auto-pilot decision making system, and learn how to defend yourself.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#112H
	Are you getting back into the dating game and wondering what to expect? And ever wonder why a kiss leaves you dizzy with desire? Answers to these questions and more this week on Sex Talk with Dr. Lia.					
22:30:00	Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms	SFPBS	(S)	(CC)	N/A	#1064H
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 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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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	Health Trends #1142 (Penicillin Update) Focus: Wilbert Fuente & Mayret Gonzalez discuss the history of penicillin and the benefits of this medication over the years.	SFPBS	(S)	(CC)	N/A	#1142H
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	Maternity Care #1041 (Perimenopause) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldman and Dr. Salazar discuss "puberty in middle-aged women" also known as perimenopause.	SFPBS	(S)	(CC)	N/A	#1041H
04:00:00	Health Trends #1203 (Verbal and Hearing Update) Focus: Carin Searby discusses practicing better speech and hearing in honor of the Health Care Observance this month.	SFPBS	(S)	(CC)	N/A	#1203H
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 Checkers Champ/World's Greatest	PBS	(S)	(CC)	DVI	#121H
06:30:00	Scigirls Gallinas De Ciudad   City Chicken	PBSPL	(S)	(CC)	N/A	#402
07:00:00	Wild Kratts Koala Balloon  Martin and Chris must protect a young koala stranded in the Australian Outback, and help him get back to his Eucalyptus forest habitat. On their quest to return the adorable animal home, the brothers discover lots of interesting facts about how animals are specialized to their own environment, and with some tips from an intrepid desert dweller called the thorny devil, they must survive the desert crossing and bring the koala home.	PBS	(S)	(CC)	N/A	#122H

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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	#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

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
	Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1066H
	Focus: Interventional back treatments, Measles vaccine safety, Blood cancer					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco					
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-Quintairos 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	P.O.W.: Passing On Wisdom	NETA	(S)	(CC)	N/A	#0H
	Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Trauma to Triumph - The Rise of the Entrepreneur Survivors of War	NETA	(S)	(CC)	N/A	#101H
	Profiling a Native American who volunteered for Vietnam and a Holocaust Survivor. They experienced Battle, PTSD, Genocide, the Mob, Anti-semitism and Family loss. Sam and Bill found their inner power to create and own their futures.					
21:00:00	P.O.W.: Passing On Wisdom	NETA	(S)	(CC)	N/A	#0H
	Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#113H
	This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.					
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 Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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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Mon, Nov 07, 2022

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	Kids & Teens #1396 (Latest Tips) Specialists share their expertise on how to care for children from birth through young adulthood.	SFPBS	(S)	(CC)	N/A	#1396H
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	Living Well #1165 (Nursing Care Benefits) Focus: Rosemarie Schwitzer discusses the important role of advanced practice nurses and the impact they have on healthcare delivery, patient care and outcomes in honor of Nurses Week in May.	SFPBS	(S)	(CC)	N/A	#1165H
04:00:00	Nutrition & Health #1205 (Healthy Eating) Angie Placeres & Elise Karnegis discuss what an International Mediterranean diet is. Focus: The life longevity benefits from the diet which includes the blue zones and Mediterranean lifestyles.	SFPBS	(S)	(CC)	N/A	#1205H
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 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 Terrific Triangle Twist	APTEX	(S)	(CC)	N/A	#414H
07:00:00	P.O.W.: Passing On Wisdom Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.	NETA	(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)	N/A	#1002H

Mon, Nov 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Trauma to Triumph - The Rise of the Entrepreneur Survivors of War Profiling a Native American who volunteered for Vietnam and a Holocaust Survivor. They experienced Battle, PTSD, Genocide, the Mob, Anti-semitism and Family loss. Sam and Bill found their inner power to create and own their futures.	NETA	(S)	(CC)	N/A	#101H
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 Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
11:30:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
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)	N/A	#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)	N/A	#1003H
14:00:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H

Mon, Nov 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:58:00	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
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
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 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	Greatest Bond This documentary follows the journey of four disabled veterans as they travel to a prison in Gatesville, Texas, to be paired with a service dog. These dogs have been expertly trained by female prison inmates serving hard time. Not only do these dogs help the veterans on a very practical level, but they also provide constant emotional support, protection, and relief from the terrors of their combat-related Post Traumatic Stress Disorder (PTSD). Peppered among the vulnerable and broken veteran stories, is the lighthearted joy of the puppies, the redirected lives of the female inmates and the good-natured humor of the veterans and inmates as they work closely together. The film is a story of redemption for the inmates and profound new hope for the veterans, through the unconditional love of these very special dogs.	PBSPL	(S)	(CC)	N/A	#0H
21:00:00	Human Fuel Through the worlds of a religious faster, an ultra-marathon runner, a farmer and a young girl beating allergies, go deep into the world of the human gut, which processes the fuel our bodies need to keep going.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
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 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  
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Tue, Nov 08, 2022

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	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
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	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
04:00:00	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
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 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 Tummy Tighteners	APTEX	(S)	(CC)	N/A	#415H
07:00:00	Happy Yoga with Sarah Starr Desert Wildflowers Enjoy the colorful burst of desert wildflowers as we move through an invigorating modified yoga practice using a chair for support, combining lower body strengthening moves with a series of upper body stretches to open the chest and shoulders.	NETA	(S)	(CC)	N/A	#408H
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

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Tue, Nov 08, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Trauma to Triumph - The Rise of the Entrepreneur Survivors of War Profiling a Native American who volunteered for Vietnam and a Holocaust Survivor. They experienced Battle, PTSD, Genocide, the Mob, Anti-semitism and Family loss. Sam and Bill found their inner power to create and own their futures.	NETA	(S)	(CC)	N/A	#101H
09:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
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 Addiction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Medical Cannabis.	NETA	(S)	(CC)	N/A	#504H
11:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
12:30:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
13:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.	SFPBS	(S)	(CC)	N/A	#113H
14:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
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

Tue, Nov 08, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:45:00	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	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.					
18:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
18:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.					
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
	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	Trauma to Triumph - The Rise of the Entrepreneur Survivors of War	NETA	(S)	(CC)	N/A	#101H
	Profiling a Native American who volunteered for Vietnam and a Holocaust Survivor. They experienced Battle, PTSD, Genocide, the Mob, Anti-semitism and Family loss. Sam and Bill found their inner power to create and own their futures.					
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	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#113H
	This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.					

Date: 12/30/2022  
 Tue, Nov 08, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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.

Daily Program Listing II  
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Wed, Nov 09, 2022

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	Pain Management #1032 (Herniated Disks) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks.	SFPBS	(S)	(CC)	N/A	#1032H
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	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
04:00:00	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
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 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 Stick 'em Up!	APTEX	(S)	(CC)	N/A	#416H
07:00:00	P.O.W.: Passing On Wisdom Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.	NETA	(S)	(CC)	N/A	#0H



Wed, Nov 09, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#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.					
09:00:00	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.					
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 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) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#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)	N/A	#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 Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
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	#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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H

Wed, Nov 09, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	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					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
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	Hacking Your Mind Us Vs. Them	PBS	(S)	(CC)	N/A	#103H
	Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.					
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 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	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	Human Fuel	PBS	(S)	(CC)	N/A	#103H
	Through the worlds of a religious faster, an ultra-marathon runner, a farmer and a young girl beating allergies, go deep into the world of the human gut, which processes the fuel our bodies need to keep going.					
22:00:00	Hacking Your Mind Us Vs. Them	PBS	(S)	(CC)	N/A	#103H
	Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.					
23:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.					

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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	Brain Health #1373 (Latest Tips) Memory, Learning, Concentration.	SFPBS	(S)	(CC)	N/A	#1373H
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	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
04:00:00	Living Well (Stroke Help) Dr. Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1216H
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 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 Rise and Shine!	APTEX	(S)	(CC)	N/A	#417H
07:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.	SFPBS	(S)	(CC)	N/A	#206H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

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Thu, Nov 10, 2022

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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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	Innovations In Medicine Addiction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Medical Cannabis.	NETA	(S)	(CC)	N/A	#504H
11:30:00	Hope Is Here Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
12:30:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
13:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#114H
14:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
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

Thu, Nov 10, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	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					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	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.					
18:00:00	Human Fuel	PBS	(S)	(CC)	N/A	#103H
	Through the worlds of a religious faster, an ultra-marathon runner, a farmer and a young girl beating allergies, go deep into the world of the human gut, which processes the fuel our bodies need to keep going.					
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 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	Trauma to Triumph - The Rise of the Entrepreneur Women Entrepreneurs	NETA	(S)	(CC)	N/A	#102H
	A diverse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, Teen Pregnancy, Divorce and emerged through the spirit of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's challenges and rose to prosperity through the power of entrepreneurship.					
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	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
	We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.					
22:30:00	Health Insiders Focus: Chiropractic care, certifications, PPD	SFPBS	(S)	(CC)	N/A	#1106H
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H

Date: 12/30/2022  
Thu, Nov 10, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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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Fri, Nov 11, 2022

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	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
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	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
04:00:00	Staying Healthy #1022 (Reducing Stress at Work) Focus: Teba Orueta discusses methods to help reduce stress in the workplace.	SFPBS	(S)	(CC)	N/A	#1022H
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 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 Agnisar Kriya	APTEX	(S)	(CC)	N/A	#418H
07:00:00	P.O.W.: Passing On Wisdom Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.	NETA	(S)	(CC)	N/A	#0H

Fri, Nov 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#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.					
09:00:00	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.					
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 (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
11:30:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#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)	N/A	#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 Focus: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H
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	#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



Fri, Nov 11, 2022

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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	P.O.W.: Passing On Wisdom Vietnam Prisoners of War recall their experiences and the inspirational story of how they not only survived their imprisonment, but found growth and gratitude afterwards. In their reflections can be seen the humanity that belies the unfathomable circumstances they survived, and how the Naval Academy's principles of leadership and camaraderie helped guide them through the darkness. Their stories are juxtaposed with those of recent Naval Academy Midshipmen who are facing the COVID pandemic and applying those same foundational values to their own experiences of trauma and post-traumatic growth, of communication and disinformation, of the trials of solitary confinement and isolation.	NETA	(S)	(CC)	N/A	#0H
18:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(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 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
20:00:00	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
21:00:00	Human Fuel Through the worlds of a religious faster, an ultra-marathon runner, a farmer and a young girl beating allergies, go deep into the world of the human gut, which processes the fuel our bodies need to keep going.	PBS	(S)	(CC)	N/A	#103H
22:00:00	Hacking Your Mind Us Vs. Them Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
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

Sat, Nov 12, 2022

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/Cosm Surgery (Social Media Issues) Dr. Daniel Careaga and Reana Myers discuss Instagram and Cosmetic Surgery. Focus: Reality expectations in the world of cosmetic surgery.	SFPBS	(S)	(CC)	N/A	#1220H
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	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
04:00:00	Emergency Medicine (Hurricane-Ready Medicine) Dr. Joseph Scott discusses hurricane preparedness in the ER. Focus: Safety and readiness tips for this hurricane season.	SFPBS	(S)	(CC)	N/A	#1221H
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 Community Campout/Leaf It to Alma	PBS	(S)	(CC)	DVI	#131H
06:30:00	Scigirls Escuadron Espacial   Space Squad	PBSPL	(S)	(CC)	N/A	#403
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

Daily Program Listing II  
 WPBTHC  
 10/01/2022 - 12/31/2022

Date: 12/30/2022  
 Sat, Nov 12, 2022

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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	#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

Sat, Nov 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Trauma to Triumph - The Rise of the Entrepreneur Women Entrepreneurs  A diverse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, Teen Pregnancy, Divorce and emerged through the spirit of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's challenges and rose to prosperity through the power of entrepreneurship.	NETA	(S)	(CC)	N/A	#102H
13:00:00	Hacking Your Mind Us Vs. Them  Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.	PBS	(S)	(CC)	N/A	#103H
14:00:00	Sex Talk with Dr. Lia  This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.	SFPBS	(S)	(CC)	N/A	#113H
14:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
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
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:59:00	Smartlife  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	SFPBS	(S)	(CC)	N/A	#905H
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	Greatest Bond  This documentary follows the journey of four disabled veterans as they travel to a prison in Gatesville, Texas, to be paired with a service dog. These dogs have been expertly trained by female prison inmates serving hard time. Not only do these dogs help the veterans on a very practical level, but they also provide constant emotional support, protection, and relief from the terrors of their combat-related Post Traumatic Stress Disorder (PTSD). Peppered among the vulnerable and broken veteran stories, is the lighthearted joy of the puppies, the redirected lives of the female inmates and the good-natured humor of the veterans and inmates as they work closely together. The film is a story of redemption for the inmates and profound new hope for the veterans, through the unconditional love of these very special dogs.	PBSPL	(S)	(CC)	N/A	#0H

Sat, Nov 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
	Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.					
18:30:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
	Episode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominium in Cocoa Beach. A retired shuffleboard court was removed, and a new permeable patio was created, surrounded by native plants, welcoming butterflies and birds. This new common space will serve as a community hangout for residents to relax in nature and observe all the newly attracted wildlife.					
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
	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	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	Hacking Your Mind Us Vs. Them	PBS	(S)	(CC)	N/A	#103H
	Discover how the auto-pilot biases we all experience fuel our nation's divisions, see how authoritarians can hack them and find out how to overcome them.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#113H
	This week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that can make your sexy sweat session even better.					
22:30:00	Health Insiders Focus: Stress, STI, chiropractic care	SFPBS	(S)	(CC)	N/A	#1101H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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.					

