Sat, Oct 01, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 01:00:00 Health Trends #1082 (Hookah Warnings) **SEPRS** (S) (CC) N/A #1082H Focus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and general hookah studies. 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion **APTEX** (S) (CC) N/A #1501H 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. **SFPBS** 03:00:00 Mental Health (Latest Tips) (S) (CC) N/A #1291H Everything you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. **SFPBS** 04:00:00 Staying Healthy #1159 (Diabetic Nerve Damage) (CC) N/A #1159H Focus: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropathy Awareness Week in May. 05:00:00 **SFPBS** All Health Go (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion **APTEX** (S) (CC) N/A #1501H 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. 06:00:00 **PBS** (S) (CC) DVI #121H Alma's Way Checkers Champ/World's Greatest 06:30:00 **PBSPL** Scigirls (S) (CC) N/A #207H 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?" 07:00:00 Wild Kratts **PBS** (S) (CC) N/A #206H 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. 07:30:00 Doctor Q & A **NETA** (S) (CC) #107H N/A Getting A Good Night's Sleep 08:00:00 **SFPBS** Vida Y Salud (S) (CC) N/A #3301H 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. 08:13:00 Vida Y Salud **SFPBS** (S) (CC) N/A #3302H Segment 2

**SFPBS** 

(S)

(CC)

N/A

#3303H

Vida Y Salud

Segment 3

08:25:00

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

Date: 12/30/2022

11:50:00

Vida Y Salud

Segment 10

10. 12/00/	2022	10/01/2022 12/01/2022				90 2 0	000
Sat, Oct	01, 2022	Title					
Start		Subtitle	Distrib	Stereo	Сар	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		SFPBS	(S)	(CC)	N/A	#3306H
	Segment 6						
09:12:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3307H
	-		05550	(0)	(0.0)		<b>#</b>
09:25:00	Vida Y Salud Segment 8		SFPBS	(S)	(CC)	N/A	#3308H
09:37:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3309H
	Segment 9						
09:46:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3310H
	Segment 10						
10:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#3601H
In ke	eeping with the Health Char	nnel's spirit of innovative programming, Vida y Salud aturing groundbreaking medical breakthroughs that l	l is a fast-paced, fun a help families find solut	and informati	ve Spanis	sh-langu problen	age health
10:14:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3602H
	Segment 2						
10:27:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3603H
	Segment 3						
10:39:00	Vida Y Salud Segment 4		SFPBS	(S)	(CC)	N/A	#3604H
10:50:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3605H
	Segment 5			,	` ,		
11:02:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3606H
	Segment 6						
11:14:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3607H
11:28:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3608H
11.20.00	Segment 8		01100	(0)	(50)	111/7	17000011
11:39:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#3609H
	Segment 9						

SFPBS

(S)

(CC) N/A #3610H

Sat, Oct 01, 2022

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
12:00:00	Death Is But A Dream	— — NETA	(S)	(CC)	N/A	#0
In B com	uffalo, New York a research team is studying the dreams of dying patients. By asking pletely re framing the dying process. End of life experiences are intrinsic to the prodying process really entails, and why dying has been misunderstood for so long.	ng a single questi	on "Are you	dreaming?	?", they a	
13:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	ty years of mammograms and trillions of dollars of research have had virtually no in se courageous women navigate their way through medical fact and fiction while cha their way to health, hope, and healing.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#107H
Are	aphrodisiacs really a love potion? And the experts weigh in on the science of sex a	ddiction.				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. U	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse nderstanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Trabetes- Charles Mattocks					
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
Rela	us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pa ationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff a di Glandt					Snack -
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	Rfds: Royal Flying Doctor Service	PBSPL	(S)	(CC)	N/A	#107H
	en a catastrophic explosion at an underground mine creates a mass-casualty incide ght in the blast.	ent, the RFDS are	called to sav	e the live	s of two	brothers
18:00:00	Healthy Minds with Dr. Jeffrey Borenstein	NETA	(S)	(CC)	N/A	#711H
	Depression - Intersection of Faith and Mental Healh					
own	sychologist who lost his daughter to suicide has become a leading voice of support depression impacted his experience. W. Daniel Hale,, Ph. D, Special Advisor to the insight for families to try to help them prevent their own tragedy.					
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs					
•	ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to not invasive plants from their front yard. They will also show how to install and use			•		on remove
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					

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

Date: 12/30/2022

Sat, Oct 01, 2022

Subtitle Start Distrib Stereo Cap AS2 Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1804H Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence. 20:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 21:00:00 Finding Hope: **SFPBS** (S) (CC) N/A #101H Preventing Disease and Staying Healthy Town Hall 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #107H

Are aphrodisiacs really a love potion? And the experts weigh in on the science of sex addiction.

Title

22:30:00 **SFPBS** Health Insiders (S) (CC) N/A #1024H 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #108H All About Your Skin 23:30:00 Second Opinion APTEX (S) (CC) N/A #1503H Menopause

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).

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 5 of 353

Sun, Oct 02, 2022

	litie					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of healthations, emotional advice, second-opinion consultations, as well as a number of	althcare digital ser	vices includir	ng telemed		included in
00:30:00	Second Opinion	APTEX	(S)	(CC)	N/A	#1508H
	Caregiving Through Alzheimer's Disease					
depr	million people are living with Alzheimer's disease today. Caring for a family member ession, caregiver burnout, and other health problems for the caregiver. Our three loved ones.					
01:00:00	Pain Management #1152 (Update)	SFPBS	(S)	(CC)	N/A	#1152H
Lear	n from the experts about approaches for controlling chronic pain to improve quality	y of life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of heaultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion Hypothyroidism	APTEX	(S)	(CC)	N/A	#1609
	estimated that 20 million people in the U.S. have thyroid disease and 12% of Ameroid disease can be life altering and debilitating, especially when left untreated.	ricans will develop	a thyroid co	ndition in t	their lifet	time.
03:00:00	All About Cancer (Proton Therapy)	SFPBS	(S)	(CC)	N/A	#1153H
Focu	us: Dr. Hall discusses proton therapy treatments for different types of cancers.					
04:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Frivors' Day.	Rehabilitative treat	ments in sup	port of Na	ational C	ancer
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of healthations, emotional advice, second-opinion consultations, as well as a number of	althcare digital ser	vices includir	ng telemed		included in
05:30:00	Second Opinion	APTEX	(S)	(CC)	N/A	#1609
	Hypothyroidism					
	estimated that 20 million people in the U.S. have thyroid disease and 12% of Amer oid disease can be life altering and debilitating, especially when left untreated.	ricans will develop	a thyroid co	ndition in t	their lifet	time.
06:00:00	Alma's Way Chacho Gets A Bath/Frankie's Four Feet	PBS	(S)	(CC)	DVI	#128H
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#208H
	Bee Haven it's the buzz in urban gardens? The SCIGIRLS use math, mapping and data visual enix neighborhood.	lization to help a co	olony of bees	s thrive in	a downt	own
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#203H
	Creature Power Challenge					
	getting caught in the middle of a tussle between a grumpy rhino and an outraged de what's stronger - elephant or rhino powers.	elephant, Martin a	and Chris ded	cide to hav	ve a con	test to
4001						
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H

Sun, Oct 02, 2022

Date: 12/30/2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4301H
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth					
08:11:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4302H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4303H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
09:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H
09:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4308H
09:31:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4309H
09:43:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4310H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
in Ke shov	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth	vida y Salud is a fast-paced, fun a roughs that help families find solut	ind informativitions to diffici	e Spanis ult health	n-ıangu problem	age nealth is.
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

Sun, Oct 02, 2022

Date: 12/30/2022

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4508H
	Segment 8					
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4509H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
Siste	Episode Five er Frances is at a loss when a diabetic and recovering cance	r patient's wife refuses to accept further	help. Nurse	Crane be	comes fi	rustrated
	n an anxious first-time father insists on being present for his					
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
Siste	Episode Five er Frances is at a loss when a diabetic and recovering cance	r patient's wife refuses to accept further	help. Nurse	Crane be	comes fi	rustrated
whe	n an anxious first-time father insists on being present for his	child's birth.	·			
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#108H
This time	week on Sex Talk - we discuss your sexual fantasies and w?	hat they mean. Plus, can you and your	oartner really	reach org	gasm at	the same
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Foci	us: Skin care, mental health help, stroke					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	us: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow n Martin and patient Tracy 4. OTC Treatments for Hair Resto					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#202H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#205H
3. A	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalon sk The Expert Segment – Dan Simmons -Hazelden Betty Fo e Vargas					
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	PBSPL	(S)	(CC)	N/A	#108H
	he RFDS fundraising ball gets underway, Pete is overnighted cussion turns into a potentially fatal situation.	d at a remote clinic where the seemingly	straightforw	ard case o	of a boy	with a
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#107H
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H

Dealing with Mental Health Issues In Children

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 8 of 353

Sun, Oct 02, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1805H 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. **SFPBS** 20:00:00 Covid & Monkeypox: The Facts Town Hall (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. 21:00:00 Gini in the Time of Covid-19 NFTA (S) N/A #0H (CC) 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. **SFPBS** 22:00:00 Sex Talk with Dr. Lia (CC) N/A #108H (S) 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 22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1116H Focus: Skin care, mental health help, stroke 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 23:30:00 APTEX

Pain Management Beyond Opioids

Second Opinion

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.

#1504H

(S)

(CC)

N/A

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 9 of 353

Mon, Oct 03, 2022

Title

	litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	different s		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relati	81 the term "sandwich generation" was coined to describe a group of Americans who aves at the same time. Today, millions of families are facing the dual challenge of sandvaving children later. This episode focuses on these caregivers.					
01:00:00	Brain Health #1143 (Update)	SFPBS	(S)	(CC)	N/A	#1143H
Mem	ory, Learning, Concentration.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion Insomnia	APTEX	(S)	(CC)	N/A	#1610H
	nnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, speer the cause, insomnia is the most commonly reported sleep disorder, and can cause in					
03:00:00	Spine & Back Care #1155 (Back Update)	SFPBS	(S)	(CC)	N/A	#1155H
Spine	e and back conditions and how to treat them for a pain free life. Dr. Brusovanik discuss	es				
04:00:00	Spine & Back Care #1155 (Back Update)	SFPBS	(S)	(CC)	N/A	#1155H
Spine	e and back conditions and how to treat them for a pain free life. Dr. Brusovanik discuss	es				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthco- ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion Insomnia	APTEX	(S)	(CC)	N/A	#1610H
	nnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, speer the cause, insomnia is the most commonly reported sleep disorder, and can cause in					
06:00:00	Classical Stretch: By Essentrics Endurance and Power	APTEX	(S)	(CC)	N/A	#1210H
	endurance and power with this full-body strengthening Classical Stretch Workout. Join Jamaica for a workout that leaves every muscle feeling stronger and more powerful.	n Miranda Esi	monde-White	in breath	taking N	Montego
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	PBS	(S)	(CC)	N/A	#905H
	r Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to a an anxious first-time father insists on being present for his child's birth.	ccept further	help. Nurse	Crane bed	comes fi	rustrated
09:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mantel Health Crisis Town Hell			•		

Managing The Mental Health Crisis Town Hall

Mon, Oct 03, 2022

Title	e.
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Start	l itle Subtitle	Distrib	Stereo	Сар	AS2	Episode
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
They are e	Millennial Health II  nials were born between the years 1981 and 1996. At 73 million, they are the largest, make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How mine the overall health of America. This episode discusses the issue of Millennial Hea	the least heal their health p	Ithy generati	on in rece	nt times	and they
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that 1 stagg	Conquering Obesity obesity is associated with a decrease in life expectancy for both men and women, as 63 million adults in the U.S. are overweight or obese - two thirds of men, and more the ering, but people still struggle every day to drop the pounds. Everyone has different re pisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to h	nealth is	
11:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Chan	ges in education and the effects of the pandemic have increased anxiety, depression, nel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers 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
	Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to a an anxious first-time father insists on being present for his child's birth.	accept further	help. Nurse	Crane be	comes f	rustrated
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	epointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. Inter. Valerie's pregnant cousin hopes her baby will be born on a day well before her du		eceive an ala	arming pho	one call	about their
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
Focu	s: Stress, burn first aid, emergency prep					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	s: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	s: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr erick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - I			nen and H	eart Dis	ease - Dr.
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	s: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Mi			-		eana
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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Mon, Oct 03, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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 NETA (S) (CC) N/A #204H
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.

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.

## Daily Program Listing II WPBTHC

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 12 of 353

Tue, Oct 04, 2022

00:00:00 All Health Go  This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an inthe subscription plan AllHealthGo has created to offer users access to a number of healthcar consultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital serv	ices includir		N/A ervices	#0H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- the subscription plan AllHealthGo has created to offer users access to a number of healthcar	-depth descri re digital serv to manage m	ption of the o	different s		
	APTEX				included in
00:30:00 Second Opinion with Joan Lunden		(S)	(CC)	N/A	#1707H
Anxiety  Anxiety is the most common mental-health disorder in the United States, affecting nearly one new research, millennials have become the most anxious generation in history. This episode can be treated.					
01:00:00 Living Well (Drunk Driving & Alcohol Abuse)	SFPBS	(S)	(CC)	N/A	#1160H
Disease prevention and healthy lifestyle info.					
02:00:00 All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- the subscription plan AllHealthGo has created to offer users access to a number of healthcar consultations, emotional advice, second-opinion consultations, as well as a number of tools t	e digital serv	rices includin	ng teleme		included in
02:30:00 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 effect post-COVID symptoms.	cts of the peo	ople who are	suffering	from de	ebilitating
03:00:00 Health Trends #1239 (Skin Issues)	SFPBS	(S)	(CC)	N/A	#1239H
Dr.Olga Kromo discusses scleroderma in support of Scleroderma Awareness Month. Focus:	Rheumatoid	arthritis and	lupus.		
04:00:00 Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Focus: Carin Searby discusses practicing better speech and hearing in honor of the Health C	Care Observa	ance this mo	nth.		
05:00:00 All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- the subscription plan AllHealthGo has created to offer users access to a number of healthcar consultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital serv	rices includin	ng teleme		included in
05:30:00 Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
Post-Acute Covid-19 Syndrome (Pacs)  As we continue to track "long-haulers," we are learning more about the long-term health effective and the long-term hea	cts of the nec	onle who are	suffering	from de	hilitating
post-COVID symptoms.	oto or the pec	opic who are	Sullering	nom ac	bilitating
06:00:00 Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1211H
Arthritis Workout  Relieve arthritis pain throughout your entire body with Miranda Esmonde-White. This Classic strengthens every muscle to help relieve the pain associated with arthritis.	al Stretch W	orkout lubric	ates all of	your jo	ints and
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	NETA	(S)	(CC)	N/A	#403H
Relax along the rejuvenating waterfall setting as we calm the body and mind with a gentle yo stretches for the neck, shoulders and upper back combined with modified seated forward ber					ding
07:30:00 Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

# Daily Program Listing II **WPBTHC**

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Title

Tue, Oct 04, 2022

Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 08:00:00 Accidental Host: The Story of Rat Lungworm Disease NFTA (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. 09:00:00 NFTA Your Fantastic Mind (S) (CC) N/A #203 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. 09:30:00 Your Fantastic Mind **NETA** (S) (CC) N/A #204H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1706H 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. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1707H Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated 11:00:00 Innovations In Medicine **NETA** (S) (CC) N/A #412H Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement. 11:30:00 Hope Is Here **NETA** (S) (CC) N/A #101H 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.

12:00:00 Accidental Host: The Story of Rat Lungworm Disease N/A

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.

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** (CC) N/A #108H (S)

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?

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Tue, Oct 04, 2022

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Focu	s: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	s: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. A Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA sates 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
	s: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - outo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	lerome Turne	er 3. Meditati	on - Lesli	e Glickm	nan, Yoga
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	Rfds: Royal Flying Doctor Service	PBSPL	(S)	(CC)	N/A	#108H
	ne RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the ussion turns into a potentially fatal situation.	ne seemingly	straightforw	ard case	of a boy	with a
18:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	ode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fam cting plants. The Valdez family s new space will serve as a place for them to gather and					vildlife
18:30:00	Hope Is Here Bonnie J. Addario	NETA	(S)	(CC)	N/A	#101H
also even	ge 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leade became one of the millions facing a 16% survival rate. Her initial prognosis was grim. No tually found a thoracic surgeon willing to help, telling him, "If I am going to die from this a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a	lost doctors disease, I do	provided little on't want it to	hope, bube be becau	ıt Bonnie	е
19:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is one of the most requested topics from viewers every year.	ss. It affects	roughly 6.8 i	million pe	ople in t	he United
20:00:00	Accidental Host: The Story of Rat Lungworm Disease	NETA	(S)	(CC)	N/A	#0H
	IDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread o thrives in tropical areas of five continents, including Hawaii and Florida.	f a foodborne	e parasite tha	it invades	human	brains and

Tue, Oct 04, 2022

Racial Disparities In Maternal Health

Title Subtitle Start Distrib Stereo Cap AS2 Episode 21:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. 22:00:00 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 **SFPBS** Health Insiders (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

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.

Wed, Oct 05, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number consultations, emotional advice, second-opinion consultations, as well as a number of the consultations.	of healthcare digital serv	ption of the vices including	different s		included in
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	icross America, there are large and persistent racial differences in health and die sooner than white people. Compared with whites, members of racial and dies and often receive lower-quality care. Addressing health disparities is increer has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	ethnic minorities are les easingly important as o	s likely to red ur population	ceive prev n become	ventive h s more o	nealth diverse.
01:00:00	Mental Health (Kids Mental Health)	SFPBS	(S)	(CC)	N/A	#1162H
Dr	Torres discusses the latest medical updates In support of Children's Mental He	ealth Awareness Week	in May.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number consultations, emotional advice, second-opinion consultations, as well as a number of the consultations.	of healthcare digital serv	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from core high-income countries in the world. And behind these statistics lie startling rather of color.					
03:00:00	Health Trends (Hernia Help)	SFPBS	(S)	(CC)	N/A	#1295H
Dr. 0	Gonzalez Ramos discusses minimally invasive and robotic surgery treatment	options for hernias.				
04:00:00	Health Trends (Melanoma Monday)	SFPBS	(S)	(CC)	N/A	#1163H
Foci	us: Dr. Sharma & Dr. Mayoral discusses Skin Cancer Prevention and what is t	he significance on Mela	anoma Mond	lay.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number of the sultations.	of healthcare digital serv	ices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from core high-income countries in the world. And behind these statistics lie startling rather of color.					
06:00:00	Classical Stretch: By Essentrics Hamstring Flexibility	APTEX	(S)	(CC)	N/A	#1212H
	r hamstrings are one of your largest muscles and they connect your legs to your legs, burn, and back. Strengthen and stretch your hamstrings and full body w			can actua	ally caus	e pain in
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	PBS	(S)	(CC)	N/A	#905H
	Episode Five					
Cict	er Franças is at a loss when a diabetic and recovering cancer nationt's wife re	fuege to accept further	haln Nursa	Crane ho	comoc fi	ruetrated

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.