Sun, Nov 13, 2022

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	Pain Management #1032 (Herniated Disks) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks.	SFPBS	(S)	(CC)	N/A	#1032H
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	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
04:00:00	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
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	Alma's Way Coqui Quest/Chalk The Block	PBS	(S)	(CC)	DVI	#108H
06:30:00	Scigirls Atletas Maravillosos  Awesome Athletes	PBSPL	(S)	(CC)	N/A	#404
07:00:00	Wild Kratts Deer Buckaroo The Wild Kratts team searches for a fawn - Buckaroo - they helped a few years ago to find out how he's doing now. In the process, they learn about deer society and the vital purpose of antlers.	PBS	(S)	(CC)	N/A	#604H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	#3601H

Daily Program Listing II  
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 10/01/2022 - 12/31/2022

Date: 12/30/2022  
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
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

Sun, Nov 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 2	PBS	(S)	(CC)	N/A	#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)	N/A	#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 Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
14:30:00	Health Insiders Focus: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
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
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	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
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H



Sun, Nov 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
19:30:00	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>					
20:00:00	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
	<p>In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.</p>					
21:00:00	Greatest Bond	PBSPL	(S)	(CC)	N/A	#0H
	<p>This documentary follows the journey of four disabled veterans as they travel to a prison in Gatesville, Texas, to be paired with a service dog. These dogs have been expertly trained by female prison inmates serving hard time. Not only do these dogs help the veterans on a very practical level, but they also provide constant emotional support, protection, and relief from the terrors of their combat-related Post Traumatic Stress Disorder (PTSD). Peppered among the vulnerable and broken veteran stories, is the lighthearted joy of the puppies, the redirected lives of the female inmates and the good-natured humor of the veterans and inmates as they work closely together. The film is a story of redemption for the inmates and profound new hope for the veterans, through the unconditional love of these very special dogs.</p>					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
	<p>We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.</p>					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1106H
	<p>Focus: Chiropractic care, certifications, PPD</p>					
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>					

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

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Mon, Nov 14, 2022

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	Brain Health #1373 (Latest Tips) Memory, Learning, Concentration.	SFPBS	(S)	(CC)	N/A	#1373H
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	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
04:00:00	Living Well (Stroke Help) Dr. Lisa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.	SFPBS	(S)	(CC)	N/A	#1216H
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 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 Pain in the Neck?	APTEX	(S)	(CC)	N/A	#419H
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 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)	N/A	#1003H

Mon, Nov 14, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
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	Medical Frontiers Detecting Cancer with Ai  Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
11:30:00	Medical Frontiers The Road to Patient Safety  Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
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)	N/A	#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)	N/A	#1004H
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. 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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H

Mon, Nov 14, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:59:00	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
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Trauma to Triumph - The Rise of the Entrepreneur Women Entrepreneurs A diverse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, Teen Pregnancy, Divorce and emerged through the spirit of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's challenges and rose to prosperity through the power of entrepreneurship.	NETA	(S)	(CC)	N/A	#102H
18:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
21:00:00	Human Defend Look at a nature survivalist, rancher twins, a doctor who survived Ebola and the recipient of a cutting-edge cancer therapy to uncover the wildly advanced biology that keeps us alive against all odds.	PBS	(S)	(CC)	N/A	#104H
22:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H
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 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

Tue, Nov 15, 2022

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	Mental Health (Mental Health Update) Carol Caraballo and Lt. Patrick Calvo discuss the Miami Police Mental Health Collaboration with SFBHN and their community involvement.	SFPBS	(S)	(CC)	N/A	#1222H
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 (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
04:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
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 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 Shrug Off Shoulder Tension	APTEX	(S)	(CC)	N/A	#420H
07:00:00	Happy Yoga with Sarah Starr Sunlit Woods Allow the peaceful sunlit woods to renew your energy as we focus on a modified yoga practice using a chair for support. Including stretches to increase mobility in the shoulders and gentle moves to lengthen the spine in a full range of motion; combined with standing poses to create more strength and flexibility in the lower body.	NETA	(S)	(CC)	N/A	#409H
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H

Tue, Nov 15, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Amazing Human Body Grow  Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
09:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
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 Brain Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicken Pox, Stress-Free Retirement.	NETA	(S)	(CC)	N/A	#505H
11:30:00	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
12:00:00	Medical Frontiers Detecting Cancer with Ai  Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
12:30:00	Medical Frontiers The Road to Patient Safety  Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
13:00:00	Hacking Your Mind The Wings of Angels  Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H
14:00:00	Sex Talk with Dr. Lia  We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#114H
14:30:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Tue, Nov 15, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	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
16:14:00	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	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
18:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon 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.	SFPBS	(S)	(CC)	N/A	#207H
18:30:00	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
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 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	Soldier On: Life After Deployment In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.	APTEX	(S)	(CC)	DVI	#0H
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 We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.	SFPBS	(S)	(CC)	N/A	#114H

Date: 12/30/2022  
 Tue, Nov 15, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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.



Daily Program Listing II  
WPBTHC

Date: 12/30/2022

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Wed, Nov 16, 2022

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	Primary Care #1225 (Medical Marijuana Update) Dr. Sol Harari discusses medical marijuana and anxiety.	SFPBS	(S)	(CC)	N/A	#1225H
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 ( Heart Update) Health is where the heart is. Focus: Dr. Yale Samole has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#909H
04:00:00	Health Trends #1068 (Teeth Issues) Focus: Dr. Leslie Haller discusses tongue -tie beyond infants to kids and adults. She also explains why early intervention in orthodontics to promote healthier airways in kids without braces is important.	SFPBS	(S)	(CC)	N/A	#1068H
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 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 Torso Twist Toes Touch	APTEX	(S)	(CC)	N/A	#421H
07:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H

Wed, Nov 16, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
08:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	N/A	#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.					
09:00:00	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.					
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	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) 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.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H

Wed, Nov 16, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
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
16:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Soldier On: Life After Deployment In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.	APTEX	(S)	(CC)	DVI	#0H
18:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H
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 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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
21:00:00	Human Defend Look at a nature survivalist, rancher twins, a doctor who survived Ebola and the recipient of a cutting-edge cancer therapy to uncover the wildly advanced biology that keeps us alive against all odds.	PBS	(S)	(CC)	N/A	#104H
22:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H

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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 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, Nov 17, 2022

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	Primary Care #1227 (Smoking Issues) Dr. Javier Perez-Fernandez discusses the dangers of tobacco and smoking on World No Tobacco Day.	SFPBS	(S)	(CC)	N/A	#1227H
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	Healthy Living (Flu Season Tips) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Barbara Russell discuss infection control and the steps you can take to minimize exposure and protect your family during flu season.	SFPBS	(S)	(CC)	N/A	#910H
04:00:00	Health Trends #1082 (Hookah Warnings) Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies.	SFPBS	(S)	(CC)	N/A	#1082H
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 Maintaining full body strength & flexibility is vital to feeling energetic and youthful, no matter your age. By working every muscle in the body this medium paced standing workout will activate your mitochondrial powerhouses; responsible for burning calories, giving you energy, and keeping you feeling young!	APTEX	(S)	(CC)	N/A	#1313H
06:30:00	Wai Lana Yoga Legs Up	APTEX	(S)	(CC)	N/A	#422H
07:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon 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.	SFPBS	(S)	(CC)	N/A	#207H

Thu, Nov 17, 2022

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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
09:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
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 Brain Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicken Pox, Stress-Free Retirement.	NETA	(S)	(CC)	N/A	#505H
11:30:00	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
12:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
12:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
13:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H
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 Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
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 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	Human Defend Look at a nature survivalist, rancher twins, a doctor who survived Ebola and the recipient of a cutting-edge cancer therapy to uncover the wildly advanced biology that keeps us alive against all odds.	PBS	(S)	(CC)	N/A	#104H
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) 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	Soldier On: Life After Deployment In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.	APTEX	(S)	(CC)	DVI	#0H
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
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 Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H

Date: 12/30/2022  
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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.



Fri, Nov 18, 2022

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	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
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	Heart Health (Technology Update)  Health is where the heart is. Practical information that can lead to a long healthy life. Focus:Dr. Ted Feldman discusses mobile health applications and technological trends in the treatment of cardiovascular disease.	SFPBS	(S)	(CC)	N/A	#911H
04:00:00	Mental Health #1085 (Alcohol Awareness)  Focus: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in April.	SFPBS	(S)	(CC)	N/A	#1085H
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	Classical Stretch: By Essentrics  This advanced, body shaping workout will tone and strengthen your arms, abs, core, waist, and legs. Join Miranda Esmonde-White in the breathtaking Bermuda for this full-body standing workout that will liberate your joints and connective tissue while simultaneously strengthening your entire body.	APTEX	(S)	(CC)	N/A	#1314H
06:30:00	Wai Lana Yoga Cut Abs with Scissors	APTEX	(S)	(CC)	N/A	#423H
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

Fri, Nov 18, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	N/A	#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.					
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.					
09:30:00	Medical Frontiers Aromas' Surprising Healing Powers	APTEX	(S)	(CC)	N/A	#102H
	We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.					
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) 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.					
11:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H

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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. 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
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
16:00:00	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
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Soldier On: Life After Deployment In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.	APTEX	(S)	(CC)	DVI	#0H
18:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(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 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	Amazing Human Body Grow Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.	PBS	(S)	(CC)	N/A	#101
21:00:00	Human Defend Look at a nature survivalist, rancher twins, a doctor who survived Ebola and the recipient of a cutting-edge cancer therapy to uncover the wildly advanced biology that keeps us alive against all odds.	PBS	(S)	(CC)	N/A	#104H
22:00:00	Hacking Your Mind The Wings of Angels Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.	PBS	(S)	(CC)	N/A	#104H

Date: 12/30/2022  
 Fri, Nov 18, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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.

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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	Pain Management #1172 (Chronic Pain Help) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1172H
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	Pain Management #1032 (Herniated Disks) Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks.	SFPBS	(S)	(CC)	N/A	#1032H
04:00:00	Staying Healthy #1159 (Diabetic Nerve Damage) Focus: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropathy Awareness Week in May.	SFPBS	(S)	(CC)	N/A	#1159H
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 Steggie Rescue/Alma Hits The Right Note	PBS	(S)	(CC)	DVI	#122H
06:30:00	Scigirls Mejorando Procesos   Process Power	PBSPL	(S)	(CC)	N/A	#405H
07:00:00	Wild Kratts Falcon City The Kratt brothers are itching to fly with the world's fastest animal, the Peregrine falcon, which can hit top speeds of 240 mph. But their efforts are side-tracked when the rest of the Wild Kratts team challenges them to find the falcon in the city instead of in the wild, and Chris' Creature Power Suit is accidentally activated with Pigeon Powers ! But then they discover that Zach is sending his Zachbots to clean off a building that has a peregrine falcon nests with chicks! Martin and Chris must activate their Peregrine falcons powers and harness the force of gravity to pull off a high flying creature rescue!	PBS	(S)	(CC)	N/A	#121H

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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	#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	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	Hacking Your Mind The Wings of Angels	PBS	(S)	(CC)	N/A	#104H
	Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
	We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1111H
	Focus: Autism, exercising, personality profiles					
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
16:00:00	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	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others					
	The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here Bonnie J. Addario	NETA	(S)	(CC)	N/A	#101H
	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.					
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 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	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
	In SOLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tejada and Lyndsey Lyons - confront the challenges of readjusting to civilian life after their post-9/11 military service. Once back in the United States, the women cope with the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, post-traumatic stress disorder, and employment difficulties.					
21:00:00	Hacking Your Mind The Wings of Angels	PBS	(S)	(CC)	N/A	#104H
	Find out why hacking for good may be the most important scientific discovery of this century, and learn how to hack your mind to improve your life and the lives of your family and friends.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
	We discuss how new parents can fuel their love life. Plus, ways to get more creative during foreplay. These topics and more on Sex Talk with Dr. Lia.					
22:30:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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 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 (Mental Health Update) Carol Caraballo and Lt. Patrick Calvo discuss the Miami Police Mental Health Collaboration with SFBHN and their community involvement.	SFPBS	(S)	(CC)	N/A	#1222H
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	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
04:00:00	Health Trends #1224 (Update) Find out the latest trends that contribute to a healthy life.	SFPBS	(S)	(CC)	N/A	#1224H
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	Alma's Way Lost in the Bronx/New Neighbors	PBS	(S)	(CC)	DVI	#136H
06:30:00	Scigirls Asombrosos Arboles   Terrific Trees	PBSPL	(S)	(CC)	N/A	#406H
07:00:00	Wild Kratts Spots in the Desert Chris is in the middle of organizing his creature power discs when they get a call from Wild Kratts kid Manuel, who lives in the Sonoran Desert. He says he has spotted an ocelot in his backyard. An ocelot in the desert? That's so rare, since these wild cats usually live in rainforests. Their Creature Mission - to "spot" an ocelot in the desert.	PBS	(S)	(CC)	N/A	#603H
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

Date: 12/30/2022  
 Sun, Nov 20, 2022

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

Sun, Nov 20, 2022

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 3	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
15:00:00	Smartlife Focus: 1. Sun Protection, Dr. Ileana Perez-Quinteiros 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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
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
16:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	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

Sun, Nov 20, 2022

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 Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
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	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
21:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
21:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
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 Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
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 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 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	Primary Care #1225 (Medical Marijuana Update) Dr. Sol Harari discusses medical marijuana and anxiety.	SFPBS	(S)	(CC)	N/A	#1225H
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	Heart Health ( Heart Update) Health is where the heart is. Focus: Dr. Yale Samole has some practical information that can lead to a long healthy life.	SFPBS	(S)	(CC)	N/A	#909H
04:00:00	Health Trends #1068 (Teeth Issues) Focus: Dr. Leslie Haller discusses tongue -tie beyond infants to kids and adults. She also explains why early intervention in orthodontics to promote healthier airways in kids without braces is important.	SFPBS	(S)	(CC)	N/A	#1068H
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 Your connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fiber which connects each and every part of your body. This is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and pain free body. By working your full body in this all-standing, beginner workout you will liberate each and every layer of connective tissue. Allowing you to move more freely and without pain.	APTEX	(S)	(CC)	N/A	#1315H
06:30:00	Wai Lana Yoga The Sacrum Rock	APTEX	(S)	(CC)	N/A	#424H
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
08:00:00	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)	N/A	#1004H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
10:00:00	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."					
10:30:00	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.					
11:00:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
11:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	N/A	#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)	N/A	#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	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
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. 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

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15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:54:00	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					
16:06:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
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	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0
	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.					
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 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	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
21:00:00	Human Sense	PBS	(S)	(CC)	N/A	#105H
22:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
22:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					

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

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



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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.	APTX	(S)	(CC)	N/A	#1806H
01:00:00	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
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.	APTX	(S)	(CC)	N/A	#1705H
03:00:00	Healthy Living (Flu Season Tips) Medical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman and Barbara Russell discuss infection control and the steps you can take to minimize exposure and protect your family during flu season.	SFPBS	(S)	(CC)	N/A	#910H
04:00:00	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
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.	APTX	(S)	(CC)	N/A	#1705H
06:00:00	Classical Stretch: By Essentrics Join Miranda along the stunning Bermuda coastline for an advanced, standing & floor workout that will improve your agility. By activating the muscle cells in your legs and full body this workout will leave you feeling invigorated, strong, and ready to take on your day.	APTX	(S)	(CC)	N/A	#1316H
06:30:00	Wai Lana Yoga Cannonball	APTX	(S)	(CC)	N/A	#425H
07:00:00	Happy Yoga with Sarah Starr Summer Sunflower Sunset Bask in the beauty of a summer sunset amid a majestic field of sunflowers while enjoying a modified yoga session using a chair for support. Including; easy to follow exercises to stretch the neck, wrists, shoulders, spine, hips and legs.	NETA	(S)	(CC)	N/A	#410H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

Tue, Nov 22, 2022

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	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
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 Heart Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long Covid.	NETA	(S)	(CC)	N/A	#506H
11:30:00	Hope Is Here 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.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
12:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
13:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(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 Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:02:00	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
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
18:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	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.					
18:30:00	Hope Is Here Jill Costello	NETA	(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.					
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 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	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.					
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 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	#1118H
	Focus: Bladder pain syndrome, cancer and nutrition, mental health help					

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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 Anxiety	APTEX	(S)	(CC)	N/A	#1707H

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

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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	Men's Health (Wellness Screenings) Dr. Forster discusses trending topics in men's health in support of Men's Health Month. Focus: Screenings men should have at different ages and stages. Also top health issues such as heart disease, stroke, diabetes, kidney disease and/or liver disease.	SFPBS	(S)	(CC)	N/A	#1253H
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 #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
04:00:00	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
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 Strength & suppleness throughout your entire body is vital to doing all of the activities that you love - and having a strong back is one of the easiest ways to prevent injury and do any activity efficiently! This all-standing, back strengthening workout will help you to do all of your favorite activities safely and with ease.	APTEX	(S)	(CC)	N/A	#1317H
06:30:00	Wai Lana Yoga Side-Lying Stretch	APTEX	(S)	(CC)	N/A	#426H
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
08:00:00	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)	N/A	#1004H

Wed, Nov 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
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 Brown Girl Magic	NETA	(S)	(CC)	N/A	#208H
	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.					
11:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	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.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	N/A	#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)	N/A	#1005H
	With Sister Hilda away on a refresher course, Sister Julienne 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	Health Insiders Focus: Stroke, vaccines, mental crisis	SFPBS	(S)	(CC)	N/A	#1133H
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	#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					

Wed, Nov 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:02:00	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					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:33:00	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					
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
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	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.					
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 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	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.					
21:00:00	Human Sense	PBS	(S)	(CC)	N/A	#105H
22:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
22:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					

Date: 12/30/2022  
 Wed, Nov 23, 2022

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 Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H

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



Thu, Nov 24, 2022

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 (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
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 #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
04:00:00	All About Cancer #1191 (Update) Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#1191H
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 A strong core and back are the best way to prevent poor posture or rounding shoulders. In this intermediate, standing workout Miranda will stretch the vertebrae of your spine while strengthening your core and back. The combination of arm, chest, core, leg, and back exercises will prevent and relieve pain while strengthening your posture.	APTEX	(S)	(CC)	N/A	#1318H
06:30:00	Wai Lana Yoga Tip-Top Trio Wai Lana shows you a trio of backbends to keep you in tip-top shape. You'll strengthen your back, give your digestive system a boost, and improve your overall health.	APTEX	(S)	(CC)	N/A	#501
07:00:00	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

Thu, Nov 24, 2022

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	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
09:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
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	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 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.	NETA	(S)	(CC)	N/A	#102H
12:00:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
12:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
13:00:00	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	#0
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 Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H

Thu, Nov 24, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:32:00	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	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	#0
18:00:00	Human Sense	PBS	(S)	(CC)	N/A	#105H
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 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	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
21:00:00	Medical Frontiers Medical Smart Revolution In a university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT, equipped with the latest digital technology. Data from 20 medical devices are integrated in real time and shown on a monitor during surgery. It has been used for difficult brain tumor surgeries since opening 2 years ago. Doctors outside the operating room can see the monitor and give the surgeon advice, for a more accurate surgery. Separately, another university is using virtual reality to help students learn.	APTEX	(S)	(CC)	N/A	#101H
21:30:00	Medical Frontiers Aromas' Surprising Healing Powers We look at the effects of aromatherapy in 3 types of clinical care. After smelling an essential oil, a woman with cognitive decline who had become withdrawn was livelier and began to talk more. A girl with extreme sensitivity to sound happily took off her earmuffs. A terminal cancer patient with fluid in his abdomen and pain felt better, regained his appetite and began to sleep well. We look at the latest findings in the field of chemical ecology and brain science to find out why aromas have such effects.	APTEX	(S)	(CC)	N/A	#102H
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

Daily Program Listing II  
WPBTHC

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Thu, Nov 24, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	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
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 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

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Fri, Nov 25, 2022

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	Heart Health (Heart Disease) Dr. Chaleff discusses heart disease, treatment and prevention.	SFPBS	(S)	(CC)	N/A	#1261H
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	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
04:00:00	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
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 Full Body Alignment Proper alignment allows us to use our body the way it was designed to be used - without putting additional pressure or strain on the joints, muscles, or spine. In just 23 minutes, this all-standing workout will improve your posture and balance, increase your range of motion, and relieve aches and pains while strengthening your entire body.	APTEX	(S)	(CC)	N/A	#1401H
06:30:00	Wai Lana Yoga Ungirdle Your Shoulders Today's poses loosen the shoulder girdle, releasing stored tension and improving posture.	APTEX	(S)	(CC)	N/A	#502
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

Fri, Nov 25, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	N/A	#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.					
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
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 (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	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.					
11:30:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	N/A	#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)	N/A	#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	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 - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery	SFPBS	(S)	(CC)	N/A	#1025H

Fri, Nov 25, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
16:00:00	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
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
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	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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	Amazing Human Body Survive Discover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, human bodies have remarkable arsenals that allow survival against all kinds of outside threats.	PBS	(S)	(CC)	N/A	#102
21:00:00	Human Sense	PBS	(S)	(CC)	N/A	#105H
22:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Sat, Nov 26, 2022

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	Plastic/Cosmetic Surgery (Facial Injectables) Carolyn Presby discusses PRP and collagen stimulating treatments in comparison with injectables.	SFPBS	(S)	(CC)	N/A	#1263H
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	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
04:00:00	Mental Health (Grief Relief) Amy Exum & Nicole Rodriguez discuss grieving and the different stages of grief.	SFPBS	(S)	(CC)	N/A	#1264H
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 Alma's New Kicks/Star Ball	PBS	(S)	(CC)	DVI	#114H
06:30:00	Scigirls High Tech Tide	PBSPL	(S)	(CC)	DVI	#501
07:00:00	Wild Kratts Happy Turkey Day  The Wild Kratts are on a mission to defend the honor of the wild turkey and to stop Gourmand, who is hunting for the largest, fattest turkey in the forest.	PBS	(S)	(CC)	N/A	#205H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H



Date: 12/30/2022  
 Sat, Nov 26, 2022

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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others  The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 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 Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
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
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:02:00	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	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

Sat, Nov 26, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here Jill Costello	NETA	(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.					
18:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
	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.					
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 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	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
20:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
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 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 Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
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 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.					

Sun, Nov 27, 2022

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	Men's Health (Wellness Screenings) Dr. Forster discusses trending topics in men's health in support of Men's Health Month. Focus: Screenings men should have at different ages and stages. Also top health issues such as heart disease, stroke, diabetes, kidney disease and/or liver disease.	SFPBS	(S)	(CC)	N/A	#1253H
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 #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
04:00:00	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
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	Alma's Way Alma's New Kicks/Star Ball	PBS	(S)	(CC)	DVI	#114H
06:30:00	Scigirls Game Changers	PBSPL	(S)	(CC)	DVI	#502
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
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

Date: 12/30/2022  
 Sun, Nov 27, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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>						
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
<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	#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
11:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Sun, Nov 27, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 4	PBS	(S)	(CC)	N/A	#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)	N/A	#1005H
	With Sister Hilda away on a refresher course, Sister Julienne 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	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	#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	#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					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:02:00	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					
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:33:00	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					
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
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.					

Sun, Nov 27, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	#0
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 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	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	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.	APTEX	(S)	(CC)	N/A	#0
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 Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants	SFPBS	(S)	(CC)	N/A	#1019H
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

Mon, Nov 28, 2022

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 (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
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 #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
04:00:00	All About Cancer #1191 (Update) Ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#1191H
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 Hamstring Stretches Did you know that having healthy, flexible hamstrings will improve your overall posture? Your hips and hamstrings directly impact your pelvis and back. This 23 minute Classical Stretch workout will strengthen and stretch your ribs, shoulders, and back while liberating and rebalancing your hips and hamstrings so that you can stand taller and sit straighter.	APTEX	(S)	(CC)	N/A	#1402H
06:30:00	Wai Lana Yoga Special: Constipation Begone! Wai Lana shows you a very effective yoga technique for relieving constipation, whether mild or long-standing.	APTEX	(S)	(CC)	N/A	#503
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
08:00:00	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)	N/A	#1005H



Mon, Nov 28, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEx	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEx	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
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 Minimally Invasive Lung Cancer Treatment	APTEx	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
11:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEx	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#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.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
	Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn					
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					

Mon, Nov 28, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:59:00	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					
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0
	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	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.					
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 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	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.					
21:00:00	Human Birth	PBS	(S)	(CC)	N/A	#106H
	Go on a journey with parents who are preparing for babies to see how our bodies create and sustain new life. Through their stories, we learn about what is fundamentally shared and absolutely unique about the experience of birth.					
22:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
22:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					

Mon, Nov 28, 2022

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 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.