Wed, Oct 05, 2022

Title

	l itle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robe Suza	in The Time of Covid-19 is a documentary about structural economic inequalities in A homist Heather Boushey, Former President & CEO of the Washington Center for Equidemy of Social Insurance; Max Richtman, President of the National Committee to President, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Inner Firstenberg and her public art installation "In America How Could this Happen". To omic inequalities in America and their consequences from Wheeling, West VA activistics.	table Growth; \serve Social Selickie; DC Cou Building Bridge The film highlig	William Arnor ecurity & Med ncilmember a es Across the hts powerful	ne, CEO dicare; Au at Large, l e River. A first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artist ts of
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hea men every year. That's more than all cancers combined. But 80% of cardiac and strol to f heart disease in women and how we can lower cardiac risk and death.	rt disease and	stroke comb	ined caus	se the de	eath of 1 in
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects nearly million people worldwide. The symptoms generally develop slowly over years, sornand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	netimes startin	ig with a bare	ely noticea	able tren	nor in just
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#201H
	Vegan In Vegas					
to a sand	king into the greenest luxury hotel in town, we search for Vegas' hidden conscious ge beautiful hike through nearby Red Rock Canyon National Park. Then, Bianca doubles tuary just minutes from the strip, and meditation at a Hindu temple behind the world-fa- lice to see if he can make vegan crab cakes that taste like real thing at the first plant-b	down on com amous Hell's K	passion with litchen restau	rescued f ırant. Fina	arm ani	mals at a
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#201H
	Valdez Family - Oviedo					
	ode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fai cting plants. The Valdez family s new space will serve as a place for them to gather a					rildlife
12:00:00	Call The Midwife Episode Five	PBS	(S)	(CC)	N/A	#905H
	r Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to an anxious first-time father insists on being present for his child's birth.	accept further	help. Nurse	Crane be	comes f	rustrated
13:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	ppointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. hter. Valerie's pregnant cousin hopes her baby will be born on a day well before her c		eceive an ala	arming ph	one call	about their
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	s- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter netic procedures)	medication safe	ety 3. Dr. Joh	n Martin:	Types o	f fillers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	s- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dylewski: Lung cance ver questions)	r screenings 3.	. Dr. Gosha E	Brusovani	k: Back	pain
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
	is: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and					

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

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Title

Wed, Oct 05, 2022

23:00:00

23:30:00

Doctor Q & A

The Truth About Prostate Cancer

Second Opinion with Joan Lunden

Heart Valve Replacement

Start	Subtitle	Distrib	Stereo	Сар	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
	s: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal traine xpert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	r 3. Being H	appily Marrie	d - Jasmi	n Terrar	ni 4. Ask
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
	DENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening spread of hrives in tropical areas of five continents, including Hawaii and Florida.	a foodborne	parasite tha	t invades	human	brains and
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
ways	number of Americans living with Alzheimer's is growing. So many Americans are increase they can prevent developing memory issues of any kind. There is a promising body of eag at what we can do to keep our brain healthy.					
20:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
21:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Econ Acad Sawh Robe Suza	In The Time of Covid-19 is a documentary about structural economic inequalities in Ameomist Heather Boushey, Former President & CEO of the Washington Center for Equitatemy of Social Insurance; Max Richtman, President of the National Committee to Preser ill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNicl rt Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Bunne Firstenberg and her public art installation "In America How Could this Happen". The omic inequalities in America and their consequences from Wheeling, West VA activist Ack.	ole Growth; Nove Social Sekie; DC Couluilding Bridger film highligh	William Arnor ecurity & Med noilmember a es Across the hts powerful	ne, CEO o licare; Au at Large, F e River. Al first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artist ts of
22:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H

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.

(S)

(S)

NETA

**APTEX** 

(CC)

(CC)

N/A

N/A

#105H

#1803H

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 19 of 353

Thu, Oct 06, 2022

Ctort	Title	Diotrib	Ctoroo	Con	۸۵۵	Enjanda
Start	Subtitle	Distrib	Stereo .	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcoaltations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig teleme		included in
00:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	reimer's Disease is an under-recognized public health crisis. And while the word Alzheir word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their lownsess Alzheimer's Disease from a caregiver and a public health perspective.	Not only does	s Alzheimer's	come wi	th a trer	nendous
01:00:00	Plastic/Cosm Surgery (Cosmetic Surgery Update)	SFPBS	(S)	(CC)	N/A	#1164H
Foci	us: Dr. Careaga and Reana Myers discuss looking and feeling like a 'Mother of all ages	and stages.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an issubscription plan AllHealthGo has created to offer users access to a number of healthcould sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig teleme		included in
02:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	s a very comn	non procedur	e. This p	rocedure	e is 94-
03:00:00	Sports Medicine (Shoulder Issues)	SFPBS	(S)	(CC)	N/A	#1297H
Dr. I arth	Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendiritis.	nopathy/bursit	is, calcific ter	ndinitis, ro	otator cu	iff tears &
04:00:00	Living Well #1165 (Nursing Care Benefits)	SFPBS	(S)	(CC)	N/A	#1165H
	us: Rosemarie Schwitzer discusses the important role of advanced practice nurses and and outcomes in honor of Nurses Week in May.	the impact th	ey have on h	ealthcare	deliver	y , patient
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an issubscription plan AllHealthGo has created to offer users access to a number of healthcoultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	s a very comn	non procedur	e. This p	rocedure	e is 94-
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1213H
	Toning The Waist ay's episode is set in a villa that is rumored to have once been graced by the infamous te for an episode of Classical Stretch that tones and strengthens every muscle in your virtue.		ır Hammerste	ein. Join N	Miranda	Esmonde-
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	SFPBS	(S)	(CC)	N/A	#201H
	ode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fam acting plants. The Valdez family s new space will serve as a place for them to gather an					rildlife
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

Thu, Oct 06, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 08:00:00 Accidental Host: The Story of Rat Lungworm Disease NFTA (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. 09:00:00 NFTA Your Fantastic Mind (S) (CC) N/A #203 Lona 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. 09:30:00 NETA Your Fantastic Mind (S) (CC) N/A #204H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse." 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1801H 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.

NETA (S) (CC) N/A #412H

Heart defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds, Direct Effects - for administering medications, Hip replacement.

11:30:00 Conscious Living

11:00:00

NETA

(S)

(S)

(S)

N/A #201H

Vegan In Vegas

Innovations In Medicine

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.

12:00:00 Accidental Host: The Story of Rat Lungworm Disease

NETA

(CC)

(CC)

(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.

13:00:00 Gini in the Time of Covid-19

**NETA** 

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 #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.

Thu, Oct 06, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	us- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body bu supational therapy for children	ilding (Torre Washingto			amora:	
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard D 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Freder		Building Bod	y Image -	Melissa	Spann,
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	SFPBS	(S)	(CC)	N/A	#805H
	us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, H		ment - Dr. M	lichael Go	nzalez f	Ramos 4.
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	Rfds: Royal Flying Doctor Service	PBSPL	(S)	(CC)	N/A	#108H
	he RFDS fundraising ball gets underway, Pete is overnighted at a remote clini cussion turns into a potentially fatal situation.	c where the seemingly	straightforwa	ard case o	of a boy	with a
18:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep		(-)	(,		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	neimer's Disease is an under-recognized public health crisis. And while the woler word, globally the number of people diagnosed is expected to double every at to our healthcare system, it takes an emotional toll on families as they care focusses Alzheimer's Disease from a caregiver and a public health perspective.	20 years. Not only does	Alzheimer's	s come wi	ith a trer	nendous
20:00:00	Accidental Host: The Story of Rat Lungworm Disease	NETA	(S)	(CC)	N/A	#0H
	CIDENTAL HOST: The Story of Rat Lungworm Disease reveals the frightening representation of thrives in tropical areas of five continents, including Hawaii and Florida.	spread of a foodborne	parasite tha	it invades	human	brains and
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 ne	onlo novor fully rocovo	r from the vi	rue while	othore	recover

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.

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Thu, Oct 06, 2022

Lung Cancer

Title Subtitle Cap Start Distrib Stereo AS2 Episode 21:30:00 Your Fantastic Mind **NETA** (S) (CC) N/A #204H 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. 22:00:00 **SFPBS** Sex Talk with Dr. Lia (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. 22:30:00 **SFPBS** #1003H Health Insiders (S) (CC) N/A Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children 23:00:00 Doctor Q & A **NETA** #107H (S) (CC) N/A Getting A Good Night's Sleep 23:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1804H

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

Fri, Oct 07, 2022

Title

	ritle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	80-minute informational program, hosted by Sasha Rionda, presents viewers with a ubscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	ription of the vices including	different s		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
They are ex	Millennial Health II  nials were born between the years 1981 and 1996. At 73 million, they are the large make up the greatest percentage of the population and the labor force. They are al  operiencing declining health faster than any other recent generation before them. H mine the overall health of America. This episode discusses the issue of Millennial H	so the least hea ow their health p	Ithy generati	on in rece	nt times	and they
01:00:00	Staying Healthy #1159 (Diabetic Nerve Damage)	SFPBS	(S)	(CC)	N/A	#1159H
Focus	s: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropa	thy Awareness \	Neek in May	<b>'</b> -		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with a ubscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	ription of the vices including	different s		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
cance	iagnosis and treatment of lung cancer has been one of the most hopeful advances er screening guidelines allow for the screening for younger individuals with less of a nger a death sentence.					
03:00:00	Kids & Teens (Infant Heart Help)	SFPBS	(S)	(CC)	N/A	#1302H
Dr. M	adaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focu	is: Common ped	liatric heart c	onditions.		
04:00:00	Women's Health (Bladder Pain Syndrome)	SFPBS	(S)	(CC)	N/A	#1167H
Focus	s: Dr. Sepulveda-Toro discusses bladder pain syndrome.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	80-minute informational program, hosted by Sasha Rionda, presents viewers with a ubscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
cance	Lung Cancer iagnosis and treatment of lung cancer has been one of the most hopeful advances er screening guidelines allow for the screening for younger individuals with less of an ager a death sentence.					
06:00:00	Classical Stretch: By Essentrics Spine Strengthening	APTEX	(S)	(CC)	N/A	#1214H
You n	eed a strong back to be active and independent. Strengthen your spine with this eps center in Montego Bay, Jamaica.	oisode of Classic	cal Stretch se	et in front	of the qu	uaint water
	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#319H
06:30:00	Variations on the Classics					
06:30:00 07:00:00		APTSY	(S)	(CC)	N/A	#108H

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

Fri, Oct 07, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	 N/A	#0H
Ec Ac Sa Ro Su ec	ni in The Time of Covid-19 is a documentary about structural economic inequalities in Amonomist Heather Boushey, Former President & CEO of the Washington Center for Equita ademy of Social Insurance; Max Richtman, President of the National Committee to Prese whill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada HenryNichbert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Equity, Becanne Firstenberg and her public art installation "In America How Could this Happen". The onomic inequalities in America and their consequences from Wheeling, West VA activist Ausick.	ble Growth; Nove Social Section in the Socia	ed by the Co William Arnor ecurity & Med ncilmember a es Across the hts powerful	vid-19 Pane, CEO olicare; Au at Large, le River. A first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artist ts of
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
oth	Racial Disparities In Maternal Health egnant women in the United States are more than twice as likely to die from complications her high-income countries in the world. And behind these statistics lie startling racial dispartment of color.					
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	eart valve replacement is an area in medicine which has made great advancements and is % effective and can drastically increase the life expectancy of the patient.	a very comn	non procedui	re. This p	rocedure	e is 94-
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#201H
	Valdez Family - Oviedo isode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fami racting plants. The Valdez family s new space will serve as a place for them to gather and					ildlife
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#101H
als ev	Bonnie J. Addario  age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leade to became one of the millions facing a 16% survival rate. Her initial prognosis was grim. No entually found a thoracic surgeon willing to help, telling him, "If I am going to die from this ter a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a surgery.	lost doctors p disease, I do	provided little on't want it to	hope, bu	ıt Bonnie	;
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
	Episode Five ster Frances is at a loss when a diabetic and recovering cancer patient's wife refuses to a deen an anxious first-time father insists on being present for his child's birth.	ccept further	help. Nurse (	Crane be	comes fr	rustrated
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
	Episode Six sappointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. T ughter. Valerie's pregnant cousin hopes her baby will be born on a day well before her du		eceive an ala	rming ph	one call	about their
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	cus- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, AN ARCIO FAGUNDES: Proton therapy	N DEVELAS	CO: Women	& heart o	lisease 3	3. DR.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1005H
	cus- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer prevention) 2 . Jose Llach: ER vs. Urgent Care	. Wilbert Fue	erte, Mayret C	Gonzalez:	Antibiot	ic safety 3.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	cus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena pendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiann		Pain - Dr. Gos	sha Bruso	ovanik 4.	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H

Daily Program Listing II
WPBTHC

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Fri, Oct 07, 2022

Antibiotic Resistance

Title Subtitle Cap Start Distrib Stereo AS<sub>2</sub> Episode 15:45:00 Smartlife **SFPBS** (S) (CC) N/A #904H **SFPBS** 15:58:00 Smartlife (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** (CC) N/A #906H (S) 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 NFTA (CC) N/A #0H (S) 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 **NETA** (S) (CC) N/A #108H All About Your Skin 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1702H Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S. 20:00:00 Covid & Monkeypox: The Facts Town Hall **SFPBS** N/A #0H (S) (CC) 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. 21:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 22:00:00 Bone Detectives **APTSY** (S) (CC) N/A #108H 23:00:00 Doctor Q & A #108H **NETA** (S) (CC) N/A All About Your Skin 23:30:00 **APTEX** Second Opinion with Joan Lunden (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.

Sat, Oct 08, 2022

	ritle					
Start	Subtitle	Distrib	Stereo	Cap	<u>AS2</u>	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	n-depth descr are digital ser	iption of the vices includir	different s	services	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stag	Conquering Obesity  ult obesity is associated with a decrease in life expectancy for both men and women, as a table 163 million adults in the U.S. are overweight or obese - two thirds of men, and more the ggering, but people still struggle every day to drop the pounds. Everyone has different reference episode discusses the challenges and solutions for sustained weight loss.	n 60% of wo	men. The da	mage to h	nealth is	
01:00:00	Staying Healthy #1168 (Child Abuse Awareness)	SFPBS	(S)	(CC)	N/A	#1168H
Foo	cus: Graciela Jimenez & Dr. Lambert discuss child abuse - awareness, risk factors, preve	ention and su	pport.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	e misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bansidered the next pandemic, antibiotic resistance is a threat to global health and food sec		dangering th	e efficacy	of antib	iotics.
03:00:00	Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H
Dr.	Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Trea	ting the whole	e patient.	,		
04:00:00	Staying Healthy #1169 (Adrenal Glands Update)	SFPBS	(S)	(CC)	N/A	#1169H
Foo	cus: Dr. Erinjeri discusses a posterior retroperitoneoscopic adrenalectomy.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	e misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba nsidered the next pandemic, antibiotic resistance is a threat to global health and food sec		dangering th	e efficacy	of antib	iotics.
06:00:00	Alma's Way No-Go Mofongo/Alma Vs. Eddie	PBS	(S)	(CC)	DVI	#101H
06:30:00	Scigirls Pedal Power	PBSPL	(S)	(CC)	N/A	#209H
	st friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power to ir bikes.	ols to engine	er an ice crea	am-makeı	r that's p	owered by
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#326H
Tas tryii	Back In Creature Time - Tasmanian Tiger, Part 2 er their encounter with the Dodo Bird, the Wild Kratts decide to try out Aviva's Time Tram emanian Tiger. But their trip doesn't go as smoothly as they hoped. Not only do they run ng to get rid of all the Tasmanian tigers - but the Wild Kratts have to defeat Zach, who is ever!	into the ances	stors of Doni	ta and Da	bio - wh	o are
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H

Sat, Oct 08, 2022

Date: 12/30/2022

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4301H
	Segment 1					
	eeping with the Health Channel's spirit of innovative prograve (with English subtitles) featuring groundbreaking medica					
08:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4302H
	Segment 2					
08:23:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4303H
	Segment 3					
08:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4304H
	Segment 4					
08:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4305H
	Segment 5					
08:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4306H
	Segment 6					
09:07:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4307H
	Segment 7					
09:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4308H
	Segment 8					
09:31:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4309H
	Segment 9					
09:43:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4501H
In ke	Segment 1 eeping with the Health Channel's spirit of innovative progra	amming, Vida y Salud is a fast-paced, fun a	and informati	ve Spanis	h-langua	age health
	v (with English subtitles) featuring groundbreaking medica					
10:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4502H
	Segment 2					
10:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4503H
	Segment 3					
10:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4504H
	Segment 4					
10:49:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4505H
	Segment 5					
10:59:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4506H
	Segment 6					
11:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4507H
	Segment 7					

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Sat, Oct 08, 2022

Health Effects of Gaming

Start	Title Subtitle	Distrib	Storoo	Can	<b>V63</b>	Enicodo
	-		Stereo	Cap		Episode
11:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
		05550	(2)	(0.0)		<b>"</b>
11:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510H
	Segment 10					
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxiety, deprennel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teel e 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
Eco Aca Saw Rob Suz	in The Time of Covid-19 is a documentary about structural economic inequalitie nomist Heather Boushey, Former President & CEO of the Washington Center fo demy of Social Insurance; Max Richtman, President of the National Committee thill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada Hert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of Eanne Firstenberg and her public art installation "In America How Could this Happromic inequalities in America and their consequences from Wheeling, West VA a ick.	r Equitable Growth; \ o Preserve Social Se lenryNickie; DC Cou quity, Building Bridge pen". The film highlig	William Arno ecurity & Mencilmember es Across the hts powerful	ne, CEO dicare; Au at Large, e River. A first hand	of the Nathors Isa Robert V Iso featu accoun	ational abel White; uring artist its of
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#108H
This time	week on Sex Talk - we discuss your sexual fantasies and what they mean. Plus?	s, can you and your p	, ,	reach org	gasm at	the same
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Foci	us: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patro ilates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
10.20.00	Art of Warriors Segment	01120	(0)	(00)	1471	700011
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	us: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defo ructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	ense - Jerome Turne			e Glickm	ıan, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:30	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
			( - )	( )		

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Sat, Oct 08, 2022

Start

17:00:00

21:00:00

Subtitle

Subtitle

Distrib

Stereo

Cap

AS2

Episode

Rfds: Royal Flying Doctor Service

PBSPL

(S)

(CC)

N/A

#108H

As the RFDS fundraising ball gets underway, Pete is overnighted at a remote clinic where the seemingly straightforward case of a boy with a

SEPRS

NETA

**SFPBS** 

(S)

(S)

(S)

(CC)

(CC)

(CC)

N/A

N/A

N/A

#0H

#101H

#201H

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.