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

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Tue, Nov 29, 2022

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	Nutrition & Health (Healthy Eating) Natalie Castro and Chef Pierre Vidal discuss the Bolay diet and nutrition tips.	SFPBS	(S)	(CC)	N/A	#1265H
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	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
04:00:00	Brain Health (Stroke Help) Daniel D'Amour discusses stroke awareness.	SFPBS	(S)	(CC)	N/A	#1266H
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 Upper Back Strength Get a strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your posture and stretch your chest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire torso to help you gain a strong, flexible back.	APTEX	(S)	(CC)	N/A	#1403H
06:30:00	Wai Lana Yoga Good Vibrations Vibrate your vocal cords with Standing Lion for a clear, strong voice. Lion and Shoulderstand both stimulate the thyroid gland, keeping your hormones under control.	APTEX	(S)	(CC)	N/A	#504

Tue, Nov 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Happy Yoga with Sarah Starr Serene River Falls	NETA	(S)	(CC)	N/A	#411H
	Bask in the serene river falls setting as we gently stretch and lengthen the spine in a full range of motion. Including stretches to help move the energy, releasing tension while creating more ease in the shoulders and upper back using a chair for support.					
07:30:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
08:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.					
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
	A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.					
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
	The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.					
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	Innovations In Medicine	NETA	(S)	(CC)	N/A	#401H
	Theragun - Percussive Therapy, Innovation: avocado & cholesterol, Medical emergency transport, New blood test for heart attack: Troponin, Facelift Dentistry.					
11:30:00	Hope Is Here Hank Baskett	NETA	(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."					
12:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					

Tue, Nov 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
12:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
13:00:00	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
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	SFPBS	(S)	(CC)	N/A	#1009H
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	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
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
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	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
18:30:00	Hope Is Here 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."	NETA	(S)	(CC)	N/A	#103H
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H

Date: 12/30/2022  
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	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	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 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	#1009H
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 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 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	Staying Healthy (Healthy Food Benefits) Susan Nowrouzi discusses how people can use food as medicine.	SFPBS	(S)	(CC)	N/A	#1267H
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	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
04:00:00	Men's Health (Heart Help) Dr.Samole discusses Men's Heart Health. Focus: Most common problems/conditions in men. Also signs/symptoms of trouble, prevention, lifestyle changes and treatments.	SFPBS	(S)	(CC)	N/A	#1269H
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 Improve Your Posture Unlock your spine by stretching and lubricating connective tissue in your back, chest and core. By gently and effectively working on your range of motion, your joints in your spine, hips and feet will feel liberated, making you feel taller. This beginner, full-body workout is a great way to improve your posture at your own pace.	APTEX	(S)	(CC)	N/A	#1404H
06:30:00	Wai Lana Yoga Breathe Easy! Wai Lana shows you a simple breathing technique that strengthens and purifies the lungs-great for those with asthma and other respiratory problems.	APTEX	(S)	(CC)	N/A	#505H
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
08:00:00	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)	N/A	#1005H



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09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
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	Conscious Living The Best Vegan Food In Asia	NETA	(S)	(CC)	N/A	#209H
	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.					
11:30:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	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.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#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.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
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					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:44:00	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					
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0
	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	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.					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others	SFPBS	(S)	(CC)	N/A	#0H
	The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.					
21:00:00	Human Birth	PBS	(S)	(CC)	N/A	#106H
	Go on a journey with parents who are preparing for babies to see how our bodies create and sustain new life. Through their stories, we learn about what is fundamentally shared and absolutely unique about the experience of birth.					
22:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
22:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					

Date: 12/30/2022  
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
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 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 (Cardiac Tips) Henry Guzman and Dr. Jesus Jimenez discuss heart disease in men. Focus: Aneurysmal disease and carotid artery stenosis.	SFPBS	(S)	(CC)	N/A	#1270H
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	Staying Healthy#1045 (Wound Care) Tina Jacomino discusses wound care.	SFPBS	(S)	(CC)	N/A	#1045H
04:00:00	Nutrition & Health (Meal Timing Benefits) Lucette Talamas discusses meal timing and frequency. Focus: Does it matter when you eat? What are the intermittent fasting techniques to lose weight and boost brain health. Do they work?	SFPBS	(S)	(CC)	N/A	#1271H
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 Leg Toning Release joint tension and activate the stabilizer muscles in your core and legs, while you stretch and strengthen all 650 muscles and tone your lower body. By working gently yet effectively, you'll also liberate your hips, which will help improve your gait and balance. This full-body standing and floor workout will leave your body feeling energized throughout the day.	APTEX	(S)	(CC)	N/A	#1405H
06:30:00	Wai Lana Yoga Get The Edge with Yoga Whether you run, lift weights, or play soccer, basketball, or tennis, Wai Lana's stretches counterbalance tight muscles, giving you winning-edge flexibility. Learn a meditation that will put you on top of your mental game, too.	APTEX	(S)	(CC)	N/A	#506H
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

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07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Amazing Human Body Learn See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.	PBS	(S)	(CC)	N/A	#103H
09:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs A new treatment for COVID-19 involves the combination of 2 different antibodies to create an antibody cocktail. It's currently used in some countries. We examine how such drugs are made and how they work. In Japan, development is underway of an antibody drug that can fight any variant of the new coronavirus. Research is being done on the use of antibodies of an animal. We look at the potential of antibody drugs from the front lines of research.	APTEX	(S)	(CC)	N/A	#103H
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus The world's first virus therapy drug targeting malignant brain tumors won approval in Japan in June 2021. It contains a virus that kills only cancer cells. It was known since the 1970s that tumors shrank after patients were infected with a virus, but nobody was able to develop a cancer drug for many years. Many years later, a US neurosurgeon paved the way for the creation of such a drug for brain tumors, and a Japanese neurosurgeon who saw his paper made further adjustments.	APTEX	(S)	(CC)	N/A	#104H
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 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 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."	NETA	(S)	(CC)	N/A	#103H
12:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
12:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H

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Thu, Dec 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	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
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
14:30:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
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
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#403H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#404H
15:58:00	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
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#406H
16:20:00	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	Human Birth Go on a journey with parents who are preparing for babies to see how our bodies create and sustain new life. Through their stories, we learn about what is fundamentally shared and absolutely unique about the experience of birth.	PBS	(S)	(CC)	N/A	#106H
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 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

Thu, Dec 01, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.	APTEX	(S)	(CC)	N/A	#0
21:00:00	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
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: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
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 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 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	Pain Management (Spine Care) Dr. Jose Mena discusses lumbar spinal stenosis - neurogenic claudication.	SFPBS	(S)	(CC)	N/A	#1272H
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	Kids & Teens (Er Visit Vs Office Visit) Dr. Zambrano considers when an ER visit rather than an office visit is warranted as well as antibiotic use.	SFPBS	(S)	(CC)	N/A	#1052H
04:00:00	Orthopedics (Arthritis Aid) Dr. Lisa Corsa discusses treatment and rehabilitation of arthritis.	SFPBS	(S)	(CC)	N/A	#1273H
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 Upper Back & Posture Increase your range of motion in your hips and shoulders to strengthen your upper back and improve your posture. In this episode specific isolation exercises are done to stabilize muscles and joints, and correct imbalances due to weaknesses that often occur after an injury or a sedentary lifestyle. Combined with large sweeping movements, this rejuvenating workout will rebalance your body, liberate your shoulders and improve your overall posture.	APTEX	(S)	(CC)	N/A	#1406H
06:30:00	Wai Lana Yoga Focus: Arms and Legs Loosen your shoulders while strengthening your arms. A squatting pose and leg lifts loosen your hips while strengthening your legs.	APTEX	(S)	(CC)	N/A	#507H
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
08:00:00	Call The Midwife Episode 5 With Sister Hilda away on a refresher course, Sister Julienne 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)	N/A	#1005H



Fri, Dec 02, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					
09:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.					
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) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	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.					
11:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#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.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
14:00:00	Health Insiders Focus: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00	Health Insiders Focus: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	Focus: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. Scarlet Constant 3. Women and Heart Disease - Dr. Frederick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - Dr. Jorge Blanco					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:12:00	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					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0
	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	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease	APTEX	(S)	(CC)	N/A	#0
	Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.					
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	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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
21:00:00	Human Birth	PBS	(S)	(CC)	N/A	#106H
	Go on a journey with parents who are preparing for babies to see how our bodies create and sustain new life. Through their stories, we learn about what is fundamentally shared and absolutely unique about the experience of birth.					
22:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
	Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	<p>Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.</p>					
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 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>					

Sat, Dec 03, 2022

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	All About Cancer (Breast Cancer Help) Dr. Jane Mendez discusses breast cancer and its different treatment options.	SFPBS	(S)	(CC)	N/A	#1274H
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	Heart Health (Aspirin Debate) Dr. Armando Garcia (BHSF)Dr. Garcia discusses new guideline recommendations on low-dose aspirin for many fewer patients and addresses the questions on whether to take "Aspirin" or not to take.	SFPBS	(S)	(CC)	N/A	#1054H
04:00:00	Healthy Living (Healthy Life Essentials) Medical experts share the essential factors of a healthy lifestyle.	SFPBS	(S)	(CC)	N/A	#1275H
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 Trick Or Treatasaurus/The Haunted Hallway	PBS	(S)	(CC)	DVI	#138H
06:30:00	Scigirls Super Sensors	PBSPL	(S)	(CC)	DVI	#503
07:00:00	Wild Kratts A Huge Orange Problem While Chris and Martin are off searching for the endangered Orangutan in the deep forests of Borneo, back at the Tortuga HQ Aviva, Koki and Jimmy get carried away swinging on vines and their muscles so get incredibly sore that they can't do anything. The bros attempt to rush back with the first aid kit but a huge orangutan keeps tossing them back into the forest. Here they learn that orangutans use a special leaf and chew it into a lotion to ease muscle soreness, and return with this orangutan medicine to help their friends. But Zach has sent his Zachbots to fell the trees of the orangutan forest, and Martin and Chris activate the orangutan powers of the Creature Power Suit to rid the forest of saw-armed Zachbots, and save the orangutans rainforest home.	PBS	(S)	(CC)	N/A	#128H

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Date: 12/30/2022  
 Sat, Dec 03, 2022

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	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.						
10:12:00	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

Sat, Dec 03, 2022

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	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
13:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.	APTEX	(S)	(CC)	N/A	#0
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	SFPBS	(S)	(CC)	N/A	#1009H
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	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 Comkornuecha, 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
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H

Daily Program Listing II  
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Sat, Dec 03, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	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	#0
18:00:00	Hope Is Here 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."	NETA	(S)	(CC)	N/A	#103H
18:30:00	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
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 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	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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	SFPBS	(S)	(CC)	N/A	#1009H
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 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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Sun, Dec 04, 2022

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	Staying Healthy (Healthy Food Benefits) Susan Nowrouzi discusses how people can use food as medicine.	SFPBS	(S)	(CC)	N/A	#1267H
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	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
04:00:00	Men's Health (Heart Help) Dr.Samole discusses Men's Heart Health. Focus: Most common problems/conditions in men. Also signs/symptoms of trouble, prevention, lifestyle changes and treatments.	SFPBS	(S)	(CC)	N/A	#1269H
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	Alma's Way Chacho Gets A Bath/Frankie's Four Feet	PBS	(S)	(CC)	DVI	#128H
06:30:00	Scigirls Cartoon Coders	PBSPL	(S)	(CC)	DVI	#504H
07:00:00	Wild Kratts Polar Bears Don't Dance While in the Arctic, Martin and Chris are on a mission to discover how animals move around in different environments. Their new knowledge comes in handy when they discover that Zach Varmitech has kidnapped a Walrus calf and a Polar bear cub. The Wild Kratts team must do what it takes to return the baby animals to their mothers. Science Concepts: Buoyancy, Traction.	PBS	(S)	(CC)	N/A	#107H
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H



Date: 12/30/2022  
 Sun, Dec 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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>						
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

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Date: 12/30/2022  
 Sun, Dec 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 5	PBS	(S)	(CC)	N/A	#1005H
	With Sister Hilda away on a refresher course, Sister Julienne 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.					
13:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
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					
15:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:44:00	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					
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

Sun, Dec 04, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	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>					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
	<p>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.</p>					
20:00:00	The Last Chapter	APTEX	(S)	(CC)	N/A	#0H
	<p>THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.</p>					
21:00:00	The Parents' Survival Guide:Childhood Obesity	APTEX	(S)	(CC)	N/A	#0
	<p>Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.</p>					
22:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	<p>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.</p>					
22:30:00	Health Insiders Focus: Autism, exercising, personality profiles	SFPBS	(S)	(CC)	N/A	#1111H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
	<p>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.</p>					

Mon, Dec 05, 2022

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 (Cardiac Tips) Henry Guzman and Dr. Jesus Jimenez discuss heart disease in men. Focus: Aneurysmal disease and carotid artery stenosis.	SFPBS	(S)	(CC)	N/A	#1270H
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	Staying Healthy#1045 (Wound Care) Tina Jacomino discusses wound care.	SFPBS	(S)	(CC)	N/A	#1045H
04:00:00	Nutrition & Health (Meal Timing Benefits) Lucette Talamas discusses meal timing and frequency. Focus: Does it matter when you eat? What are the intermittent fasting techniques to lose weight and boost brain health. Do they work?	SFPBS	(S)	(CC)	N/A	#1271H
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 Back Pain Relief Moving the spine in all directions, the way it was designed to move, can help reduce back pain. In this easy-to-follow standing and barre workout you'll relieve tension in the lower back with posture and hip isolation exercises. Plus you'll release, stretch and strengthen your psoas and hamstrings to help keep you pain-free!	APTEX	(S)	(CC)	N/A	#1407H
06:30:00	Wai Lana Yoga Energize Your Spine! Forward bends, backbends, and twists loosen the spine and give you energy. They also tone the spinal nerves connected to your internal organs, creating vibrant inner health.	APTEX	(S)	(CC)	N/A	#508H
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	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 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEx	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEx	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
10:00:00	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."					
10:30:00	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.					
11:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEx	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					
11:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEx	(S)	(CC)	N/A	#110H
	In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.					
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
14:00:00	Health Insiders Focus: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
14:30:00	Health Insiders Focus: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H

Mon, Dec 05, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#1005H
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	The Parents' Survival Guide:Childhood Obesity Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
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 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	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H

Mon, Dec 05, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease Most people think Alzheimer's is a disease that only affects older adults, but that's not always true. When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be a lonely and isolating experience and although there are many resources available for those with Alzheimer's, very little information is available for those affected by this form of the disease. Hosted by Dan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle maven who was diagnosed with younger onset Alzheimer's at the age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHEIMER'S DISEASE takes an in-depth look at the particulars of this disease, and provides information to help understand and educate viewers about the effects and its impact. The hour-long documentary features nine families from a variety of backgrounds who share their stories and common experiences, from loneliness and isolation, to the adjustments, and finally, to the healing power of community.	APTEX	(S)	(CC)	N/A	#0
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
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 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

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Tue, Dec 06, 2022

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	Orthopedics (Orthopedic Help) Dr. Michael Swartzon discusses the most common orthopedic conditions in men (vs. women) and recommended prevention and treatments.	SFPBS	(S)	(CC)	N/A	#1276H
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 (Skin & Breast Cancer) Focus: Dr. Beatriz Amendola has ways to prevent some cancers; lifestyle, family history and more.	SFPBS	(S)	(CC)	N/A	#1058H
04:00:00	Plastic/Cosmetic Surgery (Potential Dangers) Dr. Castellon discusses the latest techniques involving the restoration, reconstruction, or alteration of the body.	SFPBS	(S)	(CC)	N/A	#1279H
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 Calf & Knee Join Miranda for an all standing, neuromuscular workout. Through gentle and controlled movements, and imagery designed to engage your mind, your body including your knees and calves will be stretched and strengthened to help prevent injury. As an added bonus, you'll also work to increase your hip's range of motion, which will help you move faster and more easily throughout your day.	APTEX	(S)	(CC)	N/A	#1408H
06:30:00	Wai Lana Yoga Two-Hand Snake This balancing pose strengthens both arms and abs and improves concentration. End with a standing chin lock that calms the mind and emotions.	APTEX	(S)	(CC)	N/A	#509H
07:00:00	Happy Yoga with Sarah Starr Desert Sunset Enjoy the glorious desert sunset, gaining clarity and stability with a modified yoga practice using a chair for support including: modified seated sun salutations, stretches to open the hips and release tension in the spine and a standing sequence linking breath with movement, building strength, balance and focus.	NETA	(S)	(CC)	N/A	#412H
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H



Tue, Dec 06, 2022

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 Detecting Cancer with Ai  Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
09:30:00	Medical Frontiers The Road to Patient Safety  Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
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 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 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 Visualizing Tiny Blood Vessels In 3d  A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
12:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa  In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
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 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

Tue, Dec 06, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H
18:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H
18:30:00	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
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 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

Tue, Dec 06, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	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>					
21:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
	<p>REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.</p>					
22:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	<p>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.</p>					
22:30:00	Health Insiders Focus: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
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 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>					

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Wed, Dec 07, 2022

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	Staying Healthy (Home Health Care Help) Tina Jacomino & Jason Owens discuss home health-care services. Focus: Pill packaging and home delivery options for patients.	SFPBS	(S)	(CC)	N/A	#1280H
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	Sports Medicine (Sports Injury Tips) Focus: Dr. Michael Swartzon discusses the effects of wearing the correct gear when you exercise or work out; additionally, he explains how the wrong gear can cause injuries such as worn out running shoes, wearing Crocs on the treadmill, poor quality helmets in high school football programs, etc. and how heat protection and hydration are essential now that we head into Spring.	SFPBS	(S)	(CC)	N/A	#1056H
04:00:00	Health Trends (Pets As Therapy) Amy Exum discusses the benefits of service and emotional support animals. Focus: Pet Therapy.	SFPBS	(S)	(CC)	N/A	#1282H
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 Spine Strengthening Strengthening the spine reduces stress on the spinal discs and joints, protects against injury and is one of the best ways to prevent back pain. Featuring standing and floor work, this rejuvenating workout will help develop a stable and aligned spine by strengthening the entire core musculature, from the abdominals to the entire back. With a strong back, you'll feel liberated and able to perform daily tasks with ease.	APTEX	(S)	(CC)	N/A	#1409H
06:30:00	Wai Lana Yoga Banish Lower Back Pain Wai Lana shows you a series of poses to strengthen your abs, thighs, and back muscles-all essential for a healthy back.	APTEX	(S)	(CC)	N/A	#510H
07:00:00	The Parents' Survival Guide:Childhood Obesity Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.	APTEX	(S)	(CC)	N/A	#0

Wed, Dec 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
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 (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.					
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
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

Wed, Dec 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	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
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
17:00:00	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
18:00:00	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(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 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	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0

Wed, Dec 07, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	The Parents' Survival Guide:Childhood Obesity  Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.	APTEX	(S)	(CC)	N/A	#0
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment  In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep  Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Thu, Dec 08, 2022

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	Mental Health (Substance Abuse Help) Heather Hayes discusses baby boomers and substance use in mid-life.	SFPBS	(S)	(CC)	N/A	#1283H
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	Mental Health (Suicide Prevention) Richard Shutes & Coralie Patterson discuss suicide prevention and how to recognize warning signs and where to seek help.	SFPBS	(S)	(CC)	N/A	#1061H
04:00:00	Kids & Teens (Immunization Update) Dr. Manuel Vega discusses vaccinations. FOCUS: The current measles outbreaks.	SFPBS	(S)	(CC)	N/A	#1284H
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 Full Body Workout Rev up your body with this zero impact, cardio workout that won't stress your joints. This all standing, invigorating workout features exercises that tone your abs and strengthen your hips. The flowing rotational movements will unlock your joints, improve your circulation and give you that after workout glow.	APTEX	(S)	(CC)	N/A	#1410H
06:30:00	Wai Lana Yoga Enjoy Supple Joints Get your toes, knees, hips, and shoulders moving to give your joints the freedom of maximum flexibility. Then salute the sun to energize your entire body.	APTEX	(S)	(CC)	N/A	#511H
07:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.	SFPBS	(S)	(CC)	N/A	#201H



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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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Detecting Cancer with Ai Colon cancer is the second deadliest cancer in the US. Early detection is important but finding and diagnosing polyps is difficult. 2 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten.	APTEX	(S)	(CC)	N/A	#105H
09:30:00	Medical Frontiers The Road to Patient Safety Incidents at medical institutions can sometimes put patients' lives at risk. The Nagoya University Hospital in central Japan has adopted a system to ensure medical safety. Everyone who works there, from medical professionals to administrative staff, can report incidents. There are 250 a week, and each is examined to determine the cause, with information disclosed to patients. This has led to improvements in procedures and equipment. The system is based on Kaizen, a core principle of Toyota Motor.	APTEX	(S)	(CC)	N/A	#106H
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	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 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 Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
12:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
13:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H

Thu, Dec 08, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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: Blue zone, addiction, running	SFPBS	(S)	(CC)	N/A	#1134H
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
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#905H
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H
18:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(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 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	The Last Chapter THE LAST CHAPTER examines the benefits of planning for end-of-life care through interviews with a diverse collection of subjects, including elderly hospice patients, parents of a child battling a rare metabolic bone disease, a young father of three suffering from liver and colon cancer, and even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. Throughout, doctors from several Pittsburgh-area hospitals stress the importance of communication regarding end-of-life decision-making. These difficult, but necessary conversations can help patients navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also follows nurses, hospice-care providers and an interfaith chaplain who tend to the physical, emotional and spiritual needs of terminally ill patients.	APTEX	(S)	(CC)	N/A	#0H

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Thu, Dec 08, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
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: Blue zone, addiction, running	SFPBS	(S)	(CC)	N/A	#1134H
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 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 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 (American Red Cross Benefits) Dr. Ted Feldman & Dr. David Markenson explain the American Red Cross programs . Focus: Teaching CPR, AED, First Aid and BLS/CPR for healthcare professionals.	SFPBS	(S)	(CC)	N/A	#1285H
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	Plastic/Cosm Surgery (Body Image/Non-Surgical) Focus: Reana Myers discusses non-surgical treatments for face and body to get your face and body ready for summer.	SFPBS	(S)	(CC)	N/A	#1062H
04:00:00	Heart Health (Vein Help) Dr. Ian del Conde discusses various vascular conditions. Focus: Their risks, symptoms, prevention and treatments.	SFPBS	(S)	(CC)	N/A	#1286H
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 Glute & Hip Stretch Work from head-to-toe as you stretch the entire body in this feel good Classical Stretch workout. Through twisting the spine you'll liberate your upper body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. As you continue with barre work, you'll release tension in your hips and spine so that you can stretch and strengthen your glutes and hamstrings.	APTEX	(S)	(CC)	N/A	#1411H
06:30:00	Wai Lana Yoga Easy Stress Relief Wai Lana shows you poses and a breathing technique to release stored stress, both physical and mental.	APTEX	(S)	(CC)	N/A	#512H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	The Parents' Survival Guide:Childhood Obesity	APTEX	(S)	(CC)	N/A	#0
	Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.					
08:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
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 (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family's new space will serve as a place for them to gather and spend quality time together outdoors.					
11:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.					
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN TERRANY Self love	SFPBS	(S)	(CC)	N/A	#1018H
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
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	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
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	The Parents' Survival Guide:Childhood Obesity Although the causes of childhood obesity vary, the effects do not: obesity compromises a child's growth, health and quality of life. THE PARENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutions to this growing pediatric health problem, specifically the role parents can play as the "first line of defense" in their children's nutrition and fitness. By combining interviews with experts and profiles with families, the one-hour documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new research on childhood obesity and compares and contrasts different approaches that both parents and healthcare professionals can put to immediate use. It also addresses the more complex matters of behavior modification, a key, albeit challenging, component in controlling weight.	APTEX	(S)	(CC)	N/A	#0
18:00:00	Revolutionizing Dementia Care REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.	APTEX	(S)	(CC)	N/A	#0
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 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
20:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H
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	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
22:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
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 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 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	Maternity Care (Postpartum Depression) Steven and Andrea discuss postpartum depression in new mothers - risk factors, symptoms, treatment options as well as effects on new fathers.	SFPBS	(S)	(CC)	N/A	#1287H
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 (Teen Suicide) Focus: Dr. Daniel Bober discusses recent sad news with teenage suicide events and what to look out for in terms of signs and symptoms.	SFPBS	(S)	(CC)	N/A	#1063H
04:00:00	Nutrition & Health (Basic Health-Care) Cadena that Goes to Third World countries to help teach children and moms about basic health and nutrition needs.	SFPBS	(S)	(CC)	N/A	#1288H
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's Book Swap/Finders Keepers	PBS	(S)	(CC)	DVI	#123H
06:30:00	Scigirls Code Concert	PBSPL	(S)	(CC)	DVI	#505H
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
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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 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
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
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife 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	SFPBS	(S)	(CC)	N/A	#705H
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	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.					
18:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.					
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and lbs	NETA	(S)	(CC)	N/A	#101H
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	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
	REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Over the course of an hour, the documentary visits eight residential homes-from Massachusetts to California-specializing in dementia and Alzheimer's care. Interviews with residents, family and staff reveal the various ways models of person-centered care, and its impact on both the recipients and providers of those services. Experts and educators in the dementia care field also discuss the changing landscape of diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives of those living with this diagnosis.					
21:00:00	Polio Crusade: American Experience	PBS	(S)	(CC)	DVI	#2102H
	Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.					
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: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
23:00:00	Doctor Q & A Stomach Pain, Reflux Disease and lbs	NETA	(S)	(CC)	N/A	#101H
23:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					

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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	Staying Healthy (Home Health Care Help) Tina Jacomino & Jason Owens discuss home health-care services. Focus: Pill packaging and home delivery options for patients.	SFPBS	(S)	(CC)	N/A	#1280H
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	Sports Medicine (Sports Injury Tips) Focus: Dr. Michael Swartzon discusses the effects of wearing the correct gear when you exercise or work out; additionally, he explains how the wrong gear can cause injuries such as worn out running shoes, wearing Crocs on the treadmill, poor quality helmets in high school football programs, etc. and how heat protection and hydration are essential now that we head into Spring.	SFPBS	(S)	(CC)	N/A	#1056H
04:00:00	Health Trends (Pets As Therapy) Amy Exum discusses the benefits of service and emotional support animals. Focus: Pet Therapy.	SFPBS	(S)	(CC)	N/A	#1282H
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 Too Corny/Alma Tags Along	PBS	(S)	(CC)	DVI	#119H
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
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
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Date: 12/30/2022  
 Sun, Dec 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	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>						
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
<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	#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
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H

Date: 12/30/2022  
 Sun, Dec 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 6	PBS	(S)	(CC)	N/A	#1006H
	Trixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances help a mother-to-be who refuses medical care. Nancy reveals a secret that could threaten her relationship with Nonnatus House.					
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	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
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
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 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

Sun, Dec 11, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Speaking Grief	APTEX	(S)	(CC)	DVI	#0H
	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.					
21:00:00	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.					
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
	Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life.					
22:30:00	Health Insiders Focus: Blue zone, addiction, running	SFPBS	(S)	(CC)	N/A	#1134H
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
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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Mon, Dec 12, 2022