18:00:00 Hope Is Here NETA (S) (CC) N/A #101H

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.

18:30:00 Flip My Florida Yard (Sfpbs)

Valdez Family - Oviedo

Title

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 **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1809H Alopecia Areata

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

20:00:00 Gini in the Time of Covid-19

Finding Hope:

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.

Preventing Disease and Staying Healthy Town Hall

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?

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

Racial Disparities In Maternal Health

23:30:00 Second Opinion with Joan Lunden 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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Sun, Oct 09, 2022

	litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of headultations, emotional advice, second-opinion consultations, as well as a number of	an in-depth descr althcare digital ser	iption of the vices including	different s	ervices	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	Racial Disparities In Health cross America, there are large and persistent racial differences in health and accedus sooner than white people. Compared with whites, members of racial and ethnicities and often receive lower-quality care. Addressing health disparities is increasing that the disparity in access to healthcare become more obvious than with the pararities that exist in health and healthcare in the U.S.	c minorities are les igly important as o	ss likely to re our population	ceive prev	ventive l s more	nealth diverse.
01:00:00	Mental Health (Kids Mental Health)	SFPBS	(S)	(CC)	N/A	#1162H
Dr. T	Forres discusses the latest medical updates In support of Children's Mental Health	Awareness Week	in May.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of heatulations, emotional advice, second-opinion consultations, as well as a number of	althcare digital ser	vices includir	ng telemed		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from complicar high-income countries in the world. And behind these statistics lie startling racial then of color.					
03:00:00	Health Trends (Hernia Help)	SFPBS	(S)	(CC)	N/A	#1295H
Dr. C	Gonzalez Ramos discusses minimally invasive and robotic surgery treatment option	ns for hernias.				
04:00:00	Health Trends (Melanoma Monday)	SFPBS	(S)	(CC)	N/A	#1163H
Focu	us: Dr. Sharma & Dr. Mayoral discusses Skin Cancer Prevention and what is the si	gnificance on Mela	anoma Mond	lay.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of heasultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from complica r high-income countries in the world. And behind these statistics lie startling racial ten of color.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#119H
	Too Corny/Alma Tags Along					
06:30:00	Scigirls Super Sleuths	PBSPL	(S)	(CC)	N/A	#210H
	forensics summer camp, super sleuths Emi and friends team up with real forensic een of the Forest" ceremonial mask.	scientists to solve	the mysterio	ous theft o	f the pri	celess
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#321H
	Golden Bamboo Lemur					
	e in Madagascar, the Wild Kratts learn from Wild Kratts Kid, Patricia Ranomafana, m decides to stay a bit longer to learn about this rare lemur.	that a Golden Bar	mboo lemur l	baby has l	been bo	rn. The
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

Sun, Oct 09, 2022

Date: 12/30/2022

Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode		
08:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4701H		
	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.									
08:12:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4702H		
	Segment 2								
08:24:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4703H		
	Segment 3								
08:34:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4704H		
	Segment 4								
08:46:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4705H		
	Segment 5								
08:57:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4706H		
	Segment 6								
09:08:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4707H		
	Segment 7								
09:21:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4708H		
	Segment 8								
09:32:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4709H		
	Segment 9								
09:45:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#4710H		
	Segment 10								
10:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7601H		
In ke	Segment 1 eeping with the Health C	Channel's spirit of innovative programming, Vida y Sa	ılud is a fast-paced, fun a	ınd informati	ve Spanis	h-langu	age health		
		) featuring groundbreaking medical breakthroughs th							
10:13:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7602H		
	Segment 2								
10:24:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7603H		
	Segment 3								
10:35:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7604H		
	Segment 4								
10:47:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7605H		
	Segment 5			, ,	. ,				
10:58:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7606H		
	Segment 6			` ,	. ,				
11:10:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#7607H		
	Segment 7		<u></u> -	<b>\</b> - <i>\</i>	(/	-			

Sun, Oct 09, 2022

Date: 12/30/2022

in, Oct 09, 2022

Sun, Oct	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7608H
	Segment 8					
11:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7609H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7610H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#905H
Sint	Episode Five	to accept further	holo Nurso	Crana ha	oomoo f	rustrated
	er Frances is at a loss when a diabetic and recovering cancer patient's wife refuses in an anxious first-time father insists on being present for his child's birth.	s to accept further	neip. Nuise	Crane be	comes n	ustrateu
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#906H
Diag	Episode Six	- :4 The Townson o			!!	-1
	ppointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate the photon of the property of the propert		eceive an ai	arming pn	one call	about their
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#109H
	confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't als mitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	lways stay in Vega	as: how to av	oid gettin	g sexual	lly
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	ıs- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building upational therapy for children	g (Torre Washingto	on's story) 3	. Vickie Za	amora:	
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	is: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospinmar 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
Foc	ıs: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, F		` '	` '	in Terrar	ni 4. Ask
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
agin	ES OF AGING synthesizes inspirational and insightful comments culled from uniq g. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides vledge, years of experience, and untold lessons learned from these pioneers who	viewers the oppo	rtunity to ref			
18:00:00	Bone Detectives	APTSY	(S)	(CC)	N/A	#108H

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Sun, Oct 09, 2022

Title Subtitle Start Distrib Stereo Cap AS2 Episode 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1810H Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy. 20:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 21:00:00 Scattering Cj NETA (S) (CC) N/A #0H 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. **SFPBS** 22:00:00 #109H Sex Talk with Dr. Lia (S) (CC) N/A 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. 22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1003H Focus- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washington: Body building (Torre Washington's story) 3. Vickie Zamora: Occupational therapy for children 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer 23:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1803H Heart Valve Replacement

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

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Mon, Oct 10, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1703H Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective. 01:00:00 **SFPBS** Plastic/Cosm Surgery (Cosmetic Surgery Update) (S) (CC) N/A #1164H Focus: Dr. Careaga and Reana Myers discuss looking and feeling like a 'Mother of all ages and stages. 02:00:00 All Health Go (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 03:00:00 **SFPBS** N/A Sports Medicine (Shoulder Issues) (CC) #1297H Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis. 04:00:00 SEPRS Living Well #1165 (Nursing Care Benefits) (S) (CC) N/A #1165H 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. 05:00:00 All Health Go **SFPBS** N/A (CC) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1215H 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.

06:30:00 Wai Lana Yoga APTEX (S) (CC) N/A #320H

07:00:00 Downwinders and the Radioactive West APTEX (S) (CC) N/A #0H

Cooling Breath

Episode Six

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.

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.

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 35 of 353

Mon, Oct 10, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 09:00:00 Scattering Ci **NETA** (S) (CC) N/A #0H 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 10.00.00 APTFX Second Opinion with Joan Lunden (CC) N/A #1804H (S) 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 quidelines 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 10:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1805H 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. 11:00:00 Sages of Aging **APTFX** (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. 12:00:00 **PBS** N/A #906H Call The Midwife (S) (CC) 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. 13:00:00 Call The Midwife **PBS** (S) (CC) N/A #907H Episode Seven The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolfs absence. **SFPBS** (S) (CC) 14:00:00 Health Insiders N/A #1006H Focus- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL SWARTZON, PATIENT: PRP/Stem cell injections for knee arthritis 3. DR. SCARLET CONSTANT: Tantrums & giving your kids shots 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1007H Health Insiders 1007 Why is the measles vaccine so important for children these days? Plus can a plant-based diet help you to improve your health and ways to detect heart disease long before a potentially devastating heart attack. Catch these stories and more on this edition of the health insiders 15:00:00 Smartlife **SFPBS** N/A #1401H (S) (CC) 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** (CC) 15:14:00 Smartlife (S) N/A #1402H 15:33:00 Smartlife **SFPBS** (S) (CC) N/A #1403H **SFPBS** 15:47:00 Smartlife (S) (CC) #1404H N/A 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

**SFPBS** 

**SFPBS** 

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N/A

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(CC)

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#1406H

#1407H

16:13:00

16:25:00

Smartlife

Smartlife

Mon, Oct 10, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 16:47:00 Smartlife **SFPBS** (S) (CC) N/A #1408H **APTEX** 17:00:00 Downwinders and the Radioactive West (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. **APTEX** 18:00:00 Sages of Aging (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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 19:30:00 Second Opinion with Joan Lunden **APTEX** #1703H (S) (CC) N/A 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. 20:00:00 Sages of Aging **APTEX** (CC) N/A #0H (S) 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. 21:00:00 Your Fantastic Mind NETA (CC) N/A #205H (S) **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. 21:30:00 Your Fantastic Mind **NETA** (S) (CC) N/A #206H 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. 22:00:00 APTEX (CC) Downwinders and the Radioactive West N/A #0H (S)

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.

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	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

Tue, Oct 11, 2022

The Battle Against Breast Cancer

Title

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
new	Anxiety iety is the most common mental-health disorder in the United States, affecting a research, millennials have become the most anxious generation in history. This be treated.					
01:00:00	Healthy Trends (Pillars of a Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#1170H
Find	out the latest trends that contribute to a healthy life. Henry Guzman and Tony	Thomas discuss.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas dietes.	of work is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
03:00:00	Living Well (Wellness Trends)	SFPBS	(S)	(CC)	N/A	#1306H
Jasr	mine Terrany discusses Life Therapy, which combines Psychotherapy Coachin	g, Mindfulness & Med	itation.			
04:00:00	Kids & Teens (Humanitarian Healthcare)	SFPBS	(S)	(CC)	N/A	#1171H
	Medina and Rev. Escalona discuss growing up in a family with ethical, moral ar rided by humanitarian healthcare clinicians and counselors.	nd religious principals.	Focus: The	guidance	and exa	ample
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the critical areas cletes.	of work is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics Relieve Neck Pain	APTEX	(S)	(CC)	N/A	#1216H
	e episode of Classical Stretch liberates all of the joints and muscles in your neck nonde-White for a Classical Stretch workout to relieve neck pain.	k and shoulders provic	ling you with	instant re	elief. Joir	n Miranda
06:30:00	Wai Lana Yoga Stretch Your Legs	APTEX	(S)	(CC)	N/A	#321H
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#404H
	Blooming Sunset ax in the beauty of a blooming sunset as we gently stretch and lengthen the spi e in the wrists, neck, shoulders, chest, back, hips and more using a chair for su		otion. Includi	ng stretch	nes to cr	eate more
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Dettle Against Procet Concer	•	\ - /	, -,		

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 38 of 353

Tue, Oct 11, 2022 Title Start Subtitle Distrib Stereo Cap AS2 Episode 08:00:00 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. 09:00:00 Your Fantastic Mind **NETA** (S) (CC) N/A #205H **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. 09:30:00 Your Fantastic Mind **NETA** (S) (CC) N/A #206H 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. APTEX 10:00:00 Second Opinion with Joan Lunden (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 11:00:00 Innovations In Medicine **NETA** (CC) N/A #413H Regenerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Physical Therapy, Digestive health - LifePharm. 11:30:00 Hope Is Here **NETA** (CC) #102H N/A 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 disease would eventually define her legacy. **APTEX** 12:00:00 Downwinders and the Radioactive West (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

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

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.

13:00:00 Finding Hope-Town Hall

**SFPBS** (CC)

Mental Health Crisis In Teenagers & Young Adults

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

14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #109H

N/A

#103H

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 #1008H

Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety

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Tue, Oct 11, 2022

Title Cap Start Subtitle Distrib Stereo AS2 Episode 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #1301H Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham 15:13:00 **SFPBS** Smartlife (S) (CC) N/A #1302H 15:33:00 Smartlife **SFPBS** (CC) #1303H (S) N/A 15:46:00 Smartlife **SFPBS** (S) (CC) N/A #1304H 15:59:00 Smartlife **SFPBS** (S) (CC) N/A #1305H Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli 16:15:00 Smartlife **SFPBS** (S) (CC) N/A #1306H 16:28:00 Smartlife **SFPBS** (S) (CC) N/A #1307H **SFPBS** 16:45:00 Smartlife (S) (CC) N/A #1308H 17:00:00 **SFPBS** (CC) Finding Hope: (S) N/A #101H Preventing Disease and Staying Healthy Town Hall 18:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** (CC) N/A #202H (S) Anfuso-Greene Family - Jacksonville Episode #202 ANFUSO-GREENE FAMILY - JACKSONVILLE The Flip My Florida Yard crew gives the Anfuso-Greene family the front yard of their dreams. A front yard deck surrounded by Florida Friendly plants is built and a new permeable driveway to solve an ongoing flooding issue due to improper stormwater runoff. 18:30:00 Hope Is Here **NETA** (S) (CC) N/A #102H 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. 19:00:00 Doctor Q & A **NETA** (CC) (S) N/A #111H Heart Attacks and Strokes 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1704H Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health. 20:00:00 Scattering Cj **NETA** (CC) N/A #0H (S) 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. 21:00:00 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.

**SFPBS** 22:00:00 Sex Talk with Dr. Lia (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.

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Tue, Oct 11, 2022

Stress

Title Subtitle Distrib Stereo Start Cap AS2 Episode 22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1008H Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes 23:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H

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

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Wed, Oct 12, 2022

Title

Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 01:00:00 Pain Management #1172 (Chronic Pain Help) **SFPBS** (S) (CC) N/A #1172H Learn from the experts about approaches for controlling chronic pain to improve quality of life. 02:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. **SFPBS** 03:00:00 (S) (CC) N/A Healthy Living (Blood Disorders) #1309H Dr. Victor Guardiola discusses sickle cell disease, in support of World Sickle Cell Day. Focus: Treatment of other blood disorders. 04:00:00 Sports Medicine #1173 (Arthritis Update) **SFPBS** (S) (CC) N/A #1173H 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. 05:00:00 **SFPBS** All Health Go (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #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. Classical Stretch: By Essentrics 06:00:00 **APTEX** #1217H (S) (CC) N/A **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. 06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #322H Yoga at the Office 07:00:00 **SFPBS** (CC) Finding Hope-Town Hall (S) N/A #103H Mental Health Crisis In Teenagers & Young Adults

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

### Daily Program Listing II **WPBTHC**

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Wed, Oct 12, 2022

Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #906H 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.

09:00:00 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.

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

10:30:00 Second Opinion with Joan Lunden **APTEX** 

**APTFX** 

(CC) N/A

(CC)

(CC)

N/A

N/A

#0H

#1809H

#1808H

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.

11:00:00 Conscious Living NETA

(CC)

N/A

(CC)

(CC)

(CC)

#202H

Mindful Modernism

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 midcentury 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) **SFPBS** 

(S)

(S)

(S)

(S)

(S)

N/A

#202H

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.

12:00:00 Call The Midwife **PBS** 

(S)

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 **PBS** 

(S)

#907H N/A

Episode Seven

Episode Six

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

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Wed, Oct 12, 2022

Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 15:44:00 Smartlife **SFPBS** (S) (CC) N/A #1204H **SFPBS** 15:57:00 Smartlife (S) (CC) N/A #1205H Focus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility of a Couple, Dr. Juan P. Alvarez 3. Ask the Experts, Dr. Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Balance, Amy Exum, psychotherapist 16:13:00 Smartlife **SFPBS** (CC) N/A #1206H (S) 16:27:00 Smartlife **SFPBS** (S) (CC) N/A #1207H 16:45:00 Smartlife **SFPBS** (S) (CC) N/A #1208H APTEX 17:00:00 Downwinders and the Radioactive West (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 **SFPBS** Covid & Monkeypox: The Facts Town Hall (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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #101H Stomach Pain, Reflux Disease and Ibs 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. 20:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research.

21:00:00 Crazy APTEX (S) (CC) N/A #0H

According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.

#### 22:00:00 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.

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Wed, Oct 12, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 45 of 353

Thu, Oct 13, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 01:00:00 Plastic/Cosm Surgery #1174 (Cosmetic Surgery Tips) **SFPBS** (S) (CC) N/A #1174H Dr. Zuriarrain discusses the latest techniques involving the restoration, reconstruction, or alteration of the body. 02:00:00 All Health Go (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback. **SFPBS** (S) 03:00:00 (CC) N/A Heart Health (Mri Imaging) #1313H Dr. Ricardo Cury & Dr. Constantino Pena discuss the landmark new MRI technology. Focus: The benefits of this type of imaging for patients. 04:00:00 Spine & Back Care #1175 (Your Aching Back) **SFPBS** (S) (CC) N/A #1175H Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life **SFPBS** 05:00:00 All Health Go (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 APTEX (CC) Second Opinion with Joan Lunden (S) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1218H 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. 06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #323H Terrific Triangle 07:00:00 **SFPBS** Flip My Florida Yard (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 NETA (S) (CC) N/A #102H

Caring for Your Back

Anfuso-Greene Family - Jacksonville

Thu, Oct 13, 2022

Title

	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Sages of Aging	— ——— APTEX	(S)	(CC)	N/A	#0H
SAG aging	ES OF AGING synthesizes inspirational and insightful comments culled from unique g. Conceived and hosted by Ken Dychtwald, Ph.D., this hour-long special provides valedge, years of experience, and untold lessons learned from these pioneers who fo	e interviews with viewers the oppo	a dozen lea	ding expe	rts in the	e field of
09:00:00	Your Fantastic Mind	NETA	(S)	(CC)	N/A	#205H
	Balance and Movement					
Rese	ng edge research that shows how stimulation of the vagus nerve can help patients is earchers at Emory/Georgia Tech who are studying the science of movement includir arch shows that cognitive stiffness is connected to physical stiffness and vice versa	ng the neuromed	hanics of hu	man balar	nce and	gait. Their
09:30:00	Your Fantastic Mind Game Changers	NETA	(S)	(CC)	N/A	#206H
prog and i story Final	episode features efforts to change huge issues. We take a critical look at disparities ram, Peace for Moms, aimed at bridging the gap to provide mental health support for ecovery expert William Cope Moyers, son of legendary journalist Bill Moyers, is fear also features the work of the Clinton Foundation to educate faith leaders on the opily, we take a closer look at new research examining the brain functions of grandmorgenerational relationship.	or pre- and post-patured in a segme ioid crisis, so the	partum moment about his by can be par	s. And bea journey w rt of a fron	st-selling vith addi tline sol	g author ction. The ution.
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
ways	number of Americans living with Alzheimer's is growing. So many Americans are inc they can prevent developing memory issues of any kind. There is a promising body ng at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the large make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. He mine the overall health of America. This episode discusses the issue of Millennial Health of America.	Iso the least heal low their health p	Ithy generati	on in rece	nt times	and they
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#413H
Rege	enerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Pl	hysical Therapy,	Digestive he	ealth - Life	Pharm.	
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#102H
	Jill Costello					
patie	cancer diagnoses for young, non-smoking individuals are a growing trend. But that nt, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and ase would eventually define her legacy.					
12:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
	n a heartbroken mom asked the world to help honor the memory of her beloved eldetering CJ is the story of how one mother's unexpected effort to heal unleashes the in		of one becan		rney of r	nany.
13:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
deca THE	e 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nedes-long debate over cancer rates, the costs of patriotism, and the responsibility of RADIOACTIVE WEST chronicles the history of the testing program, and shares the In reporting on these ongoing issues, the documentary explores how the legacy of r	a nation to prote stories of Utaha	ct its citizens	s. DOWN\ d downwin	WINDEF	RS AND he Nevada
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 se	ex. All this and m	nore on Sex	Talk with	Dr. Lia.	
	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
14:30:00						
14:30:00 15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H

Title

Thu, Oct 13, 2022

Start	Subtitle	Distrib	Stereo	Сар	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
	Smartlife s: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understandin ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and D	•				
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	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
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.