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	Mental Health (Substance Abuse Help) Heather Hayes discusses baby boomers and substance use in mid-life.	SFPBS	(S)	(CC)	N/A	#1283H
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	Mental Health (Suicide Prevention) Richard Shutes & Coralie Patterson discuss suicide prevention and how to recognize warning signs and where to seek help.	SFPBS	(S)	(CC)	N/A	#1061H
04:00:00	Kids & Teens (Immunization Update) Dr. Manuel Vega discusses vaccinations. FOCUS: The current measles outbreaks.	SFPBS	(S)	(CC)	N/A	#1284H
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 Spine Flexibility Working your spine through flexion, extension, lateral and rotational movements will help you gain greater flexibility in your spine and also your neck and hips! With this energizing standing and floor workout, you'll stretch tight glutes and hamstrings, which will liberate you spine too. Plus, there are exercises for ankle mobility to help increase your walking and running speed.	APTEX	(S)	(CC)	N/A	#1412H
06:30:00	Wai Lana Yoga Loose Legs, Loose Hips Loosen your hamstrings to release your hips for deeper forward bends. Stretch your thighs and release your groin for deeper backbends.	APTEX	(S)	(CC)	N/A	#513H
07:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H



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Mon, Dec 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.					
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 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."					
11:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					
11:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.					
12:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
13:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
14:00:00	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					

Mon, Dec 12, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 Focus: 1. Sun Protection, Dr. Ileana Perez-Quinteiros 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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
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
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H
18:00:00	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
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 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	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	<p>A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.</p>					
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	<p>In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.</p>					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	<p>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."</p>					

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Tue, Dec 13, 2022

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 (Stretching Therapy) Justine Youngleson explains the benefits of stretching . Focus: Stretch therapy for athletes, medical patients and all other patients.	SFPBS	(S)	(CC)	N/A	#1289H
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 (Help Inc./Childhood Cancer Proj.) In-depth exploration of a wide variety of issues that affect women' s health.	SFPBS	(S)	(CC)	N/A	#1064H
04:00:00	Healthy Living (Help for Arthritis Pain) Henry Guzman & Dr. Lustgarten discuss arthritis pain or neuropathic pain.	SFPBS	(S)	(CC)	N/A	#1290H
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 Glute Toning Powerful glutes play a key role in how efficiently your body moves. Keeping them toned and strong can relieve back pain and prevent injury. You'll also work on feet and hip alignment, and move in ways to increase your range of motion in this Classical Stretch episode. Perfect for beginners, the easy-to-follow full body movements will keep you energized throughout your day.	APTEX	(S)	(CC)	N/A	#1413H
06:30:00	Wai Lana Yoga Chakra Breathing Wai Lana teaches you to breathe to the navel chakra while balancing in Reverse Arrow. Activating this energy center purifies the subtle body and prevents disease.	APTEX	(S)	(CC)	N/A	#514H
07:00:00	Happy Yoga with Sarah Starr Sunflowers at Dusk Bask in the radiant sunflower field at dusk as we reconnect you to your abdominal muscles with easy to follow exercises using a chair for support. Including gentle sun salutations, along with accessible moves to improve your posture and strengthen the core while activating the hip flexors and quadriceps.	NETA	(S)	(CC)	N/A	#501H

Tue, Dec 13, 2022

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	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.	APTEX	(S)	(CC)	N/A	#107H
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.	APTEX	(S)	(CC)	N/A	#108H
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 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 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.	NETA	(S)	(CC)	N/A	#105H
12:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
12:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H

Tue, Dec 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102
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 - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery	SFPBS	(S)	(CC)	N/A	#1025H
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
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:42:00	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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 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.	NETA	(S)	(CC)	N/A	#105H
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

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Tue, Dec 13, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Polio Crusade: American Experience	PBS	(S)	(CC)	DVI	#2102H
	Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.					
21:00:00	Alzheimer's: What You Can Do	APTEX	(S)	(CC)	N/A	#0H
	ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.					
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
	Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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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Wed, Dec 14, 2022

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 (Latest Tips) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1291H
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	Men's Health (Exercise & Goals) In-depth exploration of a wide variety of issues that affect men's health.	SFPBS	(S)	(CC)	N/A	#1066H
04:00:00	Pain Management #1312 (Latest Updates) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1312H
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 Hip Strengthening Learn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing workout, Miranda shows you how to work through the muscle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to improve posture and relieve neck pain. This episode is great for those who want to improve their strength and overall health.	APTEX	(S)	(CC)	N/A	#1414H
06:30:00	Wai Lana Yoga Duck Walking Waddling like a duck increases circulation in your legs. This and other exercises loosen your knees and hips to prepare you for the meditative sitting poses.	APTEX	(S)	(CC)	N/A	#515H



Wed, Dec 14, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	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
08:00:00	Call The Midwife Episode 7 Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.	PBS	(S)	(CC)	N/A	#1007H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEx	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEx	(S)	(CC)	N/A	#110H
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 Busting Loose In Berlin 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.	NETA	(S)	(CC)	N/A	#101
11:30:00	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
12:00:00	Call The Midwife Episode 7 Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.	PBS	(S)	(CC)	N/A	#1007H
13:00:00	Call The Midwife Special Delivery Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.	PBS	(S)	(CC)	N/A	#1008H

Wed, Dec 14, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Health Insiders Focus: Sunscreen and sun safety, Women & heart disease, Menopause	SFPBS	(S)	(CC)	N/A	#1069H
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. 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
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
16:01:00	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
16:16:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	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
18:00:00	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102H
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 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	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEX	(S)	(CC)	N/A	#0H

Wed, Dec 14, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	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
22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
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 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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Thu, Dec 15, 2022

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	Plastic/Cosmetic Surgery (Cell Phone Neck) Dr. Jacob Steiger discusses text neck.	SFPBS	(S)	(CC)	N/A	#1293H
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	Dermatology (Skincare Help!) Focus: Dr. Judith Crowell 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	#1067H
04:00:00	Dermatology (Tanning Bed Dangers) Dr. Jill Waibel and Melissa Valenzuela discuss the safety of spray tanning over tanning beds and sun bathing, revealing the dangers of skin cancer and the resulting aging of the skin. Focus: Treatments that help those conditions, such as resurfacing and photodynamic therapy (PDT).	SFPBS	(S)	(CC)	N/A	#1294H
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	Classical Stretch: By Essentrics Zero Impact Cardio In just 23 minutes, experience the exhilaration that comes from freedom of movement, better posture, increased stamina, and a renewed sense of vitality! Zero impact means you always have one foot firmly rooted to the ground, allowing you to enjoy the benefits of a heart-pumping workout without pressure on your joints. Join Miranda as she guides you through a series of dynamic sequential exercises designed to refine your alignment and build your core, giving you the power to move through your day with ease. A final cool down will leave you feeling like you are floating on air.	APTEX	(S)	(CC)	N/A	#1415H
06:30:00	Wai Lana Yoga Bellows Breath Use your breath to achieve peace of mind after an invigorating exercise session that includes yoga splits.	APTEX	(S)	(CC)	N/A	#516H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	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.					
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	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.					
09:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	In lung cancer surgery, it's common practice worldwide to remove a large area of the organ. The bigger the area, the worse the effect on the patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. In one case, the surgery took an hour and less than a spoonful of blood was lost. The patient was discharged in 3 days and back to normal in a week. We report on the innovative method and its potential.					
09:30:00	Medical Frontiers Exploring The Mystery of Good Sleep	APTEX	(S)	(CC)	N/A	#108H
	Sleep is said to be the biggest black box of modern science. The International Institute for Integrative Sleep Medicine in Japan is known for its global contributions to uncovering the mysteries of sleep. It developed a device that can be used at home to easily measure brain waves during sleep and analyze sleep quality. Research has revealed the importance of REM sleep, during which the brain becomes highly active, and found a lack of it is associated with a higher risk of dementia and obesity.					
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	Innovations In Medicine	NETA	(S)	(CC)	N/A	#403H
	Stem Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So Clean CPAP, Fecal Transplantation, Pot Protects the Brain, Prostate Cancer.					
11:30:00	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.					
12:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
12:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
13:00:00	American Experience Test Tube Babies She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H
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	#1009H
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
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:49:00	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	Polio Crusade: American Experience Discover the story of the dreaded disease that gripped the nation in fear, leaving thousands paralyzed. The film weaves personal accounts of polio survivors with the story of the ardent crusader who tirelessly fought against it.	PBS	(S)	(CC)	DVI	#2102
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

Date: 12/30/2022  
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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEx	(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	#1009H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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

Fri, Dec 16, 2022

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	Health Trends (Hernia Help)  Dr. Gonzalez Ramos discusses minimally invasive and robotic surgery treatment options for hernias.	SFPBS	(S)	(CC)	N/A	#1295H
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	Health Trends #1068 (Teeth Issues)  Focus: Dr. Leslie Haller discusses tongue -tie beyond infants to kids and adults. She also explains why early intervention in orthodontics to promote healthier airways in kids without braces is important.	SFPBS	(S)	(CC)	N/A	#1068H
04:00:00	Orthopedics (Fracture Care)  Dr. Luis Rodriguez discusses fracture care. Focus: Common types, risks, symptoms, treatment and prognosis.	SFPBS	(S)	(CC)	N/A	#1296H
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 & Glute Strengthening  Join Miranda for this targeted no-impact workout designed to stretch and strengthen the gluteus muscles by rebalancing the entire body. In just 23 minutes, you will learn to decompress the hip joints by releasing chronically tight hip flexors - allowing you to properly activate, strengthen and tone the largest muscle group in the body (which will help burn more calories!) Easy to follow and moderately paced, this standing and floor glute-centered workout will leave you feeling strengthened, freer in the joints, while improving posture and alleviating pain in the lower back, knees and hips.	APTEX	(S)	(CC)	N/A	#1416H
06:30:00	Wai Lana Yoga The Thigh Bone's Connected to the Hip Bone  Use your legs in different ways to loosen your hips and massage your spine. Then strengthen your thighs with Dynamic Squatting Pose.	APTEX	(S)	(CC)	N/A	#517H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	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
08:00:00	Call The Midwife Episode 7 Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.	PBS	(S)	(CC)	N/A	#1007H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
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	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	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
12:00:00	Call The Midwife Episode 7 Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.	PBS	(S)	(CC)	N/A	#1007H
13:00:00	Call The Midwife Special Delivery Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.	PBS	(S)	(CC)	N/A	#1008H

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14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders Focus: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
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
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:59:00	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
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1106H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1107H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1108H
17:00:00	Art + Medicine: Speaking of Race Hosted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING OF RACE connects the arts and healthcare through the power of storytelling. In this one-hour special, physicians share their experiences with race, racism, disparities in health care and representation, and anti-racist efforts in the medical community.	APTEx	(S)	(CC)	N/A	#0H
18:00:00	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
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 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	American Experience Test Tube Babies She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H

Fri, Dec 16, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Alzheimer's: What You Can Do	APTEX	(S)	(CC)	N/A	#0H
	ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.					
22:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
	A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.					
22:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
	In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.					
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 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 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	Sports Medicine (Shoulder Issues) Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis.	SFPBS	(S)	(CC)	N/A	#1297H
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.	APTX	(S)	(CC)	N/A	#1705H
03:00:00	Pain Management#1072 (Chronic Pain Help) Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1072H
04:00:00	Maternity Care #1041 (Perimenopause) Everything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldman and Dr. Salazar discuss "puberty in middle-aged women" also known as perimenopause.	SFPBS	(S)	(CC)	N/A	#1041H
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.	APTX	(S)	(CC)	N/A	#1705H
06:00:00	Alma's Way No-Go Mofongo/Alma Vs. Eddie	PBS	(S)	(CC)	DVI	#101H
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 Seasquatch The Kratt brothers' sub loses power while they are exploring the strange landscape of the ocean depths and they are trapped on the ocean floor of the deep sea. Aviva must figure out how to harness the energy from the deep sea's hydrothermal vents in order to save the brothers and return them to the surface. The Wild Kratts team learns all about the amazing process of chemosynthesis and how deep sea creatures transform toxic chemicals into energy. With a little help from the Yeti crab Martin and Chris are able to capture the this energy and use it to restart the amphi-sub and return to the surface.	PBS	(S)	(CC)	N/A	#129H

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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	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

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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
13:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others  The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H
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 - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery	SFPBS	(S)	(CC)	N/A	#1025H
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
15:43:00	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
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	American Experience Test Tube Babies  She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H

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18:00:00	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.					
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 All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	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-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
	Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life.					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery					
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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 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 (Latest Tips) Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness.	SFPBS	(S)	(CC)	N/A	#1291H
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	Men's Health (Exercise & Goals) In-depth exploration of a wide variety of issues that affect men's health.	SFPBS	(S)	(CC)	N/A	#1066H
04:00:00	Pain Management #1312 (Latest Updates) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1312H
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 Checkers Champ/World's Greatest	PBS	(S)	(CC)	DVI	#121H
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 When Fish Fly Martin and Chris challenge Koki and Aviva to a contest about who has the most challenging job. In their quest to win this challenge, the gang uncovers an unlikely animal partner that could ultimately lead either team to victory...or defeat.	PBS	(S)	(CC)	N/A	#302H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
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

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	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	Nonnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisis worsens, leaving the Nonnatus team vowing to fight for change. The birth of a very special baby leads many people to count their blessings.					
13:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
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: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
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
15:45:00	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
16:13:00	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	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others	SFPBS	(S)	(CC)	N/A	#0H
	The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.					

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18:00:00	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
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 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	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	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 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	#1009H
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 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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Mon, Dec 19, 2022

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	Plastic/Cosmetic Surgery (Cell Phone Neck) Dr. Jacob Steiger discusses text neck.	SFPBS	(S)	(CC)	N/A	#1293H
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	Dermatology (Skincare Help!) Focus: Dr. Judith Crowell 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	#1067H
04:00:00	Dermatology (Tanning Bed Dangers) Dr. Jill Waibel and Melissa Valenzuela discuss the safety of spray tanning over tanning beds and sun bathing, revealing the dangers of skin cancer and the resulting aging of the skin. Focus: Treatments that help those conditions, such as resurfacing and photodynamic therapy (PDT).	SFPBS	(S)	(CC)	N/A	#1294H
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	Classical Stretch: By Essentrics Improve Your Balance The importance of aligning and strengthening your hips and feet to improve your balance is emphasized in this full-body, Classical Stretch episode. Balance can deteriorate as we age but just like muscles, balance can be stimulated, enhanced and improved through engagement. In this workout you'll strengthen your core and hips to improve your balance and posture, which help you move securely and stay injury-free.	APTEX	(S)	(CC)	N/A	#1417H
06:30:00	Wai Lana Yoga Special: Pregnancy - Part 1 Wai Lana shows you poses to keep you strong and flexible while pregnant-or anytime. The Blowing Breath will help you through labor and delivery.	APTEX	(S)	(CC)	N/A	#518H

Mon, Dec 19, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	American Experience Test Tube Babies	PBS	(S)	(CC)	DVI	#1904H
	She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.					
08:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.					
10:00:00	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."					
10:30:00	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.					
11:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.					
11:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
12:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					

Mon, Dec 19, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:00:00	Health Insiders Focus: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H
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. 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
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
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
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	American Experience Test Tube Babies She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H
18:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(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 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	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	No Evidence of Disease NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.	APTEX	(S)	(CC)	DVI	#0H
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
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 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

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Tue, Dec 20, 2022

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 #1082 (Hookah Warnings) Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies.	SFPBS	(S)	(CC)	N/A	#1082H
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	Health Trends#1073 (Proper Prescription Dosing) Focus:Wilbert Fuerte & Mayret Gonzalez discuss the dangers of mixing medications; how pharmacists and physicians collaborate to protect patients; the importance of properly disposing prescription medications; dangers of taking medications that are not prescribed to you; teens and prescription medications, etc. in support of National Prescription Drug Take Back Day on April 27.	SFPBS	(S)	(CC)	N/A	#1073H
04:00:00	Maternity Care #1301 Everything you need to know about pregnancy, childbirth and post-partum care with Dr. Schwartzbard	SFPBS	(S)	(CC)	N/A	#1301H
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 Waist Toning Enhance your sense of body awareness and work at your own pace as you dynamically stretch to strengthen your abs, tone your waist and increase flexibility in your legs, hips and spine. This full-body workout loosens and lubricates your muscles and connective tissue, and is perfect for beginners and veteran Classical Stretch students- no matter what age.	APTEX	(S)	(CC)	N/A	#1418H
06:30:00	Wai Lana Yoga Special: Pregnancy - Part 2 Complete Yoga Breathing helps you relax, an essential skill both before and after giving birth. Restrained Angle Pose prepares the groin for childbirth, and Aswini Mudra keeps your internal organs toned.	APTEX	(S)	(CC)	N/A	#519H
07:00:00	Happy Yoga with Sarah Starr Cascading River Allow the resplendent river energy to recharge your body as we explore a modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more ease in the hands, neck, shoulders, back, hips and more.	NETA	(S)	(CC)	N/A	#502H



Daily Program Listing II  
WPBTHC

Date: 12/30/2022

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Tue, Dec 20, 2022

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	American Experience Test Tube Babies  She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d  A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa  In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
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 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 Lisa Briggs  Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine  Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
12:30:00	Medical Frontiers Ningen Dock for Your Health  Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H

Tue, Dec 20, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
13:00:00	No Evidence of Disease NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.	APTEX	(S)	(CC)	DVI	#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: 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. 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
15:47:00	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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
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 Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H

Tue, Dec 20, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	American Experience Test Tube Babies	PBS	(S)	(CC)	DVI	#1904H
	She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.					
21:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
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	#1059H
	Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab					
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	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.					

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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	Kids & Teens (Infant Heart Help) Dr. Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focus: Common pediatric heart conditions.	SFPBS	(S)	(CC)	N/A	#1302H
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	Heart Health (Heart Disease Prevention) Dr. Garcia discusses the role of diet and exercise in heart disease prevention.	SFPBS	(S)	(CC)	N/A	#1074H
04:00:00	Nutrition & Health (Healthy Living Goals) Amy Kimberlain revisit trends for 2019 to evaluate where we're at with those original goals.	SFPBS	(S)	(CC)	N/A	#1303H
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 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 Special: Pregnancy - Part 3 Wai Lana shows you how to use a wall and a chair to stretch and strengthen your body without losing your balance. The hip openers will ease the birthing process.	APTEX	(S)	(CC)	N/A	#520H
07:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others The COVID-19 virus has been the most concerning infection for more than two years, but now Monkeypox and in some areas, even Polio is striking fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hall, experts address risks, treatments, and the path forward.	SFPBS	(S)	(CC)	N/A	#0H

Wed, Dec 21, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.					
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 Escape to Bali	NETA	(S)	(CC)	N/A	#102H
	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.					
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 Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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
15:16:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
16:00:00	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
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
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	American Experience Test Tube Babies She was described in the press as the "Baby of the Century." When Louise Brown, the world's first successful test tube baby, was born in Great Britain on July 25, 1978, the event was heralded as the beginning of a technological revolution in human reproduction. It was also the culmination of a decade-long effort, involving scientists on both sides of the Atlantic, to help a woman conceive through in vitro fertilization, or IVF. This is the story of two doctors - New York gynecologist Landrum Shettles and British physiologist Robert Edwards - whose work became the locus of debate over the limits of science and a precursor of the current debate over cloning and stem cell research.	PBS	(S)	(CC)	DVI	#1904H
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 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	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
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 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 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	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
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	Spine & Back Care (Car Accidents/Common Pain) Dr. Brusovanik discusses car accidents and common back pain problems.	SFPBS	(S)	(CC)	N/A	#1075H
04:00:00	Mental Health (After Baby Blues) Dr. Rachel Rohaidy and Graciela Jimenez discuss postpartum depression.	SFPBS	(S)	(CC)	N/A	#1305H
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 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 Special: Recovery from Childbirth - Part 1 Practice these poses to get your abs back in shape and tighten up the pelvic muscles. Wai Lana will also show you a deep breathing technique you can do alongside your baby.	APTEX	(S)	(CC)	N/A	#521H
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



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d A new technology can capture clear images of tiny blood vessels using light and ultrasound. This will enable better treatments, such as reconstructive surgery for patients who have had a part of their head, neck or breast removed due to cancer. Doctors can safely cut and transplant skin flaps containing blood vessels from a different area of the body, decreasing the burden on patients. The technology can also visualize transparent, thin lymph vessels, and improve the treatment of lymphedema.	APTEX	(S)	(CC)	N/A	#109H
09:30:00	Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa In part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the blessings of Lake Biwa. The lake is home to several indigenous species, many of which are used in Shiga's traditional dishes. They include the fermented dish Funazushi, which contains a lactic bacterium that boosts the body's immunity. Biwa trout contains astaxanthin, which can prevent strokes. We introduce recipes using these fish.	APTEX	(S)	(CC)	N/A	#110H
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	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 Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H
12:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
12:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
13:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
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
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
16:00:00	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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H
18:00:00	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
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 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	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H

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Thu, Dec 22, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	No Evidence of Disease NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.	APTEX	(S)	(CC)	DVI	#0H
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: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
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 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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Fri, Dec 23, 2022

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	Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation.	SFPBS	(S)	(CC)	N/A	#1306H
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	Men's Health (Testicular Cancer) Dr. Daniel Martinez discusses the treatments options for a testicular cancer diagnosis in honor of April which is Testicular Cancer Awareness Month.	SFPBS	(S)	(CC)	N/A	#1076H
04:00:00	Mental Health (Add Issues) Amy Exum & Martin Lopez discuss how the summer schedule can impact kids with ADD.	SFPBS	(S)	(CC)	N/A	#1307H
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.	APTX	(S)	(CC)	N/A	#1709H
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.	APTX	(S)	(CC)	N/A	#1203H
06:30:00	Wai Lana Yoga Special: Recovery from Childbirth - Part 2	APTX	(S)	(CC)	N/A	#522H
07:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
08:00:00	Call The Midwife Special Delivery Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.	PBS	(S)	(CC)	N/A	#1008H

Fri, Dec 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
09:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.					
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 (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.					
11:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
12:00:00	Call The Midwife Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
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	#1010H
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

Fri, Dec 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	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
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.					
18:00:00	No Evidence of Disease	APTEX	(S)	(CC)	DVI	#0H
	NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.					
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
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	Man Who Tried to Feed The World: American Experience	PBS	(S)	(CC)	DVI	#3203H
	Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.					
21:00:00	Bell Ringer: The Invisible Brain Injury	APTEX		(CC)	N/A	#0H
	BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether. BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.					
22:00:00	Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					

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Fri, Dec 23, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	<p>Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.</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 The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
	<p>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."</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 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	Kids & Teens (Kids Physical Therapy) The experts discuss PediaSuit-a holistic approach to treating neurological disorders.	SFPBS	(S)	(CC)	N/A	#1310H
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	Plastic/Cosmetic Surgery (Breast Implants) Focus: Dr. Max Polo discusses breast implant safety.	SFPBS	(S)	(CC)	N/A	#1077H
04:00:00	Staying Healthy #1022 (Reducing Stress at Work) Focus: Teba Orueta discusses methods to help reduce stress in the workplace.	SFPBS	(S)	(CC)	N/A	#1022H
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 Steggie Rescue/Alma Hits The Right Note	PBS	(S)	(CC)	DVI	#122H
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 Rainforest Stew When Chris and Martin go in search of an obscure rainforest creature to add to their Life Lists, the Wild Kratts becomes embroiled in the complex relationships of a tropical rainforest.	PBS	(S)	(CC)	N/A	#211H
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H



Date: 12/30/2022  
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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	#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>						
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
<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	#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
11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H

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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	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
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 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: 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. 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
15:47:00	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
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
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 Lisa Briggs Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and 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.	NETA	(S)	(CC)	N/A	#106H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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 A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
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	Alzheimer's: What You Can Do ALZHEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the research that shows how our social interactions, diet, sleep patterns, exercise, stress levels, and other daily health habits have dramatic effects on our cognitive abilities as we age. With scientific data and personal stories about holistic treatment approaches, the film explores the discoveries that are changing the medical profession's view of dementia.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H
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: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab	SFPBS	(S)	(CC)	N/A	#1059H
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) 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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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	Kids & Teens (Infant Heart Help) Dr. Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focus: Common pediatric heart conditions.	SFPBS	(S)	(CC)	N/A	#1302H
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	Heart Health (Heart Disease Prevention) Dr. Garcia discusses the role of diet and exercise in heart disease prevention.	SFPBS	(S)	(CC)	N/A	#1074H
04:00:00	Nutrition & Health (Healthy Living Goals) Amy Kimberlain revisit trends for 2019 to evaluate where we're at with those original goals.	SFPBS	(S)	(CC)	N/A	#1303H
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 Nochebuena/Three Kings Day Do-Over	PBS	(S)	(CC)	DVI	#105H
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 Snow Runners On their way to return some Hispid hares to Asia, the Wild Kratts accidentally lose them in a wintery North American forest. Martin and Chris must use the amazing winter adaptations and strategies of the Snowshoe hare and lynx to locate the hares before it's too late.	PBS	(S)	(CC)	N/A	#219H
07:30:00	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
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

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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 Special Delivery	PBS	(S)	(CC)	N/A	#1008H
	Take a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation full of births, deaths, love stories, faith and family. Go behind the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.					
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
14:30:00	Health Insiders Focus: Swim safety, blue zones, addiction	SFPBS	(S)	(CC)	N/A	#1102H
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					
15:16:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1803H
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1804H
15:59:00	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					
16:14:00	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	No Evidence of Disease	APTEX	(S)	(CC)	DVI	#0H
	NO EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncology surgeons from across the country who are taking healing and the arts to a new level (the band's name comes from the four words every patient prays to hear, "No Evidence of Disease"). Created as a cover band to entertain their peers at a medical conference, the members soon saw the potential to reach women in a powerful way - through music. What started as a novelty turned into an awareness movement to give a voice to women affected by gynecologic cancers. The intimate, humorous and inspiring documentary interweaves the remarkable courage and harrowing experiences of the women, devoted families and dedicated doctors fighting cancer.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
18:00:00	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(CC)	N/A	#0H
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	Downwinders and the Radioactive West In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.	APTEX	(S)	(CC)	N/A	#0H
21:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
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: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
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 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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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	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
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	Spine & Back Care (Car Accidents/Common Pain) Dr. Brusovanik discusses car accidents and common back pain problems.	SFPBS	(S)	(CC)	N/A	#1075H
04:00:00	Mental Health (After Baby Blues) Dr. Rachel Rohaidy and Graciela Jimenez discuss postpartum depression.	SFPBS	(S)	(CC)	N/A	#1305H
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 Upside Down Flow	APTEX	(S)	(CC)	N/A	#523H
07:00:00	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H



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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 1  It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.	PBS	(S)	(CC)	N/A	#1101H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine  Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health  Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
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 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	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
12:00:00	Call The Midwife Episode 1  It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.	PBS	(S)	(CC)	N/A	#1101H
13:00:00	Call The Midwife Episode 2  While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.	PBS	(S)	(CC)	N/A	#1102H
14:00:00	Health Insiders Focus: Compression socks, PPD, stress	SFPBS	(S)	(CC)	N/A	#1105H
14:30:00	Health Insiders Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
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

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H
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 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	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient.					