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23:00:00

Doctor Q & A

Alzheimer's Disease: Hope for the Future

States and is one of the most requested topics from viewers every year.

Title Start Subtitle Distrib Stereo Cap AS2 Episode 20:30:00 Before Stage Four: Confronting Early Psychosis **APTEX** (S) (CC) N/A #0 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." 21:00:00 #205H Your Fantastic Mind **NETA** (S) (CC) N/A **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. 21:30:00 Your Fantastic Mind **NETA** (S) #206H (CC) N/A 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. 22:00:00 Sex Talk with Dr. Lia **SFPBS** (CC) N/A #110H (S) 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 #1011H

23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1809H
Alopecia Areata
Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United

**NETA** 

(S)

(CC)

N/A

#103H

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Fri, Oct 14, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includir	ng telemed		included in
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emoti the di	st cancer is the most common cancer among women worldwide, and this diagnosis not ional and psychological challenges, as well. It is something no one wants to face alone iagnosis, and their support can be crucial to recovery. The couple goes through cancer er Spouse."	. The spouse	of the cance	er patient	feels the	e impact of
01:00:00	Orthopedics #1176 (Physical Therapy for the Back)	SFPBS	(S)	(CC)	N/A	#1176H
Ron	Yacoub discusses physical therapy for the back and lower extremities.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includir	ng telemed		included in
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 r	nillion ped	ople in th	ne United
03:00:00	Spine & Back Care (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1315H
Dr. Bi	rusovanik discusses spine and back conditions and how to treat them for a pain free lif	e				
04:00:00	Sports Medicine #1177 (Sports Injuries Help)	SFPBS	(S)	(CC)	N/A	#1177H
Cuttir	ng-edge treatment and prevention of injuries related to sports and exercise for physical	health and fi	tness.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includir	ng telemed		included in
05:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair loss and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 r	nillion pec	ople in th	ne United
06:00:00	Classical Stretch: By Essentrics Waist Slenderizing	APTEX	(S)	(CC)	N/A	#1219H
This a	all-standing Classical Stretch waist slenderizing workout strengthens every muscle aro	und your core	e and waist le	eaving you	u longer	and
06:30:00	Wai Lana Yoga Energize!	APTEX	(S)	(CC)	N/A	#324H

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 50 of 353

Fri, Oct 14, 2022

Title Subtitle Distrib Stereo Cap AS2 Start Episode 07:00:00 Crazy **APTEX** (S) (CC) N/A #0H According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to

According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, of 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.

08:00:00 Call The Midwife PBS (S) (CC) N/A #906H 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.

09:00:00 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.

10:00:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1702H

Racial Disparities In Health

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

10:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1703H

Alzheimer's: A Public Health Crisis

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

11:00:00 Flip My Florida Yard (Sfpbs) SFPBS (S) (CC) N/A #202H
Anfuso-Greene Family - Jacksonville

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

11:30:00 Medical Frontiers APTEX (S) (CC) N/A #101H

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.

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.

12:00:00 Call The Midwife PBS (S) (CC) N/A #906H 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.

13:00:00 Call The Midwife PBS (S) (CC) N/A #907H Episode Seven

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

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

Date: 12/30/2022

Fri, Oct 14, 2022

Title

Preventing Disease and Staying Healthy Town Hall

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Hoolth Inciders	SFPBS	(8)		- <u> </u>	#1012H
14:00:00 Foci	Health Insiders  us- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRU		(S)	(CC)	N/A story – F	
	MARCIO FAGUNDES Proton therapy & clinical trials	500 v/ www., padent. c	pine surgery	(i ationi	otory i	uoiu) o.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
45.00.00	0 117	05550	(0)	(0.0)	<b>.</b>	"400411
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. mons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. F					
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
Hair	us: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Vet Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Unde nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost		Patterson an	d Richard		
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	SFPBS	(S)	(CC)	N/A	#0H
	COVID-19 virus has been the most concerning infection for more than two yearing fear and confusion in our communities. In COVID & Monkeypox: The Facts					
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	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting r research, millennials have become the most anxious generation in history. This be treated.					
20:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others					
	COVID-19 virus has been the most concerning infection for more than two yea ing fear and confusion in our communities. In COVID & Monkeypox: The Facts ard.					
21:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Drayanting Diagon and Staying Healthy Town Hell					

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Fri, Oct 14, 2022

Start Title Subtitle Distrib Stereo Cap AS2 Episode

22:00:00 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.

(S)

(CC)

N/A

#0

22:30:00 Before Stage Four: Confronting Early Psychosis APTEX

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."

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	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.

### Daily Program Listing II **WPBTHC**

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Sat, Oct 15, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1707H Anxietv Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it 01:00:00 Mental Health #1178 (Mental Health Support) SEPRS (S) (CC) N/A #1178H Focus: Dr. John Newcomer and Laura Naredo discuss Mental Health stigmas in honor of Mental Health month in May. **SFPBS** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 APTEX Second Opinion with Joan Lunden (CC) N/A #1810H (S) 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. (CC) 03:00:00 Sports Medicine (Phys Therapy Help for Elderly) **SFPBS** N/A #1320H (S) Ron Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, gait, balance & flexibility. 04:00:00 Women's Health (Female Cancer Update) **SFPBS** (CC) N/A #1179H (S) Focus: Dr. Troy Gatcliffe discusses National Women's Health week and gynecological cancer and its treatment options. 05:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs, 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1810H Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy. 06:00:00 Alma's Way **PBS** (S) (CC) DVI #136H Lost in the Bronx/New Neighbors 06:30:00 PRSPI DVI #301H Scigirls (S) (CC)

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.

07:00:00 Wild Kratts **PBS** (S) (CC) N/A #413H

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.

07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #110H

The Battle Against Breast Cancer

Sat, Oct 15, 2022

Date: 12/30/2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth					
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
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth					
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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Sat, Oct 15, 2022

Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7608H
Segment 8					
Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7609H
Segment 9					
Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7610H
Segment 10					
Crazy	APTEX	(S)	(CC)	N/A	#0H
-	Vida Y Salud Segment 8  Vida Y Salud Segment 9  Vida Y Salud Segment 10	SubtitleDistribVida Y Salud Segment 8SFPBSVida Y Salud Segment 9SFPBSVida Y Salud Segment 10SFPBS	SubtitleDistribStereoVida Y Salud Segment 8SFPBS Segment 8(S)Vida Y Salud Segment 9SFPBS SFPBS SFPBS Segment 10(S)	SubtitleDistribStereoCapVida Y Salud Segment 8SFPBS(S)(CC)Vida Y Salud Segment 9SFPBS(S)(CC)Vida Y Salud Segment 10SFPBS(S)(CC)	SubtitleDistribStereoCapAS2Vida Y Salud Segment 8SFPBS(S)(CC)N/AVida Y Salud Segment 9SFPBS(S)(CC)N/AVida Y Salud Segment 10SFPBS(S)(CC)N/A

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.

In th	nomy he so desperately craves. CRAZY brings the viewer into the story with extraordina e process, the documentary looks at involuntary treatment and explores the bigger issue prience.					
13:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#109H
	confidence is sexy, but how do you get it? Plus, what happens in Vegas doesn't always smitted infections on vacation. All this and more on Sex Talk with Dr. Lia.	stay in Vegas:	how to avo	oid getting	g sexua	lly
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1008H
	is- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARF BEL, MEL VALENZUELA Spray tan safety	ROL SCOTT H	ealthcare o	lisparities	3. DR	JILL
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Di Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abrahan		vanik 3. Ba	aptist Hor	me Hea	llth Care,
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	SFPBS	(S)	(CC)	N/A	#1305H
	is: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, man 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett O		st 3. Ask th	e Experts	s, Dr. R	obert
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

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 56 of 353

Sat, Oct 15, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
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18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#102H
	Jill Costello					
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. But that did ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and era ase would eventually define her legacy.					
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cre dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes		(-)	(,		
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	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 Finding Hope-Town Hall **SFPBS** 

(S)

N/A #103H

(CC)

(CC)

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.

21:00:00 **Empowered Patient**  **APTEX** 

(S)

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.

Title

Sat, Oct 15, 2022

23:00:00

23:30:00

Doctor O & A

Stress

Heart Attacks and Strokes

Second Opinion with Joan Lunden

Start Subtitle Distrib Stereo Cap AS2 Episode 21:30:00 Before Stage Four: Confronting Early Psychosis **APTEX** (S) (CC) N/A #0 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." **SFPBS** 22:00:00 Sex Talk with Dr. Lia (CC) N/A #109H (S) 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. 22:30:00 **SFPBS** (S) (CC) N/A #1008H Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety

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.

**NETA** 

**APTEX** 

(S)

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N/A

N/A

#111H

#1807H

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 58 of 353

Sun, Oct 16, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 01:00:00 Pain Management #1172 (Chronic Pain Help) **SFPBS** (S) (CC) N/A #1172H Learn from the experts about approaches for controlling chronic pain to improve quality of life. 02:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. **SFPBS** (S) 03:00:00 (CC) N/A Healthy Living (Blood Disorders) #1309H Dr. Victor Guardiola discusses sickle cell disease, in support of World Sickle Cell Day. Focus: Treatment of other blood disorders. 04:00:00 Sports Medicine #1173 (Arthritis Update) **SFPBS** (S) (CC) N/A #1173H 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. 05:00:00 **SFPBS** All Health Go (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #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. 06:00:00 **PBS** Alma's Way (S) (CC) DVI #138H Trick Or Treatasaurus/The Haunted Hallway 06:30:00 Scigirls **PBSPL** (S) (CC) DVI #302H

celebrates by creating a sculpture and a time-lapse video of the season's arrival.

07:00:00 Wild Kratts PBS (S) (CC) N/A #131H

SciGirls spring into action! Minnesota sixth-grader Jordan gathers her girls to track changes in flowers and plants as spring emerges, and

Masked Bandits

Flower Power

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.

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

Date: 12/30/2022

11:00:00

Vida Y Salud

Segment 6

Date. 12/00/	10/01/2022 12/01/2022			ı ug	0 00 01	000
Sun, Oct						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back		, ,	. ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7801H
	Segment 1					
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a favore (with English subtitles) featuring groundbreaking medical breakthroughs that help far					
08:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7802H
	Segment 2					
08:23:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7803H
	Segment 3					
08:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7804H
	Segment 4					
08:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7805H
	Segment 5					
08:55:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7806H
	Segment 6					
09:06:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7807H
	Segment 7					
09:19:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7808H
	Segment 8					
09:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7809H
	Segment 9					
09:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7810H
	Segment 10					
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H
In ke	reping with the Health Channel's spirit of innovative programming, Vida y Salud is a fa	ist-paced fun a	and informati	ve Spanis	h-langu	age health
	w (with English subtitles) featuring groundbreaking medical breakthroughs that help fail					
10:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#502H
	Segment 2					
10:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H
	oog.no.k o					
10:30:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#504H
	Segment 4					
10:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#505H
	Segment 5					

SFPBS

(S)

(CC) N/A #506H

Sun, Oct 16, 2022

17:00:00

The Last Chapter

Start	Title Subtitle	Distrib	Storoo	Can	۸۶۵	Enjando
Start	Subilite	DISTIID	Stereo	Сар	AS2	Episode
11:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#507H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#508H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#509H
	Segment 9					
11:42:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#510H
	Segment 10					
12:00:00	Call The Midwife Episode Six	PBS	(S)	(CC)	N/A	#906H
	ppointed by the Poplar Horticultural Show's cancellation, Fred attempts to reinstate it. T hter. Valerie's pregnant cousin hopes her baby will be born on a day well before her du		eceive an ala	arming ph	one call	about their
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newer tional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolfs a		s a troubled	home life	and nee	eds his
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 n	nore 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
	is: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. t					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	is: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Bala				. Ask the	e Experts,
16:14:00	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	ADTEV	(8)	(CC)	NI/A	#0LJ

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)

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N/A

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Sun, Oct 16, 2022

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:00:00 **Medical Frontiers APTEX** (S) (CC) N/A #101H 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. 18:30:00 Medical Frontiers APTEX (S) (CC) N/A #102H 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. 19:00:00 Doctor Q & A (CC) #101H **NETA** (S) N/A Stomach Pain, Reflux Disease and Ibs 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. PBS 20:00:00 Amazing Human Body (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. 21:00:00 Extra Life: A Short History of Living Longer **NPS** (S) (CC) N/A #101H 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. 22:00:00 **SFPBS** (CC) Sex Talk with Dr. Lia (S) 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 #1011H 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #101H Stomach Pain, Reflux Disease and Ibs 23:30:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) N/A #1808H Vaccine Hesitancy

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

Mon, Oct 17, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	- —— N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	n in-depth desci hcare digital ser	ription of the vices includin	different s	services	included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	re continue to track "long-haulers," we are learning more about the long-term health of COVID symptoms.	effects of the pe	eople who are	suffering	from de	ebilitating
01:00:00	Plastic/Cosm Surgery #1174 (Cosmetic Surgery Tips)	SFPBS	(S)	(CC)	N/A	#1174H
Dr. Z	uriarrain discusses the latest techniques involving the restoration, reconstruction, or	alteration of the	e body.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	ription of the vices includin	different s	services	included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
	Vaccine Hesitancy					
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing to ine. Childhood vaccine rates continue to decrease in certain areas of the country, see back.					
03:00:00	Heart Health (Mri Imaging)	SFPBS	(S)	(CC)	N/A	#1313H
Dr. F	Ricardo Cury & Dr. Constantino Pena discuss the landmark new MRI technology. For	cus: The benefit	ts of this type	of imagir	ng for pa	tients.
04:00:00	Spine & Back Care #1175 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1175H
	Brusovanik discusses spine and back conditions and how to treat them for a pain free		(-)	()		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	hcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	tine hesitancy continues to be an issue in the U.S., with COVID continually bringing to tine. Childhood vaccine rates continue to decrease in certain areas of the country, seeback.					
06:00:00	Classical Stretch: By Essentrics Feet Strengthening	APTEX	(S)	(CC)	N/A	#1220H
	feet are the foundation of your body - without strong, healthy, pain-free feet you can nda Esmonde-White for a foot strengthening Classical Stretch workout.	nnot achieve a s	trong, health	y, pain-fre	e body.	Join
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#325H
	Get The Kinks Out		. ,	. ,		
07:00:00	The Last Chapter	APTEX	(S)	(CC)	N/A	#0H
	LAST CHAPTER examines the benefits of planning for end-of-life care through inter- ly hospice patients, parents of a child battling a rare metabolic bone disease, a your					

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.

Mon, Oct 17, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	eam celebrate the arrival of the maternity home's long-awaited incubator. Kevin's no ional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf		s a troubled	home life	and nee	eds his
09:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#101
	Grow  n how humans begin life as a single cell and, over the course of a lifetime, grow into overies that can help humans live longer, healthier lives.	beings of more	than 37 trillio	on cells. P	lus, expl	lore new
10:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution					
20 m open	university hospital in Tokyo is a globally-unique operating room called the Hyper SC edical devices are integrated in real time and shown on a monitor during surgery. It ing 2 years ago. Doctors outside the operating room can see the monitor and give the trately, another university is using virtual reality to help students learn.	has been used f	or difficult br	ain tumor	surgerie	es since
11:30:00	Medical Stories	EPS	(S)	(CC)	N/A	#102
	Unfinished Portraits  mpelling story of a young graphic artist named Dylan Duncan who is dealing with a r					
John calle with	tain death sentence with devastating symptoms and diminishing quality, to one of re Berk, a pioneering expert at Boston University School of Medicine. Additionally, we d Island Dolphin Carefor a look at an extraordinary therapy program where kids with dolphins as a key component of their treatment. We will also meet the founders who with their son who suffered from a stroke at the age of 3, and then experiencing the and.	will take a trip to special needs a started the cent	the Florida and challenge ter after swin	Keys and es swim, p nming with	a uniqu olay and o dolphir	e place interact ns in the
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	eam celebrate the arrival of the maternity home's long-awaited incubator. Kevin's ne ional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf		s a troubled	home life	and nee	eds his
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight					
	n the council sends a letter announcing plans to cut Nonnatus House's funding, Sist e cares for an unmarried expectant mother. Petra must move up her wedding after l			o ner own	nands.	Nurse
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1015H
Focu addio	s- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTI tion	INEZ Erectile Dy	sfunction 3.	DR. DANI	EL BOB	SER Opioid
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1016H
Focu addid	s- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTI tion	INEZ Erectile Dy	sfunction 3.	DR. DANI	EL BOB	SER Opioid
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	s: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-F a Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex			drome of N	Menopaı	use - Dr.
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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Mon, Oct 17, 2022 Title Subtitle Distrib Stereo Cap AS2 Start Episode 15:59:00 Smartlife **SFPBS** (S) (CC) N/A #1905H Focus: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Lucinda Adriana Arenas 3. Ask the Experts Segment -Dr. Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adult Day Center 5. Hair Growth Myth vs Fact - Dr. Jeffrey Epstein 16:14:00 Smartlife **SFPBS** (S) (CC) N/A #1906H 16:33:00 Smartlife **SFPBS** (CC) N/A #1907H (S) 16:46:00 Smartlife **SFPBS** (S) (CC) N/A #1908H 17:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. 18:00:00 Extra Life: A Short History of Living Longer **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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 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. **APTEX** 22:00:00 Revolutionizing Dementia Care (CC) N/A 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

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.

23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
23:30:00	Second Opinion with Joan Lunden 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.

Tue, Oct 18, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u></u> N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	iption of the vices includir	different s		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health mant women in the United States are more than twice as likely to die from complications r high-income countries in the world. And behind these statistics lie startling racial dispar ien of color.		0			
01:00:00	Women's Health #1180 (Update)	SFPBS	(S)	(CC)	N/A	#1180H
In-de	epth exploration of a wide variety of issues that affect women's health.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- subscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools t	e digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and accessing I die sooner than white people. Compared with whites, members of racial and ethnic mino ices and often receive lower-quality care. Addressing health disparities is increasingly imer has the disparity in access to healthcare become more obvious than with the pandemi arities that exist in health and healthcare in the U.S.	rities are les portant as o	s likely to re ur population	ceive prev n become	ventive l s more	nealth diverse.
03:00:00	Primary Care (Flu Shot Update)	SFPBS	(S)	(CC)	N/A	#1325H
Dr. V	/azquez explains the importance of getting vaccinated . Focus: Protecting yourself during	g flu season	-			
04:00:00	Plastic/Cosm Surgery#1181(Cosmetic Surgery Update)	SFPBS	(S)	(CC)	N/A	#1181H
Dr. C	Castrellon discusses the latest techniques involving the restoration, reconstruction, or alte	eration of the	e body.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and accessing I die sooner than white people. Compared with whites, members of racial and ethnic mino ices and often receive lower-quality care. Addressing health disparities is increasingly imer has the disparity in access to healthcare become more obvious than with the pandemi arities that exist in health and healthcare in the U.S.	rities are les portant as o	s likely to re ur population	ceive prev n become	ventive l s more	nealth diverse.
06:00:00	Classical Stretch: By Essentrics Connective Tissue	APTEX	(S)	(CC)	N/A	#1221H
tissu	connective tissue surrounds your entire body from the top of your head to the tip of your e, and a healthy connective tissue requires healthy muscles. Strengthen and stretch evenda Esmonde-White.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#326H
	Soothing Twist		. ,	•		
07:00:00	Happy Yoga with Sarah Starr Desert Gold	NETA	(S)	(CC)	N/A	#405H
Bask	in the brilliant desert bloom as we enjoy easy to follow yoga moves for the whole body.	Including ge	entle sun salı	utations a	long witl	n stretches

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.

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 66 of 353

Tue, Oct 18, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #106H Keeping Bones Healthy & Strong 08:00:00 **SFPBS** Covid & Monkeypox: The Facts Town Hall (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 09:00:00 Extra Life: A Short History of Living Longer **NPS** (CC) N/A #101H (S) 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1704H Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health. 10:30:00 **APTEX** (CC) #1705H Second Opinion with Joan Lunden (S) N/A 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. 11:00:00 **NETA** (S) (CC) N/A #501H Innovations In Medicine PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD. 11:30:00 #103H Hope Is Here **NFTA** (S) (CC) N/A 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." 12:00:00 PBS Amazing Human Body (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. 13:00:00 Revolutionizing Dementia Care **APTEX** (S) N/A REVOLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enjoy full and meaningful lives based on their abilities, diagnosis and care, and the benefits of these new models. From equine and horticulture therapies, to city-wide dementia-friendly education

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 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** (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** 

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Tue, Oct 18, 2022 Title Start Subtitle Distrib Stereo Cap AS2 Episode 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 **SFPBS** 15:15:00 Smartlife (CC) N/A #1802H (S) 15:27:00 Smartlife **SFPBS** (CC) #1803H (S) N/A 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** (CC) N/A #1806H (S) 16:28:00 Smartlife **SFPBS** (S) (CC) N/A #1807H **SFPBS** 16:45:00 Smartlife (S) (CC) N/A #1808H 17:00:00 APTFX (CC) #0H The Last Chapter (S) N/A 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. **SFPBS** 18:00:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #203H 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. 18:30:00 Hope Is Here **NETA** (S) (CC) N/A #103H 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." 19:00:00 Doctor Q & A **NFTA** (S) (CC) N/A #107H Getting A Good Night's Sleep 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 20:00:00 Amazing Human Body **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.

21:00:00 Extra Life: A Short History of Living Longer NPS (S) (CC) N/A #101H

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.

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Tue, Oct 18, 2022

Alzheimer's: A Public Health Crisis

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

Wed, Oct 19, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	ription of the vices includir	different s	services	included in
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	is a very com	mon procedu	re. This p	rocedur	e is 94-
01:00:00	Heart Health #1182 (Cardiovascular Tips)	SFPBS	(S)	(CC)	N/A	#1182H
Heal	th is where the heart is. Practical information that can lead to a long healthy life.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzhei r word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lousses Alzheimer's Disease from a caregiver and a public health perspective.	. Not only doe	s Alzheimer's	s come wi	th a trer	nendous
03:00:00	Heart Health (Cardiac Health Update)	SFPBS	(S)	(CC)	N/A	#1330H
Dr. L	isardo Garcia-Covarrubias discusses atrial valve disease.					
04:00:00	Mental Health #1183 (Update)	SFPBS	(S)	(CC)	N/A	#1183H
Ever	ything you need to know to enjoy life - from balancing activities and efforts - to achievi	ng psychologi	cal and emot	ional well	ness.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzheir word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lousses Alzheimer's Disease from a caregiver and a public health perspective.	. Not only doe	s Alzheimer's	s come wi	th a trer	nendous
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1222H
	Hip & Glute Flexibility in your hips and glutes are not doing their job properly you may feel discomfort through only strengthens, it also stretches these muscles leaving your entire lower body liberate.			Classical	Stretch	Workout
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#401H
	Bye Bye Bulges					
07:00:00	The Last Chapter	APTEX	(S)	(CC)	N/A	#0H
elde	LAST CHAPTER examines the benefits of planning for end-of-life care through intervily hospice patients, parents of a child battling a rare metabolic bone disease, a young even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure	father of thre	e suffering fro	om liver a	nd color	cancer,

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.

### Daily Program Listing II **WPBTHC**

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Wed, Oct 19, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #907H Episode Seven The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sqt. Woolf's absence. 09:00:00 Amazing Human Body **PBS** (S) (CC) N/A #101 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1706H 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. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1707H Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated. **NETA** (CC) 11:00:00 Conscious Living (S) N/A #203H A Taste of the Good Life in the City of Angels 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, surf's 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 Michaelin star restaurant where meat eaters bow down for a taste of the good life. 11:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (CC) N/A #203H (S) 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. 12:00:00 **PBS** Call The Midwife (S) (CC) N/A #907H Episode Seven The team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newest patient has a troubled home life and needs his emotional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's absence. 13:00:00 Call The Midwife **PBS** (S) (CC) N/A #908H 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.

14:00:00 **SFPBS** #1065H (S) (CC) N/A Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety

instructor 6. Mission to the Bahamas - Angie Wagner, Cadena

15:00:00

Smartlife

14:30:00 Health Insiders **SEPRS** (S) (CC) N/A 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)

N/A

#1601H

(CC)

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

Wed, Oct 19, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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
	Smartlife s: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Pourd Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS ower of Macca	(S) a - Dr. Lia Ji	(CC) annine 4.	N/A Dental	#1605H Myths - Dr.
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

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** 

**APTEX** 

PBS

(S)

(S)

(S)

(CC)

(CC)

N/A

N/A

N/A

(CC)

#0H

#101H

#102H

#### 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.

19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Shouse					

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

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.

Title

Wed, Oct 19, 2022

Start Subtitle Distrib Stereo Cap AS2 Episode

22:00:00 Revolutionizing Dementia Care APTEX (S) (CC) N/A #0

PRIVAL INTO NIZING PEMENTIA CAPE explores how people living with dementia cap etill prior village many fall lives bessed on their shillities.

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.

23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #108H All About Your Skin 23:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) #1704H N/A 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.

Thu, Oct 20, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
can	diagnosis and treatment of lung cancer has been one of the most hopeful advances in cer screening guidelines allow for the screening for younger individuals with less of a songer a death sentence.					
01:00:00	Staying Healthy #1184 (Menopause Weight Issues)	SFPBS	(S)	(CC)	N/A	#1184H
Foc	us: Dr. Enrique Soto discusses infertility issues in women.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
The are	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the larges y make up the greatest percentage of the population and the labor force. They are als experiencing declining health faster than any other recent generation before them. Ho ermine the overall health of America. This episode discusses the issue of Millennial He	o the least heal w their health p	lthy generati	on in rece	nt times	and they
03:00:00	Spine & Back Care (Common Back & Neck Pain)	SFPBS	(S)	(CC)	N/A	#1335H
Dr.	Brusovanik discusses common back and neck pain conditions and injuries.					
04:00:00	Dermatology #1185 (Skin-Care Help)	SFPBS	(S)	(CC)	N/A	#1185H
Foc	us: Skin-care help					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
The are	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the larges y make up the greatest percentage of the population and the labor force. They are als experiencing declining health faster than any other recent generation before them. Ho ermine the overall health of America. This episode discusses the issue of Millennial He	o the least heal w their health p	Ithy generati	on in rece	nt times	and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1223H
	Stretch Your Spine					
	ay's episode is set on the patio of a stunning villa with breathtaking views of the Caribl lassical Stretch that decompresses your vertebrae and stretches your spine.	bean sea. Join	Miranda Esr	monde-Wi	nite for a	an episode
06:30:00	Wai Lana Yoga Yaga Glow	APTEX	(S)	(CC)	N/A	#402H
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg		. ,	` '		
Г-:-	and #202 DETU DEVNOLDS OF DETERORUDO The file areas hands to Ct. Deterol			ا مسام		

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

## Daily Program Listing II WPBTHC

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Start 07:30:00	Title Subtitle	Distrib	Stereo	Сар	ΔS2	Enicod
07:30:00				<u> Oup</u>		Episode
	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
08:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
not the demer on bot diagno progra	LUTIONIZING DEMENTIA CARE explores how people living with dementia can still enter limitations. Over the course of an hour, the documentary visits eight residential hom notial and Alzheimer's care. Interviews with residents, family and staff reveal the various that the recipients and providers of those services. Experts and educators in the dementions and care, and the benefits of these new models. From equine and horticulture there are businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving selliving with this diagnosis.	les-from Mas ways model ia care field a rapies, to city	ssachusetts to s of person-calso discuss y-wide demei	to Californ centered of the chang ntia-friend	ia-speci care, and jing land lly educa	alizing in d its impad Iscape of ation
09:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	ver the role vaccination plays in our growing ability to prevent the spread of illness. Tra how new ones are developed when never-before-seen diseases like COVID-19 emerge		he remarkab	le history	of vacc	ines and
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
major 3 wom	Disease is the leading cause of death and disability for women in the United States. Ye women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart onen every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 ir
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than si one ha	nson's Disease is the fastest growing neurological disorder in the world. It affects nearly ix million people worldwide. The symptoms generally develop slowly over years, some and. While tremors are common in Parkinson's, the disease progression is unique to eatents of Parkinson's Disease, and the search for a cure.	times startin	g with a bare	ely noticea	able trem	nor in just
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#501H
PTSD	, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical	uses of CBD	•			
11:30:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#501H
PTSD	, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical	uses of CBD		,		
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall		(-)	(,		
13:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
Think	you can't get an STI more than once? Think again. And is there such a thing as wantin	ng too much	sex? This we	ek on Se	x Talk w	ith Dr. Lia
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
Focus	<ul> <li>- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after surgery risks</li> </ul>	weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
Spine						

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** 15:14:00 Smartlife (S) (CC) N/A #1502H

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23:00:00

Doctor Q & A

The Battle Against Breast Cancer

Thu, Oct						
Start	Title Subtitle	Distrib	Stereo	Сар	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
Jose	s: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery P cises 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
and hosp patie	rly hospice patients, parents of a child battling a rare metabolic bone disease, a young even an unlikely hospice "survivor," a 45-year-old mother with congestive heart failure. itals stress the importance of communication regarding end-of-life decision-making. Thents navigate - and even dictate - their end-of-life scenarios. THE LAST CHAPTER also faith chaplain who tend to the physical, emotional and spiritual needs of terminally ill paragraphs.	Throughout, ese difficult, lo follows nurse	doctors from out necessar	several F y convers	Pittsburg ations c	h-area an help
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
	re continue to track "long-haulers," we are learning more about the long-term health efficOVID symptoms.	ects of the pe	ople who are	e suffering	from de	ebilitating
20:00:00	Nova	NPS	(S)	(CC)	DVI	#4915
	Can Psychedelics Cure?  l-altering drugs-or psychedelics-have been used for thousands of years. Today, scientive clinical impacts, helping patients struggling with afflictions like addiction and depres		vering their p	otential fo	r profou	ndly
21:00:00	Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
	over the role vaccination plays in our growing ability to prevent the spread of illness. Tr I how new ones are developed when never-before-seen diseases like COVID-19 emerg		the remarkat	ole history	of vacc	ines and
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
Thin	k you can't get an STI more than once? Think again. And is there such a thing as want	ing too much	sex? This we	eek on Se	x Talk v	ith Dr. Lia
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	is- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after a surgery risks	er weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK

NETA

(S)

(CC)

N/A #110H

Thu, Oct 20, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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.

## Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 77 of 353

Fri, Oct 21, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1805H 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. (S) 01:00:00 Health Trends #1186 (Sleep Loss & Crime) **SFPBS** (CC) N/A #1186H 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) 02:00:00 All Health Go **SFPBS** N/A (S) (CC) #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (CC) (S) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. 03:00:00 Sports Medicine (Achilles Tendon) **SFPBS** (S) (CC) N/A #1337H Noel Gressner discusses Achilles tendon rehab & injury prevention. 04:00:00 Women's Health #1187 (Arthritis & Osteoporosis) **SFPBS** (CC) (S) N/A #1187H Joann Santiago-Charles discusses arthritis and osteoporosis in women. Focus: Different exercises to help alleviate both. 05:00:00 **SFPBS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is this episode discusses the challenges and solutions for sustained weight loss.

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

06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1224H

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.

06:30:00	Wai Lana Yoga Stand Tall	APTEX	(S)	(CC)	N/A	#403H	
07:00:00	Nova	NPS	(S)	(CC)	DVI	#4915	

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.

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Fri, Oct 21, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	eam celebrate the arrival of the maternity home's long-awaited incubator. Kevin's new onal as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's a		as a troubled I	home life	and nee	eds his
09:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#101
	Grow					
	how humans begin life as a single cell and, over the course of a lifetime, grow into be veries that can help humans live longer, healthier lives.	eings of more	than 37 trillio	n cells. P	lus, exp	lore new
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emoti the di	at cancer is the most common cancer among women worldwide, and this diagnosis not onal and psychological challenges, as well. It is something no one wants to face alone agnosis, and their support can be crucial to recovery. The couple goes through cancel er Spouse."	e. The spouse	e of the cance	er patient	feels the	impact of
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	e continue to track "long-haulers," we are learning more about the long-term health effective covid symptoms.	ects of the pe	eople who are	suffering	from de	ebilitating
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#501H
PTSD	), Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical	l uses of CBD	).			
11:30:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#501H
PTSD	), Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical	uses of CBD	).			
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#907H
	Episode Seven					
	eam celebrate the arrival of the maternity home's long-awaited incubator. Kevin's newe onal as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's a		as a troubled I	home life	and nee	eds his
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
\//hon	ithe council sends a letter announcing plans to cut Nonnatus House's funding, Sister	lulianna taka	e mattere inte	hor own	hande	Nurco
	e cares for an unmarried expectant mother. Petra must move up her wedding after bed			THEI OWIT	nanus.	Nuise
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	s- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after surgery risks	er weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	s: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEI D LINFANTE Brain aneurysms	GER Tech ne	eck/aging nec	k (plastic	surgery	) 3. DR.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	s: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Social - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HP					, iMatter 3.
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

Title

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
	-	SFPBS		•		#1705H
16:00:00	Smartlife is: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disea		(S)	(CC)	N/A	
	n, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 F					
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	APTEX	(S)	(CC)	N/A	#0
not ti demi on bi diagi prog	OLUTIONIZING DEMENTIA CARE explores how people living with dementia can still e heir limitations. Over the course of an hour, the documentary visits eight residential hon entia and Alzheimer's care. Interviews with residents, family and staff reveal the various oth the recipients and providers of those services. Experts and educators in the dement nosis and care, and the benefits of these new models. From equine and horticulture the rams for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolvinose living with this diagnosis.	nes-from Mas ways model tia care field a rapies, to city	ssachusetts to s of person-calso discuss to y-wide demer	c Californ entered c the chang ntia-friend	ia-speci are, and ing land ly educi	alizing in d its impact dscape of ation
18:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution					
20 m oper	university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT nedical devices are integrated in real time and shown on a monitor during surgery. It has ning 2 years ago. Doctors outside the operating room can see the monitor and give the grately, another university is using virtual reality to help students learn.	s been used f	or difficult bra	ain tumor	surgeri	es since
18:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#102H
	Aromas' Surprising Healing Powers					
witho fluid	ook at the effects of aromatherapy in 3 types of clinical care. After smelling an essential drawn was livelier and began to talk more. A girl with extreme sensitivity to sound happi in his abdomen and pain felt better, regained his appetite and began to sleep well. We begy and brain science to find out why aromas have such effects.	ly took off he	r earmuffs. A	terminal	cancer	patient with
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complications r high-income countries in the world. And behind these statistics lie startling racial dispaten of color.					
20:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	n how humans begin life as a single cell and, over the course of a lifetime, grow into be overies that can help humans live longer, healthier lives.	ings of more	than 37 trillio	n cells. P	lus, exp	lore new
21:00:00	Finding Hope-Town Hall  Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Char	nges in education and the effects of the pandemic have increased anxiety, depression, onel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers are issues affecting our children and offer practical advice based on research.					
22:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others		, ,	. ,		
The	COVID 10 virus has been the most concerning infection for more than two years, but no	au Manka: ::	w and in com	o oron-	avan D	olio io

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.

Fri, Oct 21, 2022

Title Start Subtitle Distrib Stereo Cap AS2 Episode 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes 23:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1706H Caregiving: The Sandwich Generation

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

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Sat, Oct 22, 2022

Title

	Litle					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	iption of the o	different s		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
other	nant women in the United States are more than twice as likely to die from complications high-income countries in the world. And behind these statistics lie startling racial dispatent of color.					
01:00:00	Staying Healthy #1188 (Update)	SFPBS	(S)	(CC)	N/A	#1188H
Medi	cal experts share the essential factors of a healthy lifestyle.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig telemed		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
I= 10	Caregiving: The Sandwich Generation		ماداد ماد ماداد ماداد ماداد ماد		10 -	سمامام اممد
relati	81 the term "sandwich generation" was coined to describe a group of Americans who aves at the same time. Today, millions of families are facing the dual challenge of sandvaving children later. This episode focuses on these caregivers.					
03:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
Mica	h Kurtz discusses youth strength and conditioning.					
04:00:00	Women's Health #1189 (Female Fertility)	SFPBS	(S)	(CC)	N/A	#1189H
Dr. E	nrique Soto discusses infertility issues in women.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthcaultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relati	81 the term "sandwich generation" was coined to describe a group of Americans who aves at the same time. Today, millions of families are facing the dual challenge of sandvaving children later. This episode focuses on these caregivers.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#120H
	Do The Waltzango/Big Brother Bootcamp					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#303H
	Skygirls  nia SciGirls Emma, Lauren and Madison have the ultimate "stratus update!" Teaming und and compare their data with satellite images, ultimately creating a "mostly cloudy" m			ey identify	y clouds	from the
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#208H
	Secrets of the Spider's Web		. ,	` ,		
	n the creature adventuring Kratt Brothers take a nasty tumble, the Wild Kratts sets off cotech engineering secrets. Spider silk.	on a mission t	o find and red	create on	e of the	greatest of
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

Sat, Oct 22, 2022

Date: 12/30/2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth					
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
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth					
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

Can Psychedelics Cure?