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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	Pain Management #1312 (Latest Updates) Learn from the experts about approaches for controlling chronic pain to improve quality of life.	SFPBS	(S)	(CC)	N/A	#1312H
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	Women's Health (Breast Cancer Update) Focus: Dr. Katherine Lampen-Sachar discusses breast diagnostic radiology: screening guidelines; the difference between a screening and diagnostic mammogram; when is 3D technology utilized; screenings with dense breasts and breast implants; when is a breast ultrasound warranted; what does a suspicious image look like; when is a biopsy warranted.	SFPBS	(S)	(CC)	N/A	#1079H
04:00:00	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
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 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 Crane Balance	APTEX	(S)	(CC)	N/A	#524H
07:00:00	Happy Yoga with Sarah Starr Lace Meadow Enjoy the peaceful summer meadow as we focus on a modified yoga practice using a chair for support. Including stretches to increase mobility in the shoulders while lengthening the spine in a full range of motion; combined with standing poses to create more strength and flexibility in the lower body.	NETA	(S)	(CC)	N/A	#503H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Tue, Dec 27, 2022

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 Superfoods In Shiga - A Diet Influenced By Buddhism	APTEX	(S)	(CC)	N/A	#111H
	In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.					
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
	Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.					
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	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 Bonnie J. Addario	NETA	(S)	(CC)	N/A	#101H
	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.					
12:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
	A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.					
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
	It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.					
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.					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
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
15:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
16:00:00	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
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
18:30:00	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
19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether. BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(CC)	N/A	#0H
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: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
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	Health Trends #1242 (Critical Care Update) CME Guests Discussion: Critical Care Best Practices	SFPBS	(S)	(CC)	N/A	#1242H
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	Orthopedics (Knee Injury Therapy) Aaron Villegas and Jonathan Scott discuss physical therapy after a knee injury.	SFPBS	(S)	(CC)	N/A	#1080H
04:00:00	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
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 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 Exercise Your Eyes	APTEX	(S)	(CC)	N/A	#525H
07:00:00	To Heal The Heart Kobe, City of Our Youth An Kazutaka, an avid reader who loves to play jazz piano, grapples with his identity after learning that his parents were born in Korea. Entering medical school with his close friend Yuasa, he blossoms into a fine young man and meets Shuko, the love of his life. Guided by his teacher Professor Nagano, he decides to specialize in psychiatry despite the vehement opposition of his father, Tekkei. In January 1995, his world is shattered when the Great Hanshin Earthquake strikes Kobe.	APTEX	(S)	(CC)	N/A	#101H



Wed, Dec 28, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.					
09:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.					
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	Conscious Living The Many Faces of the Divine	NETA	(S)	(CC)	N/A	#103H
	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.					
11:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
	Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.					
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.					
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#1102H
	While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.					
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
	Focus: Skin care, mental health help, stroke					

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Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
14:30:00	Health Insiders Focus: Blue zones, water safety, swim safety	SFPBS	(S)	(CC)	N/A	#1136H
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
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
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203H
18:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#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 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	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H

Wed, Dec 28, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0
	<p>DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.</p>					
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
	<p>Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.</p>					
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
	<p>Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.</p>					
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
	<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>					

Daily Program Listing II  
WPBTHC

Date: 12/30/2022

10/01/2022 - 12/31/2022

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Thu, Dec 29, 2022

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	Staying Healthy (Oral Cancer Issues) Dr. Howard Abrahams discusses oral cancer, cosmetic dentistry and general dentistry.	SFPBS	(S)	(CC)	N/A	#1319H
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	Plastic/Cosmetic Surgery #1081 (Nose Job Update) Focus: Dr. Anthony Bared discusses rhinoplasty, when its appropriate and how to heal afterwards.	SFPBS	(S)	(CC)	N/A	#1081H
04:00:00	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
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 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 Spinal Spiral	APTEX	(S)	(CC)	N/A	#526H
07:00:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H

Thu, Dec 29, 2022

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 Superfoods In Shiga - A Diet Influenced By Buddhism  In part 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Japan's highest life expectancies, we focus on the local diet. The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses mainly vegetables and beans. As a result, dishes with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while soybeans help maintain the muscles and prevent aging. We introduce easy recipes using these foods and soy milk.	APTEX	(S)	(CC)	N/A	#111H
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease  Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.	APTEX	(S)	(CC)	N/A	#112H
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 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
12:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth  A treatment developed by a Japanese doctor and his team is helping women with premature menopause to give birth with their own eggs. Premature menopause is triggered by a malfunctioning of the ovaries and affects even those in their teens. The treatment involves activating dormant primordial follicles. We focus on the method, which has been described by TIME Magazine as a global breakthrough. We also introduce herbs that can alleviate symptoms such as those of menopause.	APTEX	(S)	(CC)	N/A	#115H
12:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately  It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
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

Thu, Dec 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
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: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
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
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:45:00	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
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(S)	(CC)	N/A	#0H
18:00:00	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether. BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(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 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

Date: 12/30/2022  
 Thu, Dec 29, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
20:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Man Who Tried to Feed The World: American Experience Explore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world hunger. He rescued India from a severe famine and led the "Green Revolution," estimated to have saved one billion lives. But his work later faced criticism.	PBS	(S)	(CC)	DVI	#3203
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: Stroke, teens and mental health, bladder pain syndrome	SFPBS	(S)	(CC)	N/A	#1117H
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 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  
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Date: 12/30/2022

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Fri, Dec 30, 2022

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	Healthy Living (After Baby Fitness)  Janette discusses increasing muscle mass on her post-pregnancy fitness journey.	SFPBS	(S)	(CC)	N/A	#1324H
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	Health Trends #1082 (Hookah Warnings)  Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies.	SFPBS	(S)	(CC)	N/A	#1082H
04:00:00	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
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 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 Anyone Can Do It	APTEX	(S)	(CC)	N/A	#101H
07:00:00	To Heal The Heart Kobe, City of Our Youth  An Kazutaka, an avid reader who loves to play jazz piano, grapples with his identity after learning that his parents were born in Korea. Entering medical school with his close friend Yuasa, he blossoms into a fine young man and meets Shuko, the love of his life. Guided by his teacher Professor Nagano, he decides to specialize in psychiatry despite the vehement opposition of his father, Tekkei. In January 1995, his world is shattered when the Great Hanshin Earthquake strikes Kobe.	APTEX	(S)	(CC)	N/A	#101H



Fri, Dec 30, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife Episode 1  It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.	PBS	(S)	(CC)	N/A	#1101H
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine  Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
09:30:00	Medical Frontiers Ningen Dock for Your Health  Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
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	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola  Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
11:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately  It is impossible even for surgeons to see the inside of the beating heart in detail with the naked eye. Japanese doctors, mechanical engineers and mathematicians cooperated to develop the heart simulator to reproduce each patient's heart. The simulator analyzes the movements of the heart's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also predict postoperative conditions. Clinical trials started in 2022 to save the lives of infants who have heart defects.	APTEX	(S)	(CC)	N/A	#116H
12:00:00	Call The Midwife Episode 1  It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left shocked when routine building work nearby uncovers a terrible secret.	PBS	(S)	(CC)	N/A	#1101H
13:00:00	Call The Midwife Episode 2  While Trixie tries to calm an anxious patient, Sister Frances examines a young woman with some troubling symptoms. Lucille helps support a single mother through her fourth pregnancy and intervenes when authorities question her capabilities as a mother.	PBS	(S)	(CC)	N/A	#1102H
14:00:00	Health Insiders Focus: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H

Fri, Dec 30, 2022

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. 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
15:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:44:00	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
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Triple Threat Town Hall Triple Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: increased cases of severe influenza, more seniors and children requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectious disease experts will join us to answer questions and explain why this is happening and what we can do to stay as healthy as possible.	SFPBS	(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 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	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(CC)	N/A	#0H

Fri, Dec 30, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
21:00:00	Gerda That Remains More than a decade ago, author and academic Gerda Saunders was diagnosed with cerebral microvascular disease - a precursor of dementia. In THE GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as the effects of the illness begin to unravel her identity. Born and raised in South Africa during the early years of apartheid, Gerda was shaped by her academic experiences and inquisitive nature. Her success in school carried over into a career of writing and teaching math, science, English, and gender studies. But at the prime of her life's work, Gerda's brain began to fail her. Her degenerative brain became a new space for study from a scientific and personal perspective. "Every time my brain suffers an additional insult, I have less brain power to puzzle out my remaining self," Gerda says. Filmed over the course of six years, Gerda moves through her changing realities with intimacy and honesty in front of the camera. Observational footage draws viewers into her psychological experience as she navigates the loss of certain parts of her intellectual identity in real time. While her verbal skills remain strong, she articulates her experience of dementia with groundbreaking nuance, poetry and vulnerability.	APTEX	(S)	(CC)	N/A	#0H
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Japanese traditional medicine that is based on information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal properties and is effective for many symptoms. This makes Kampo suitable for treating long COVID, which has various symptoms. We look at how Kampo formulations are prescribed, through 1 patient who was cured. We also introduce the latest scientific findings on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.	APTEX	(S)	(CC)	N/A	#113H
22:30:00	Medical Frontiers Ningen Dock for Your Health Japan has a unique system of preventive healthcare called the Ningen Dock. The examination makes it possible to pick up on cancers and brain diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for about US\$1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introduce tofu recipes that are effective against lifestyle diseases.	APTEX	(S)	(CC)	N/A	#114H
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 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

Sat, Dec 31, 2022

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	Emergency Medicine (Holiday Er Injuries) Dr. Jose Portuondo discusses conditions/injuries seen in the ER around July 4th and offers safety tips. Focus: Fireworks accidents, food poisoning, choking, sunburn, heat exhaustion, drinking & driving accidents, water-related incidents, sports injuries/falls.	SFPBS	(S)	(CC)	N/A	#1328H
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	Health Trends #1083 (Autism Update) Stacie Rubin Smith & Tania Diaz-Fernandez discuss autism diagnosis and treatment. Focus: The latest medical updates with autism.	SFPBS	(S)	(CC)	N/A	#1083H
04:00:00	Heart Health (Cardiac Health Update) Dr. Lisardo Garcia-Covarrubias discusses atrial valve disease.	SFPBS	(S)	(CC)	N/A	#1330H
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	Alma's Way Alma's Best Friend/Steggie Gets Lost	PBS	(S)	(CC)	DVI	#127H
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 Aqua Frog While the Wild Kratts explore the life cycle of the Bull Frog, they uncover a plot by Zach Varmitech to destroy the frogs' habitat. With the help of some Wild Kratts kids, the team moves quickly to stop Zach.	PBS	(S)	(CC)	N/A	#214H
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H

Date: 12/30/2022  
 Sat, Dec 31, 2022

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

Sat, Dec 31, 2022

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	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
13:00:00	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether. BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(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: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
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
15:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
16:00:00	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
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H

Daily Program Listing II  
WPBTHC

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Sat, Dec 31, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
17:00:00	4 Wheel Bob 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to become the first wheelchair hiker to cross the 11,845 foot Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the inspirational journey of Bob while encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.	APTEX	(S)	(CC)	DVI	#0
18:00:00	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
18:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola Episode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape that's not only good for Florida but safe for their two dogs as well. In the episode, the team also unpacks working with a sloped landscape, how to protect the waterfront, and techniques on how to keep a yard pet friendly.	SFPBS	(S)	(CC)	N/A	#204H
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 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
20:00:00	Defining Hope DEFINING HOPE is an award-winning film that captures people who are weighing what matters most at the fragile junctures in life, and the nurses who guide them and help carry out their decisions. The documentary follows eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for, and how that hope evolves when life is threatened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film that jump-starts these critical conversations and helps people define what makes life worth living.	APTEX	(S)	(CC)	N/A	#0
21:00:00	Bell Ringer: The Invisible Brain Injury BELL RINGER: THE INVISIBLE BRAIN INJURY dives into the complexities of the injured brain, examining what occurs in the brain during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for returning to play. Through eye-opening interviews with former professional players, including women's soccer legend and two-time World Cup Champion Michelle Akers and three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts and renowned researchers, the documentary examines the short-term effects and long-term risks of concussions, raises awareness of the issue, and discusses the best ways to prevent them altogether.	APTEX		(CC)	N/A	#0H
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: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
23:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H

Date: 12/30/2022  
Sat, Dec 31, 2022

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.



Date: 12/30/2022  
 Sun, Jan 01, 2023

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 Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
	<p>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.</p>					