·	Title					
Start	Subtitle	Distrib	Stereo	Cap	<u>AS2</u>	Episode
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#508H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#509H
	Segment 9					
11:42:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#510H
	Segment 10					
12:00:00	Nova	NPS	(S)	(CC)	DVI	#4915
Min	Can Psychedelics Cure?	aciontista ara diacov	oring their n	otontial fa	r profou	ndly
	I-altering drugs-or psychedelics-have been used for thousands of years. Today, tive clinical impacts, helping patients struggling with afflictions like addiction and		ering their p	oterniai io	ii proiou	riuly
13:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
not t dem on b diag prog	OLUTIONIZING DEMENTIA CARE explores how people living with dementia catheir limitations. Over the course of an hour, the documentary visits eight resident entia and Alzheimer's care. Interviews with residents, family and staff reveal the oth the recipients and providers of those services. Experts and educators in the nosis and care, and the benefits of these new models. From equine and horticulinams for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the ose living with this diagnosis.	tial homes-from Mas various ways model dementia care field a ture therapies, to city	sachusetts s of person- also discuss y-wide deme	to Califorr centered the chang intia-frience	nia-spec care, an ging land dly educ	ializing in d its impact dscape of ation
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#110H
Eve	have the post sex blues? You aren't alone. Plus, why cheating isn't always abo	ut sex. All this and m		Talk with	Dr. Lia.	
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1018H
	is - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA FRANY Self love	Postpartum depression	on & massa	ge therapy	y 3. JAS	MIN
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	is: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. L ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Chi					sha
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
	is: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa nosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Ro		gment - Dr.	Scarlet C	onstant	4.
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	NPS	(S)	(CC)	DVI	#4915
	One Developed Line Over 0					

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.

## Daily Program Listing II **WPBTHC**

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Getting A Good Night's Sleep

Anxiety

Second Opinion with Joan Lunden

23:30:00

Sat, Oct 22, 2022 Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:00:00 Hope Is Here **NETA** (S) (CC) N/A #103H 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." 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #203H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #107H Getting A Good Night's Sleep 19:30:00 APTEX (CC) #1709H Second Opinion with Joan Lunden (S) N/A Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 20:00:00 Extra Life: A Short History of Living Longer **NPS** (CC) (S) N/A #101H 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** 21:00:00 (S) (CC) DVI #4915 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. **SFPBS** 22:00:00 Sex Talk with Dr. Lia (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 **NETA** (S) (CC) N/A #107H

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

Sun, Oct 23, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the si	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	vices includin			included in
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	a very comn	non procedur	e. This p	rocedure	e is 94-
01:00:00	Heart Health #1182 (Cardiovascular Tips)	SFPBS	(S)	(CC)	N/A	#1182H
Healt	h is where the heart is. Practical information that can lead to a long healthy life.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	ices includin			included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
other cost t	eimer's Disease is an under-recognized public health crisis. And while the word Alzheim word, globally the number of people diagnosed is expected to double every 20 years. It to our healthcare system, it takes an emotional toll on families as they care for their love sses Alzheimer's Disease from a caregiver and a public health perspective.	Not only does	Alzheimer's	come wi	th a trer	nendous
03:00:00	Heart Health (Cardiac Health Update)	SFPBS	(S)	(CC)	N/A	#1330H
Dr. Li	isardo Garcia-Covarrubias discusses atrial valve disease.					
04:00:00	Mental Health #1183 (Update)	SFPBS	(S)	(CC)	N/A	#1183H
	ything you need to know to enjoy life - from balancing activities and efforts - to achieving		, ,	` ,		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	ices includin			included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
other cost t	eimer's Disease is an under-recognized public health crisis. And while the word Alzheim word, globally the number of people diagnosed is expected to double every 20 years. It to our healthcare system, it takes an emotional toll on families as they care for their love sses Alzheimer's Disease from a caregiver and a public health perspective.	Not only does	Alzheimer's	come wi	th a trer	nendous
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#131H
	Community Campout/Leaf It to Alma					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#304H
	Butterfly Diaries					
	and her friends explore a Minnesota milkweed patch, counting monarchs to help scient monarch caterpillars, and use a video diary to capture their metamorphosis into butterf		butterfly pop	ulation. 1	These S	ciGirls then
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#136H
	A Bat in the Brownies		•			
100	Prof. 1					116 11

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.

Sun, Oct 23, 2022

Date: 12/30/2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Enisada
						Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1601H
	Segment 1					
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast v (with English subtitles) featuring groundbreaking medical breakthroughs that help fami					
08:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1602H
	Segment 2					
00.00.00	Vida V Calvid	CEDDC	(0)	(00)	NI/A	#400011
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
	ocyment o					
08:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1604H
	Segment 4					
08:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1605H
00.40.00	Segment 5	31 FB3	(3)	(00)	IN/A	#100311
08:57:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1606H
	Segment 6					
09:09:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1607H
00.00.00	Segment 7	020	(0)	(00)		
09:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1608H
	Segment 8					
09:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1609H
	Segment 9		. ,	, ,		
09:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1610H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2501H
	Segment 1					
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast (with English subtitles) featuring groundbreaking medical breakthroughs that help fami					
10:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2502H
	Segment 2					
10.00.00	Vida V Calvid	CEDDC	(0)	(00)	NI/A	#050011
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
	ocymon o					
10:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2504H
	Segment 4					
10:45:00	Vida V Salud	SEDDS	(8)	(CC)	NI/A	#2505L
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
	g <del>v</del>					
10:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2506H
	Segment 6					

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Sun, Oct 23, 2022

Sun, Oct 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2507H
	Segment 7		, ,	, ,		
11:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2508H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9					
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10					
12:00:00	Call The Midwife Episode Seven	PBS	(S)	(CC)	N/A	#907H
	. team celebrate the arrival of the maternity home's long-awaited incubator. Kevin's new		is a troubled	home life	and nee	eds his
emo	tional as well as medical support. Nurse Crane struggles with the cubs in Sgt. Woolf's a					
13:00:00	Call The Midwife Episode Eight	PBS	(S)	(CC)	N/A	#908H
	n the council sends a letter announcing plans to cut Nonnatus House's funding, Sister le cares for an unmarried expectant mother. Petra must move up her wedding after bed			o her own	hands.	Nurse
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
Thinl	k you can't get an STI more than once? Think again. And is there such a thing as want	ing too much	sex? This we	eek on Se	x Talk v	vith Dr. Lia.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	is- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life after e surgery risks	er weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	is: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Stud riz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios uctor 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
Focu	is: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Fard 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:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Nova	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.

Can Psychedelics Cure?

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Sun, Oct 23, 2022

All About Your Skin

Conquering Obesity

Second Opinion with Joan Lunden

23:30:00

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #108H All About Your Skin 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse." 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. 22:00:00 **SFPBS** Sex Talk with Dr. Lia (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 **SFPBS** (CC) N/A #1021H Health Insiders (S) 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 **NETA** (S) (CC) N/A #108H

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

Mon, Oct 24, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	n turning ir	nto full-fl	edged
01:00:00	Staying Healthy #1184 (Menopause Weight Issues)	SFPBS	(S)	(CC)	N/A	#1184H
Foci	s: Dr. Enrique Soto discusses infertility issues in women.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	the least heal their health p	lthy generati	on in rece	ent times	and they
03:00:00	Spine & Back Care (Common Back & Neck Pain)	SFPBS	(S)	(CC)	N/A	#1335H
Dr. E	Brusovanik discusses common back and neck pain conditions and injuries.					
04:00:00	Dermatology #1185 (Skin-Care Help)	SFPBS	(S)	(CC)	N/A	#1185H
Foci	s: Skin-care help					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	the least hea their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics Balance	APTEX	(S)	(CC)	N/A	#1225H
	ay's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-White improves your balance.	e for a full bo	dy workout t	hat streng	thens yo	our core
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	PBS	(S)	(CC)	N/A	#908H
\//ha	in the council conde a letter announcing plane to cut Nonnatus House's funding. Sister	lulionno toko	e mattare int	o hor own	banda	Murao

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.

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Mon, Oct 24, 2022 Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 09:00:00 Nova **NPS** (S) (CC) DVI #4915 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. 10:00:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) 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. 10:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 11:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #102H 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. 11:30:00 **Medical Frontiers APTEX** (S) (CC) N/A #103H 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. 12:00:00 Call The Midwife **PBS** (S) (CC) N/A #908H 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. 13:00:00 Call The Midwife **PBS** (S) (CC) #1001H N/A 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. 14:00:00 **SFPBS** Health Insiders (S) (CC) N/A #1024H 14:30:00 Health Insiders **SFPBS** (CC) #1054H (S) N/A Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon SFPBS 15:00:00 (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

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

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15:27:00

15:47:00

16:00:00

Smartlife

Smartlife

Smartlife

Smartlife

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Mon, Oct 24, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 16:13:00 Smartlife **SFPBS** (S) (CC) N/A #2006H **SFPBS** 16:31:00 Smartlife (S) (CC) N/A #2007H Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik 16:45:00 Smartlife **SFPBS** #2008H (S) (CC) N/A 17:00:00 Amazing Human Body **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. **SFPBS** 18:00:00 Covid & Monkeypox: The Facts Town Hall (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. 19:00:00 Doctor Q & A **NETA** (CC) (S) N/A #101H Stomach Pain, Reflux Disease and Ibs 19:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1803H (S) 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. **PBS** 20:00:00 Human (S) (CC) N/A #101H 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. **NPS** (S) 21:00:00 Nova (CC) DVI #4915 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. 22:00:00 Hacking Your Mind **PBS** (S) (CC) N/A #101H 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. 23:00:00 **NETA** (S) (CC) N/A #101H Stomach Pain, Reflux Disease and Ibs 23:30:00 Second Opinion with Joan Lunden **APTEX** #1706H (S) (CC) N/A

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.

Caregiving: The Sandwich Generation

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 92 of 353

Tue, Oct 25, 2022

Caring for Your Back

Title

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode
						<u> </u>
the si	All Health Go  30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	ig teleme		#0H included in
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
conse	s is a word that people throw around when they are feeling overwhelmed, but stress of equences. Stress in all ages, as well as pandemic-related stress, affects our overall he as depression and anxiety.					issues
01:00:00	Healthy Living #1190 (Female Fitness Support)	SFPBS	(S)	(CC)	N/A	#1190H
Focus	s: Henry Guzman and Unni Greene discuss women's fitness tips.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the si	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in abscription plan AllHealthGo has created to offer users access to a number of healthco- ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ig teleme		included in
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new i	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episodie treated.					
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals)	SFPBS	(S)	(CC)	N/A	#1345H
	Duenas discusses trending topics such as meal delivery servies and supermarket pre- r, artificial sweetners and natural sweetners.	e-made, ready	v-to-cook mea	als. Focus	: The sl	kinny on
04:00:00	All About Cancer #1191 (Update)	SFPBS	(S)	(CC)	N/A	#1191H
Ways	s to prevent some cancers; lifestyle, family history and more.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the si	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episodule treated.					
06:00:00	Classical Stretch: By Essentrics Stomach Flattening	APTEX	(S)	(CC)	N/A	#1226H
	y's episode is set in one of the most beautiful locations we've ever seen. Join Miranda out that stretches and strengthens every muscle needed to smooth out your tummy.	Esmonde-Wh	nite in paradis	se for a st	omach	flattening
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	NETA	(S)	(CC)	N/A	#406H
	arge along the luminous ocean sunset, gaining clarity and stability with a modified yog d stretches to open the hips and release tension in the spine and a standing sequence					g: dynamic
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 93 of 353

Tue, Oct 25, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 08:00:00 Fast-Forward: Look Into Your Future **PRS** (S) (CC) N/A #0H 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 09:00:00 **PBS** Amazing Human Body (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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1804H (S) 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. 10:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1805H 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. 11:00:00 Innovations In Medicine NETA (S) (CC) N/A #502H Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain. 11:30:00 **SFPBS** #104H Hope Is Here (Sfpbs/Health Channel Local) (CC) N/A (S) Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease 12:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #102H 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. 12:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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.

13:00:00 Hacking Your Mind

PBS (S) (CC) N/A #101H

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.

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 #1055H

Focus: The flu, What causes Scoliosis, Exercise and arthritis

15:00:00 Smartlife SFPBS (S) (CC) N/A #2101H

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

15:15:00 Smartlife SFPBS (S) (CC) N/A #2102H

Date: 12/30/2022

Tue, Oct 25, 2022

	Title					
Start	Subtitle	Distrib	Stereo	Сар	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	NPS	(S)	(CC)	N/A	#102H
Troc	Medical Drugs	aa nainatakin	a work of pay	t data da	to otivo o	mada ua
	k the importance of data mapping and analysis in the quest to improve public health. The of epidemic "curves" as well as the extent of health inequalities among different U.S.			st data de	tectives	made us
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#204H
land	Mcdonald Family - Pensacola ode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the scape that's not only good for Florida but safe for their two dogs as well. In the episode scape, how to protect the waterfront, and techniques on how to keep a yard pet friendly	, the team als				
18:30:00	Hope Is Here Gina Hollenbeck	NETA	(S)	(CC)	N/A	#104H
diag	Hollenbeck is positive about life. Every day she lives with an optimistic desire to overconosis. As a young mother of two boys, she forges ahead towards a vibrant and meaning herself but for others who suffer from this deadly disease.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
cand	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advances in ser screening guidelines allow for the screening for younger individuals with less of a snanger a death sentence.					
20:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to stay alive and healthy. Frees have remarkable arsenals that allow survival against all kinds of outside threats.	om fighting in	fections to re	epairing d	amage,	human
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
Thin	k you can't get an STI more than once? Think again. And is there such a thing as wanti	ng too much	sex? This we	eek on Se	x Talk w	ith Dr. Lia.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Foci	is: The flu, What causes Scoliosis, Exercise and arthritis					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					

Tue, Oct 25, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	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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Wed, Oct 26, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a **SFPBS** 01:00:00 Pain Management #1192 (Chronic Pain) (S) (CC) N/A #1192H Dr. Mena discusses approaches for controlling chronic pain to improve quality of life. **SFPBS** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 APTEX Second Opinion with Joan Lunden (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. **SFPBS** 03:00:00 Health Trends(Tattoo Correct./Fillers/Injections) (S) (CC) N/A #1347H 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 04:00:00 Orthopedics #1193 (Physical Therapy Benefits) **SFPBS** (CC) N/A #1193H (S) 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) 05:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1227H 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. 06:30:00 **APTEX** Wai Lana Yoga (S) (CC) N/A #406H Yoga for Vitality

Can Psychedelics Cure?

Nova

07:00:00

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** 

(CC)

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DVI

#4915

## Daily Program Listing II WPBTHC

10/01/2022 - 12/31/2022 Page 97 of 353 Date: 12/30/2022

15:29:00

Smartlife

Wed, Oct 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight					
	n the council sends a letter announcing plans to cut Nonnatus House's funding, Sister be cares for an unmarried expectant mother. Petra must move up her wedding after be			o her own	hands.	Nurse
09:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	the importance of data mapping and analysis in the quest to improve public health. Te of epidemic "curves" as well as the extent of health inequalities among different U.S			st data de	tectives	made us
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	s of, and morbidity from, diabetes continues to rise. One of the critical areas of work is	s to stop pre-d	liabetes from	turning ir	nto full-fl	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	s is a word that people throw around when they are feeling overwhelmed, but stress of equences. Stress in all ages, as well as pandemic-related stress, affects our overall he as depression and anxiety.					issues
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#204H
	The Secret Recipe: Intention					
resta we're	r a tasty affirmational plant-based meal at Cafe Gratitude while celebrating mindful maurateur in Paris who prides himself on creating classic French recipes without meat or in San Francisco with a Zen Buddhist monk who conjures matcha meditations with transported property question with a passionate beekeeper working to combat colony collapse disord	r dairy, includi aditional Japa	ng a sublime nese tea cer	plant-bas emonies.	ed Brie. Next, w	
11:30:00	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
lands	ide #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the cape that's not only good for Florida but safe for their two dogs as well. In the episode cape, how to protect the waterfront, and techniques on how to keep a yard pet friendly	e, the team als				
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#908H
	Episode Eight  the council sends a letter announcing plans to cut Nonnatus House's funding, Sister cares for an unmarried expectant mother. Petra must move up her wedding after be			o her own	hands.	Nurse
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1001H
Siste	Episode 1  Julienne and Dr. Turner clash over whether to provide a private care service. A distre	essing birth ra	ises fears of	another T	halidom	nide case.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	s: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	s: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
Way	our: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, Note to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent Habits that Wreck Your Teeth					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H

SFPBS

(S)

(CC) N/A #2203H

Wed, Oct 26, 2022

Heart Disease In Women

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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, Endometri	osis, Back Pain Q & A,	Bad Habits	that Wrec	k Your <sup>-</sup>	Γeeth
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
Cha	nges in education and the effects of the pandemic have increased anxiety, de nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Te e issues affecting our children and offer practical advice based on research.					
18:00:00	Hacking Your Mind Living On Auto-Pilot	PBS	(S)	(CC)	N/A	#101H
Take	e a trip around the world to discover how you go through life on auto-pilot, and	get an auto-pilot owne	r's manual.			
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	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of re sidered the next pandemic, antibiotic resistance is a threat to global health and		dangering th	e efficacy	of antib	iotics.
20:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	k the importance of data mapping and analysis in the quest to improve public re of epidemic "curves" as well as the extent of health inequalities among difference of the contract of the cont			st data de	tectives	made us
21:00:00	Human React	PBS	(S)	(CC)	N/A	#101H
	bugh the lens of a boxer, a first responder, a cell tower climber and a man with hine on earth: the human brain and the vast nervous system it controls.	a bionic limb, go deep	into the univ	verse of th	ie most	powerful
22:00:00	Hacking Your Mind Living On Auto-Pilot	PBS	(S)	(CC)	N/A	#101H
Take	e a trip around the world to discover how you go through life on auto-pilot, and	get an auto-pilot owne	r's manual.			
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	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.

## Daily Program Listing II **WPBTHC**

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Thu, Oct 27, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. **SFPBS** 01:00:00 Maternity Care #1041 (Perimenopause) (S) (CC) N/A #1041H 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** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden (CC) N/A #1709H (S) Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 03:00:00 Healthy Living (Pregnancy Recovery) **SEPRS** (S) (CC) N/A #1350H Henry Guzman & Melanie Rinaldi discuss exercise and well-being before, during and after pregnancy. 04:00:00 **SFPBS** (CC) Spine & Back Care #1195 (Your Aching Back) (S) N/A #1195H Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life **SFPBS** #0H 05:00:00 (CC) All Health Go (S) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. (CC) 05:30:00 Second Opinion with Joan Lunden **APTEX** N/A #1709H (S) 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.

06:00:00 Classical Stretch: By Essentrics **APTEX** #1228H (S) (CC) N/A 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.

06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #407H Back Relief 07:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** (CC) (S) N/A #204H 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.

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001 <del>0</del> . 12/30/	2022 10/01/2022 - 12/31/2022			raye	100 01	333
Thu, Oct	27, 2022					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
08:00:00	Fast-Forward: Look Into Your Future	PBS	(S)	(CC)	N/A	#0H
	ow four millennials and their parents as they travel through time wearing an MIT-pro e-up artists to navigate the realizations, conversations and mindset required to age		pathy suit" a	nd workin	g with pi	rofessional
09:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to stay alive and healthy es have remarkable arsenals that allow survival against all kinds of outside threats.		fections to re	epairing d	amage,	human
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing cine. Childhood vaccine rates continue to decrease in certain areas of the country, s eback.					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	es and is one of the most requested topics from viewers every year.	air loss. It affects	roughly 6.8 i	million pe	ople in th	ne United
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#502H
Air F	Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disea	se, Migraine and	Headaches	, Knee Pa	in.	
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#104H
diag	a Hollenbeck is positive about life. Every day she lives with an optimistic desire to ownosis. As a young mother of two boys, she forges ahead towards a vibrant and mean herself but for others who suffer from this deadly disease					
12:00:00	Fast-Forward: Look Into Your Future	PBS	(S)	(CC)	N/A	#0H
	ow four millennials and their parents as they travel through time wearing an MIT-pro e-up artists to navigate the realizations, conversations and mindset required to age		pathy suit" a	nd workin	g with p	rofessional
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#101H
	Living On Auto-Pilot					
Take	e a trip around the world to discover how you go through life on auto-pilot, and get a	ın auto-pilot owne	er's manual.			
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#112H
	you getting back into the dating game and wondering what to expect? And ever wor e questions and more this week on Sex Talk with Dr. Lia.	nder why a kiss le	eaves you di	zzy with d	esire? A	nswers to
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1059H
Foci	us: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy	rehab				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. U	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse t nderstanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Train petes- Charles Mattocks					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#102H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#103H

SFPBS

(S)

(CC) N/A #104H

15:46:00

Smartlife

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Thu, Oct 27, 2022

Parkinson's Disease

Thu, Oct 2						
	Title					
Start	Subtitle	Distrib	Stereo	Сар	_ <u>AS2</u>	Episode
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#105H
	ıs: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain -					
	tionships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and J di Glandt	erome Turne	r 5. Healthy A	After-Hou	School	Snack -
San	on Glandt					
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	PBS	(S)	(CC)	N/A	#0H
Follo	w four millennials and their parents as they travel through time wearing an MIT-produc	ed "aging em	npathy suit" a	nd workin	g with p	rofessional
make	e-up artists to navigate the realizations, conversations and mindset required to age suc	cessfully.				
18:00:00	Human	PBS	(6)	(CC)	NI/A	#101H
16.00.00	React	FBS	(S)	(CC)	N/A	#1011
Thro	ugh the lens of a boxer, a first responder, a cell tower climber and a man with a bionic	limh an deer	n into the univ	varea of th	ne moet	nowerful
	hine on earth: the human brain and the vast nervous system it controls.	iiiib, go deel	J IIILO LITE UTIN	reise oi ii	ie most	poweriui
	·					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
10.00.00		4 D.T.E.\	(0)	(00)	<b>N</b> 1/A	"400011
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
Cook	Pre-Diabetes	to oton nro	diabataa fram	turning is	sta full fl	adaad
diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-t	liabetes irom	turning ir	ito iuii-ii	eagea
20:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#102
	Survive					
	over the miracles the human body goes through every day to stay alive and healthy. Fr	om fighting ir	nfections to re	epairing d	amage,	human
DOGI	es have remarkable arsenals that allow survival against all kinds of outside threats.					
21:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall		( )	( )		
	, , ,					
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 lo	eaves you diz	zzy with d	esire? A	nswers to
these	e questions and more this week on Sex Talk with Dr. Lia.	-				
22:30:00	Health Insiders	SFPBS	(6)	(CC)	NI/A	#1050U
			(S)	(CC)	N/A	#1059H
FOCL	is: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy ref	iab				
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
20.00.00	Keeping Bones Healthy & Strong	NEIA	(0)	(00)	13//~	ir TOOLL
	Tooping Solice Healthy & Ottony					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkingon's Disease		(0)	(30)		

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

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Fri, Oct 28, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthcaultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	bumber of Americans living with Alzheimer's is growing. So many Americans are increase they can prevent developing memory issues of any kind. There is a promising body of any what we can do to keep our brain healthy.					
01:00:00	Living Well#1151 (Healthy Nutrition)	SFPBS	(S)	(CC)	N/A	#1151H
Focu	s: Lucette Talamas and Nicole Rodriguez discuss the psychology of eating and mindfu	l eating - part	2.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthcaultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	st cancer is the most common cancer among women worldwide, and this diagnosis not itional and psychological challenges, as well. It is something no one wants to face alone itagnosis, and their support can be crucial to recovery. The couple goes through cancer ber Spouse."	. The spouse	of the cance	er patient	feels the	impact of
03:00:00	Primary Care (Diabetes Help)	SFPBS	(S)	(CC)	N/A	#1352H
Dr. Y	eisel Barquin discusses the relationship between diabetes and hypertension and high	cholesterol.				
04:00:00	Sports Medicine #1177 (Sports Injuries Help)	SFPBS	(S)	(CC)	N/A	#1177H
Cutti	ng-edge treatment and prevention of injuries related to sports and exercise for physical	health and fi	tness.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthcaultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
emot the d	The Cancer Spouse st cancer is the most common cancer among women worldwide, and this diagnosis not cional and psychological challenges, as well. It is something no one wants to face alone liagnosis, and their support can be crucial to recovery. The couple goes through cancer ser Spouse."	. The spouse	of the cance	er patient	feels the	impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1229H
	Body Shaping  Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classivith more definition and tone.	cal Stretch sh	napes every	muscle in	your bo	dy leaving
06:30:00	Wai Lana Yoga Shake A Leg	APTEX	(S)	(CC)	N/A	#408H
07:00:00	Fast-Forward: Look Into Your Future	PBS	(S)	(CC)	N/A	#0H
	w four millennials and their parents as they travel through time wearing an MIT-produce e-up artists to navigate the realizations, conversations and mindset required to age suc			nd workin	g with p	rofessional
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.

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Fri, Oct 28, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 09:00:00 Extra Life: A Short History of Living Longer **NPS** (S) (CC) N/A #102H 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. Covid & Monkeypox: The Facts Town Hall 10:00:00 (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. 11:00:00 **SFPBS** Flip My Florida Yard (Sfpbs) (S) (CC) N/A #204H 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. 11:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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. PBS 12:00:00 Call The Midwife (S) (CC) N/A #908H 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. 13:00:00 Call The Midwife **PBS** (S) (CC) N/A #1001H 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. 14:00:00 Health Insiders **SFPBS** (S) (CC) N/A #1060H Focus: Herniated disks. Alcohol and effects on health. Oral cancer 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1061H Focus: Vitamin supplements & heart health, Child neglect, CBD oil 15:00:00 **SFPBS** (CC) N/A Smartlife (S) #201H Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation - Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner 15:15:00 Smartlife **SFPBS** (S) (CC) N/A #202H #203H 15:28:00 Smartlife **SFPBS** (S) (CC) N/A 15:47:00 Smartlife **SFPBS** (CC) N/A #204H (S) 15:58:00 Smartlife **SFPBS** (CC) N/A #205H (S)

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

16:13:00 Smartlife SFPBS (S) (CC) N/A #206H

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Fri, Oct 28, 2022

23:30:00

Second Opinion with Joan Lunden

The Cancer Spouse

Fri, Oct 28						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
	-					· <u>·</u>
6:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
6:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
7:00:00	Medical Frontiers	APTEX	(8)	(CC)	NI/A	#102H
7.00.00	Aromas' Surprising Healing Powers	AFIEA	(S)	(CC)	N/A	#102П
withd fluid i	ook at the effects of aromatherapy in 3 types of clinical care. After smelling an essential drawn was livelier and began to talk more. A girl with extreme sensitivity to sound happi in his abdomen and pain felt better, regained his appetite and began to sleep well. We begy and brain science to find out why aromas have such effects.	ly took off her	r earmuffs. A	terminal	cancer	patient with
7:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
coun varia	w treatment for COVID-19 involves the combination of 2 different antibodies to create a tries. We examine how such drugs are made and how they work. In Japan, development of the new coronavirus. Research is being done on the use of antibodies of an animalines of research.	nt is underwa	ay of an antib	ody drug	that car	n fight any
8:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#101H
	Living On Auto-Pilot					
Take	e a trip around the world to discover how you go through life on auto-pilot, and get an au	ito-pilot owne	r's manual.			
9:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
9:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
conse	est is a word that people throw around when they are feeling overwhelmed, but stress concequences. Stress in all ages, as well as pandemic-related stress, affects our overall here as depression and anxiety.					issues
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#102H
	Medical Drugs					
Track awar	k the importance of data mapping and analysis in the quest to improve public health. The of epidemic "curves" as well as the extent of health inequalities among different U.S.	ne painstaking communities	g work of pas	st data de	tectives	made us
21:00:00	Human	PBS	(S)	(CC)	N/A	#101H
Thro		imb as doon	into the univ	oraa af th	na maat	noworful
	ugh the lens of a boxer, a first responder, a cell lower climber and a man with a bionic raine on earth: the human brain and the vast nervous system it controls.	imb, go deep	into the univ	erse or tri	e most	poweriui
2:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#101H
	Living On Auto-Pilot					
Take	e a trip around the world to discover how you go through life on auto-pilot, and get an au	to-pilot owne	r's manual.			
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
			. ,	. ,		
21:00:00 Throu mach 22:00:00 Take	Human React ugh the lens of a boxer, a first responder, a cell tower climber and a man with a bionic I nine on earth: the human brain and the vast nervous system it controls.  Hacking Your Mind Living On Auto-Pilot e a trip around the world to discover how you go through life on auto-pilot, and get an au	PBS imb, go deep PBS ito-pilot owne	(S) into the univ	verse of th	ne	most N/A

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

## Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 105 of 353

Sat, Oct 29, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 01:00:00 Emergency Medicine #1198 (Storm Safety Preps) **SFPBS** (S) (CC) N/A #1198H 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. 02:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1702H Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S. **SFPBS** 03:00:00 Health Trends (Emergency Aid) (S) (CC) N/A #1346H Dr. Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and kits for emergency preparedness. Focus: Home fire, hurricanes and flooding. 04:00:00 Maternity Care #1301 SEPRS (S) (CC) N/A #1301H Everything you need to know about pregnancy, childbirth and post-partum care with Dr. Schwartzbard 05:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. Second Opinion with Joan Lunden APTEX 05:30:00 (S) (CC) N/A #1702H Racial Disparities In Health All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.

06:00:00	Alma's Way Alma's Book Swap/Finders Keepers	PBS	(S)	(CC)	DVI	#123H
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#305H

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.

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Sat, Oct 29, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#131H
	Masked Bandits		(-)	()		
Jimn to dis	bey prepare for a creature costume party, the Wild Kratts team begins to notice all sorts by is sure there is a ghost or monster living with them, but the Kratt brothers are convine scover who is causing all the trouble, they discover that certain animals gravitate toward ction from predators.	ced it's some	kind of creat	ure. Whe	n the ga	ing sets out
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
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a fas v (with English subtitles) featuring groundbreaking medical breakthroughs that help fan					
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
	eping with the Health Channel's spirit of innovative programming, Vida y Salud is a fas (with English subtitles) featuring groundbreaking medical breakthroughs that help fan					
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

Daily Program Listing II WPBTHC

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 107 of 353

Sat, Oct 29, 2022

out, out	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
10:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2505H
	Segment 5					
10:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2506H
10.56.00	Segment 6	SFFBS	(3)	(CC)	IN/A	#25000
11:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2507H
	Segment 7					
11:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2508H
11.22.00	Segment 8	OI I BO	(0)	(00)	14// (	#2000FT
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9					
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10	020	(0)	(00)		0
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
Cha	Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased anxiety, depression,	and poet trai	ımatic etroce	in our vo	uth In th	o Hoalth
Cha	nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e issues affecting our children and offer practical advice based on research.	& Young Adu	ilts Town Ha	ll, medical	l experts	tackle
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#101H
	Living On Auto-Pilot					
Take	e a trip around the world to discover how you go through life on auto-pilot, and get an a	uto-pilot owne	er's manual.			
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#111H
	k you can't get an STI more than once? Think again. And is there such a thing as want			` ,		
		J				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055H
Foci	us: The flu, What causes Scoliosis, Exercise and arthritis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
Exp	erts discuss therapy for herniated disks in the back, finding ways to get better sleep, inc ery for breast cancer and we highlight services available at the Lighthouse for the Blind	luding more	• •			
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
10.40.00		51 1 20	(0)	(00)	. 1//-1	

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Sat, Oct 29, 2022

23:30:00

Second Opinion with Joan Lunden

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 17:00:00 Fast-Forward: Look Into Your Future **PBS** (S) (CC) N/A #0H 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 18:00:00 Hope Is Here #104H **NFTA** (S) (CC) N/A Gina Hollenbeck Gina Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcome and thrive despite a stage 4 lung cancer diagnosis. As a young mother of two boys, she forges ahead towards a vibrant and meaningful journey with a mission to help find a cure for not only herself but for others who suffer from this deadly disease. **SFPBS** 18:30:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #204H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #103H Alzheimer's Disease: Hope for the Future 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1804H Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence. **SFPBS** 20:00:00 (CC) N/A #101H Finding Hope: (S) Preventing Disease and Staying Healthy Town Hall 21:00:00 Hacking Your Mind **PBS** (CC) N/A #101H (S) 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. 22:00:00 Sex Talk with Dr. Lia SEPRS (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** #1055H (S) (CC) N/A Focus: The flu, What causes Scoliosis, Exercise and arthritis 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #103H Alzheimer's Disease: Hope for the Future

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

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 109 of 353

Sun, Oct 30, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a 01:00:00 Pain Management #1192 (Chronic Pain) **SFPBS** (S) (CC) N/A #1192H Dr. Mena discusses approaches for controlling chronic pain to improve quality of life. **SFPBS** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 APTEX Second Opinion with Joan Lunden (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. **SFPBS** 03:00:00 Health Trends(Tattoo Correct./Fillers/Injections) (CC) N/A (S) #1347H 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 04:00:00 Orthopedics #1193 (Physical Therapy Benefits) **SFPBS** (CC) N/A #1193H (S) 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) 05:00:00 All Health Go **SFPBS** N/A #0H (S) (CC) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in

the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

**APTEX** 

(CC)

N/A

#1708H

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.

06:00:00 Alma's Way **PBS** (S) (CC) DVI #138H Trick Or Treatasaurus/The Haunted Hallway

06:30:00 Scigirls **PBSPL** (S) (CC) DVI #306H 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. 07:00:00 Wild Kratts **PBS** (CC) N/A (S) #136H

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.

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Sun, Oct 30, 2022

Sun, Oct						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer		, ,	, ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2901H
	Segment 1					
In ke shov	eeping with the Health Channel's spirit of innovative programming, Vida v (with English subtitles) featuring groundbreaking medical breakthrougl	y Salud is a fast-paced, fun a hs that help families find solu	and informati tions to diffic	ve Spanis ult health	h-langu problem	age health is.
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2902H
	Segment 2					
08:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2903H
	Segment 3					
08:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2904H
	Segment 4					
08:54:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2905H
	Segment 5					
09:05:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2906H
	Segment 6					
09:18:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2907H
	Segment 7					
09:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H
	Segment 8					
09:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2909H
	Segment 9					
09:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2910H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3001H
In ke	Segment 1 septing with the Health Channel's spirit of innovative programming, Vida	v Salud is a fast-naced fun a	and informati	ve Snanis	h-langu	ane health
	v (with English subtitles) featuring groundbreaking medical breakthrough					
10:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3002H
	Segment 2					
10:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3003H
	Segment 3					
10:40:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3004H
	Segment 4					
10:52:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3005H
	Segment 5					
11:02:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3006H
	Segment 6					

Sun, Oct 30, 2022

Sun, Oct 3										
Start	Title Subtitle	Distrib	Stereo	Сар	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				
	n the council sends a letter announcing plans to cut Nonnatus House's funding, Sister J e cares for an unmarried expectant mother. Petra must move up her wedding after bec			her own	hands.	Nurse				
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 Focu	Health Insiders s: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain	SFPBS	(S)	(CC)	N/A	#1056H				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H				
	s: Mediterranean diet, Cancer screenings, Neck pain and cell phones									
Ways	Smartlife our: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19, N s to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Prevent 8 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 How	Smartlife to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back	SFPBS Pain Q & A,	(S) Bad Habits	(CC) that Wred	N/A k Your <sup>-</sup>	#2205H 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	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.

Mental Health Crisis In Teenagers & Young Adults

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Sun, Oct 30, 2022

Heart Disease In Women

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:00:00 Art + Medicine: Speaking of Race **APTEX** (S) (CC) N/A #0H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions 19:30:00 APTFX (S) (CC) N/A #1805H 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. 20:00:00 Walk with Frank **NETA** (CC) N/A #0H 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. 21:00:00 Covid & Monkeypox: The Facts Town Hall **SFPBS** (S) N/A #0H (CC) 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 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 **SFPBS** Health Insiders (S) (CC) N/A #1059H Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab 23:00:00 **NETA** #104H Doctor Q & A (S) (CC) N/A A Plastic Surgeon Answers Your Questions 23:30:00 Second Opinion with Joan Lunden **APTEX** #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.

(S)

(CC)

N/A

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Mon, Oct 31, 2022

Title

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	viewers with an in-depth desci	ription of the vices includir	different s	services	
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	pecia areata is a common autoimmune disorder that often results in unpersonant is one of the most requested topics from viewers every year.	predictable hair loss. It affects	roughly 6.8 r	million ped	ople in th	ne United
01:00:00	Maternity Care #1041 (Perimenopause)	SFPBS	(S)	(CC)	N/A	#1041H
	rything you need to know about pregnancy, childbirth and post-partum nen" also known as perimenopause.	care. Dr. Feldman and Dr. Sa	lazar discuss	"puberty	in middl	e-aged
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents of subscription plan AllHealthGo has created to offer users access to a nusultations, emotional advice, second-opinion consultations, as well as a	ımber of healthcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	kinson's Disease is the fastest growing neurological disorder in the world is six million people worldwide. The symptoms generally develop slowly hand. While tremors are common in Parkinson's, the disease progress tments of Parkinson's Disease, and the search for a cure.	over years, sometimes starting	ig with a bare	ely noticea	able tren	nor in just
03:00:00	Healthy Living (Pregnancy Recovery)	SFPBS	(S)	(CC)	N/A	#1350H
Hen	ry Guzman & Melanie Rinaldi discuss exercise and well-being before, o	during and after pregnancy.				
04:00:00	Spine & Back Care #1195 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1195H
Dr. E	Brusovanik discusses spine and back conditions and how to treat them	for a pain free life				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents valuescription plan AllHealthGo has created to offer users access to a nusultations, emotional advice, second-opinion consultations, as well as a	imber of healthcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
DI	Parkinson's Disease	14. 14. <b>-66</b> 4		- 11-416	24-4	
than one	kinson's Disease is the fastest growing neurological disorder in the world six million people worldwide. The symptoms generally develop slowly hand. While tremors are common in Parkinson's, the disease progress tments of Parkinson's Disease, and the search for a cure.	over years, sometimes starting	ig with a bare	ly noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics Quad Flexibility	APTEX	(S)	(CC)	N/A	#1230H
so ir	r quad muscles in the front of your thighs are one of the largest muscle mportant to full body health. Join Miranda Esmonde-White for a Classic d muscles.					
06:30:00	Wai Lana Yoga Royal Flush	APTEX	(S)	(CC)	N/A	#409H
07:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
A 70	) year old Vietnam War veteran decides to walk across New York State their first step toward healing.					
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1001H
	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.

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Mon, Oct 31, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode			
09:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H			
the p	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.								
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H			
ways	The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy.								
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H			
All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.									
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H			
	Covid-19: The Potential of Antibody Drugs								
cour varia	w treatment for COVID-19 involves the combination of 2 different antibodies to create a stries. We examine how such drugs are made and how they work. In Japan, developme ant of the new coronavirus. Research is being done on the use of antibodies of an animal lines of research.	nt is underwa	ay of an antib	ody drug	that can	fight any			
11:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H			
cells man	world's first virus therapy drugeting malignant brain tumors won approval in Japan . It was known since the 1970s that tumors shrank after patients were infected with a vi y years. Many years later, a US neurosurgeon paved the way for the creation of such a saw his paper made further adjustments.	rus, but nobe	dy was able	to develo	p a cand	er drug for			
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1001H			
Siste	er Julienne and Dr. Turner clash over whether to provide a private care service. A distre	ssing birth ra	ises fears of	another T	halidom	nide case.			
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1002H			
	Episode 2 er Frances finds herself in a tricky situation when a pregnant woman confides in her. Tri y. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling y. Cyril helps an evicted family find shelter.		d by her sudo	len admit	tance to	the Lady			
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H			
Focu	s: Diabetes, Pregnancy myths, Primary care-diabetes								
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1063H			
Foci	us: Living greener-"food prints"; Food and your mood; Dawn phenomenon-diabetes								
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H			
	us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. Thai Chi – Ale y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism					ma - Dr.			
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H			
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H			
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H			

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Mon, Oct 31, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
	us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow					is
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	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to the outs the brain forms memories by storing and processing billions of pieces of information events.		nent and dev	elop new	skills. P	lus, learn
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	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing this cine. Childhood vaccine rates continue to decrease in certain areas of the country, settir leback.					
20:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING (power of storytelling. In this one-hour special, physicians share their experiences with raesentation, and anti-racist efforts in the medical community.		nnects the ar			through
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxiety, depression, nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e issues affecting our children and offer practical advice based on research.					
22:00:00	Hacking Your Mind Weapons of Influence	PBS	(S)	(CC)	N/A	#102H
	how politicians, social media companies and corporate marketers use big data to hack to defend yourself. $ \\$	your auto-pil	ot decision m	naking sys	stem, an	d learn
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
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As we continue to track "long-haulers," we are learning more about the long-term health effects of the people who are suffering from debilitating post-COVID symptoms.

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Tue, Nov 01, 2022

Title

	Tille	5	<b>~</b> .	_		
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an isubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incress they can prevent developing memory issues of any kind. There is a promising body ong at what we can do to keep our brain healthy.					
01:00:00	Mental Health #1085 (Alcohol Awareness)	SFPBS	(S)	(CC)	N/A	#1085H
Focu	is: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in	April.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthcoultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the o	ist cancer is the most common cancer among women worldwide, and this diagnosis no tional and psychological challenges, as well. It is something no one wants to face along diagnosis, and their support can be crucial to recovery. The couple goes through cancet car Spouse."	e. The spouse	of the cance	er patient	feels the	e impact of
03:00:00	Staying Healthy #1188 (Update)	SFPBS	(S)	(CC)	N/A	#1188H
Med	ical experts share the essential factors of a healthy lifestyle.					
04:00:00	Maternity Care #1301	SFPBS	(S)	(CC)	N/A	#1301H
Ever	ything you need to know about pregnancy, childbirth and post-partum care with Dr. Sc	hwartzbard				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an isubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
emo the o	The Cancer Spouse st cancer is the most common cancer among women worldwide, and this diagnosis no tional and psychological challenges, as well. It is something no one wants to face along diagnosis, and their support can be crucial to recovery. The couple goes through cancet care Spouse."	e. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1301H
you'l	come to Classical Stretch Season 13 with Miranda Esmonde-White! Filmed at the Cam I rebalance the muscle chains of your lower body. This gentle, standing & barre workon e you feeling energized and more flexible					
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	NETA	(S)	(CC)	N/A	#407H
	s along the luminous seashore cove as we gently lengthen and stretch the whole body, pen the hips and hamstrings, release tension in the shoulders and neck, and find more					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					

ate: 12/30/2	WPBTHC 2022 10/01/2022 - 12/3	1/2022		Page	117 of	353
		1/2022		i agc	117 01	555
Tue, Nov (	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episo
Otart	- Cubilic		010100	Сар		
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Char	nges in education and the effects of the pandemic have increased anx nnel's one-hour virtual town hall, Finding Hope: The Mental Health Cris e issues affecting our children and offer practical advice based on rese	sis in Teenagers & Young Adu				
09:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn					
	how experience shapes the brain and body together, allowing them to the brain forms memories by storing and processing billions of pieces		nent and dev	elop new	skills. Pl	us, lear
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702
	Racial Disparities In Health					
servi Neve	die sooner than white people. Compared with whites, members of raci ices and often receive lower-quality care. Addressing health disparities er has the disparity in access to healthcare become more obvious thar arities that exist in health and healthcare in the U.S.	s is increasingly important as	our population	n become	s more	diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703l
	Alzheimer's: A Public Health Crisis					
cost discu	r word, globally the number of people diagnosed is expected to double to our healthcare system, it takes an emotional toll on families as they uses Alzheimer's Disease from a caregiver and a public health perspension.	care for their loved ones, whi ective.	le watching t	hem slip a	away. Th	nis episo
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#503H
Canr	nabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spir	ne, Hip Replacement.				
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor		` ,	` ,		
raisir	y Bennett Taylor and her husband Miles were newlyweds with a brighting a family Emily received the news that she had stage 4 lung cancer. rmination to live life to its fullest while fighting for the chance to have c	She and her husband recall t	heir cancer jo			
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
coun varia	w treatment for COVID-19 involves the combination of 2 different antibutries. We examine how such drugs are made and how they work. In Junt of the new coronavirus. Research is being done on the use of antibulines of research.	apan, development is underwa	ay of an antib	ody drug	that car	i fight ar
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells man	world's first virus therapy drug targeting malignant brain tumors won a . It was known since the 1970s that tumors shrank after patients were y years. Many years later, a US neurosurgeon paved the way for the c saw his paper made further adjustments.	infected with a virus, but nobe	ody was able	to develo	p a cand	er drug
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#102H
	Weapons of Influence					
	how politicians, social media companies and corporate marketers use to defend yourself.	big data to hack your auto-pil	ot decision m	naking sys	stem, an	d learn

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 **SFPBS** (S) (CC) N/A #1064H Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 118 of 353

Tue, Nov 01, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 15:00:00 Smartlife **SEPRS** (S) (CC) N/A #401H Focus: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - Dr. Yvonne Johnson 3. Scoliosis in Teens - Nicklaus Children's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa Spann 15:14:00 **SFPBS** Smartlife (S) (CC) N/A #402H 15:33:00 Smartlife **SFPBS** (CC) #403H (S) N/A 15:46:00 Smartlife **SFPBS** (S) (CC) N/A #404H 15:58:00 Smartlife **SFPBS** (S) (CC) N/A #405H Focus: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exercise Research - Lia Jiannine, PHd 3. Reducing Cardiovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the Expert - Dr. Ricardo Castrellon 6. Cancer Fatigue & Exercise - Ginelle Ruffa 16:10:00 Smartlife **SFPBS** (S) (CC) N/A #406H 16:20:00 Smartlife **SFPBS** (CC) #407H (S) N/A 16:39:00 **SFPBS** Smartlife (S) (CC) N/A #408H 17:00:00 Extra Life: A Short History of Living Longer **NPS** (S) (CC) N/A #103H Data Learn about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental discovery of penicillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments. **SFPBS** 18:00:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #205H Johnson Family - Odessa Episode #205 THE JOHNSON FAMILY - ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining. 18:30:00 **NETA** (CC) N/A #105H Hope Is Here (S) **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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 20:00:00 **PBS** Amazing Human Body (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 Extra Life: A Short History of Living Longer NPS (S) (CC) N/A #103H Data

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

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Tue, Nov 01, 2022

Racial Disparities In Maternal Health

Title Subtitle Distrib Stereo Start Cap AS2 Episode 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. **SFPBS** 22:30:00 (S) (CC) N/A #1064H Health Insiders Focus: Chronic back pain, Mindful eating, Aneurysms 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer 23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #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.

Wed, Nov 02, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthcal ultations, emotional advice, second-opinion consultations, as well as a number of tools.	re digital serv	vices includii	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and o servi Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic mind ces and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pandem arities that exist in health and healthcare in the U.S.	orities are les aportant as o	s likely to re ur population	ceive prev n become	ventive I s more	nealth diverse.
01:00:00	Health Trends #1082 (Hookah Warnings)	SFPBS	(S)	(CC)	N/A	#1082H
Focu	s: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and gene	eral hookah s	tudies.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthcal ultations, emotional advice, second-opinion consultations, as well as a number of tools to the consultations.	re digital serv	vices includii	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	e continue to track "long-haulers," we are learning more about the long-term health effe COVID symptoms.	cts of the pe	ople who are	suffering	from de	ebilitating
03:00:00	Maternity Care #1041 (Perimenopause)	SFPBS	(S)	(CC)	N/A	#1041H
	ything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldmar en" also known as perimenopause.	n and Dr. Sal	azar discuss	"puberty	in midd	le-aged
04:00:00	Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Focu	s: Carin Searby discusses practicing better speech and hearing in honor of the Health 0	Care Observa	ance this mo	nth.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthcal ultations, emotional advice, second-opinion consultations, as well as a number of tools to the consultations.	re digital serv	vices includii	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	re continue to track "long-haulers," we are learning more about the long-term health effe COVID symptoms.	cts of the pe	ople who are	suffering	from de	ebilitating
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1302H
your	Miranda Esmonde-White for a standing & floor workout in Bermuda! This oceanside wo posture. By loosening, lengthening, and liberating your spine you will feel greater mobilion will allow you to go deeper into the strengthening exercises.					
06:30:00	Wai Lana Yoga Nerves Frayed	APTEX	(S)	(CC)	N/A	#411H
07:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New York State to confront his detheir first step toward healing.	emons while	helping wall	w other	survivor	s of PTSD
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1001H
30.00.00	Episode 1	. 50	(5)	(30)		100 111

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

20. 2022					
02, 2022					
Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H
n about the surprisingly recent invention of medicine that combats illness directly,		From the a	ccidental	discove	ry of
Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
make up the greatest percentage of the population and the labor force. They are xperiencing declining health faster than any other recent generation before them.	also the least heal How their health p	thy generation	on in rece	nt times	and they
Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
163 million adults in the U.S. are overweight or obese - two thirds of men, and mo pering, but people still struggle every day to drop the pounds. Everyone has different	re than 60% of wor	nen. The da	mage to h	nealth is	
Conscious Living Ode to the Road Trip	NETA	(S)	(CC)	N/A	#205H
esert Hot Springs, where a group of First Responders are working to mindfully hea er haven Joshua Tree, where Michael learns the art of vegan pie-making while Bi uncture session. Renewed and energized, we join a drum circle to get our groove	al PTSD from years anca balances horr	on the eme	rgency fro a transcer	ont lines. ndental	Next stop:
Flip My Florida Yard (Sfpbs)  Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always be il gatherings, and even weddings. This time the community and the flip crew team	ns up to return the fa	avor and tak			
Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1001H
r Julienne and Dr. Turner clash over whether to provide a private care service. A	distressing birth rai	ses fears of	another T	halidom	ide case.
Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#1002H
r Frances finds herself in a tricky situation when a pregnant woman confides in he		by her sudo	den admit	tance to	the Lady
Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
s: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
Health Insiders	SFPBS	(S)	(CC)	N/A	#1066H
s: Interventional back treatments, Measles vaccine safety, Blood cancer					
Smartlife	SFPBS	(S)	(CC)	N/A	#501H
			nen and H	eart Dis	ease - Dr.
Smartlife	SFPBS	(S)	(CC)	N/A	#502H
	Extra Life: A Short History of Living Longer Data In about the surprisingly recent invention of medicine that combats illness directly, illin to today's hunt for antivirals, this history underpins work to find COVID-19 tre Second Opinion with Joan Lunden Millennial Health II Innials were born between the years 1981 and 1996. At 73 million, they are the lat make up the greatest percentage of the population and the labor force. They are experiencing declining health faster than any other recent generation before them mine the overall health of America. This episode discusses the issue of Millennia Second Opinion with Joan Lunden Conquering Obesity It obesity is associated with a decrease in life expectancy for both men and wome 163 million adults in the U.S. are overweight or obese - two thirds of men, and mo geiring, but people still struggle every day to drop the pounds. Everyone has differ popisode discusses the challenges and solutions for sustained weight loss.  Conscious Living Ode to the Road Trip in for a trip to remember, as we hit the road for a wellness journey into the heart of seart Hot Springs, where a group of First Responders are working to mindfully her enhaven Joshua Tree, where Michael learns the ard of vegan pie-making while Bi uncture session. Renewed and energized, we join a drum circle to get our groove val.  Flip My Florida Yard (Sfpbs) Johnson Family - Odessa ode #205 THE JOHNSON FAMILY - ODESSA The Johnson family has always but a gatherings, and even weddings. This time the community and the flip crew team level by turning the Johnson's existing party pad into a beautiful Florida-friendly's Call The Midwife Episode 1 or Julienne and Dr. Turner clash over whether to provide a private care service. A Call The Midwife Episode 2 or Frances finds herself in a tricky situation when a pregnant woman confides in here. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a structure line and Dr. Turner clash over whether to provide a private care service. A Call The Midw	Extra Life: A Short History of Living Longer Data a about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. Illin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.  Second Opinion with Joan Lunden Millennial Health II Millennial Health I	Extra Life: A Short History of Living Longer Data a about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the a sillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.  Second Opinion with Joan Lunden Millennial Health II millials were born between the years 1981 and 1996, At 73 million, they are the largest, most educated, and most make up the greatest percentage of the population and the labor force. They are also the least healthy generative sperioning declining health raiser than any other recent generation before them. How their health plays out in the mine the overall health of America. This episode discusses the issue of Millennial Health.  Second Opinion with Joan Lunden APTEX (S) Conquering Obesity Lobesity is associated with a decrease in life expectancy for both men and women, as well as an increase in othe 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The dagering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose episode discusses the challenges and solutions for sustained weight loss.  Conscious Living NETA (S) Conscious Living NETA (S) Ode to the Road Trip in for a trip to remember, as we hit the road for a wellness journey into the heart of the desert. Start with a relaxir seart Hot Springs, where a group of First Responders are working to mindfully heal PTSD from years on the eme er haven Joshua Tree, where Michael learns the art of vegan pie-making while Blanca balances hormones with suncture session. Renewed and energized, we join a drum circle to get our groove on at the desert's best kepts and the search start with a relaxir search the properties of the properties of the properties of the properties of the desert of the desert of the meet and the desert's best kepts are also find the properties of the properties o	Extra Life: A Short History of Living Longer Data  a about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental combats illness directly, such as antibiotics. From the accidental combats illness directly, such as antibiotics. From the accidental combats illness during the properties of the decoration of the combats.  Second Opinion with Joan Lunden APTEX (S) (CC) Millennial Health II nnials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connecter make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent make up the greatest percentage to the complex of the population of America. This episode discusses the challenges in life expectancy for both men and women, as well as an increase in chronic disease.  Conquering Obestity Lobestity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease.  Conscious Living Lobestity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease with general percentage and the percentage of the percenta	Extra Life: A Short History of Living Longer  Extra Life: A Short History of Living Longer  Extra Life: A Short History of Living Longer  Data  a about the surprisingly recent invention of medicine that combats illness directly, such as antibiotics. From the accidental discover little to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.  Second Opinion with Joan Lunden  Second Opinion with Joan Lunden  APTEX  S) (CC) N/A  Millennial Health II  nnials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected gener make up the greatests precentage of the population and the labor force. They are also the least healthy generation in recent times experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead within the toward health of America. This episode discusses the issue of Millennial Health.  Second Opinion with Joan Lunden  APTEX  S) (CC) N/A  Conquering Obesity  Lobesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is sis 3 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 pering, but people still struggle every day to drop the pounds. Everyone has different reasons for warring to lose weight and keep i pipsode discusses the challenges and solutions for sustained weight loss.  Conscious Living  NETA  S) (CC) N/A  Ode to the Road Trip  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 miner sear Host Springs, where a group of First Responders are working to mindfully heal PTSD from years on the emergency front lines.  Filip My Florida Yard (Sfpbs)  SFPBS  S) (CC) N/A  Filip My Florida Yard (Sfpbs)  Johnson Family - Odessa  de #205 THE_OMINSON FAMILY - ODESSA The Johnson family has always been involved in the community by offeri

15:44:00

Smartlife

**SFPBS** 

(S)

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N/A

#504H

Wed, Nov 02, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Ther ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. Wha					eana
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
17:00:00	Walk with Frank	NETA	(S)	(CC)	N/A	#0H
	year old Vietnam War veteran decides to walk across New York their first step toward healing.	State to confront his demons while	helping wall	k w other s	survivor	s of PTSD
18:00:00	Hacking Your Mind Weapons of Influence	PBS	(S)	(CC)	N/A	#102H
	how politicians, social media companies and corporate marketers to defend yourself.	use big data to hack your auto-pil	ot decision m	naking sys	stem, an	d learn
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
way	number of Americans living with Alzheimer's is growing. So many s they can prevent developing memory issues of any kind. There i ing at what we can do to keep our brain healthy.					
20:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H
	Data					
	rn about the surprisingly recent invention of medicine that combats icillin to today's hunt for antivirals, this history underpins work to fir		s. From the a	ccidental	discove	ry of
21:00:00	Human	PBS	(S)	(CC)	N/A	#102H
	Pulse					
Dive syst	e into the world of an ice climber, a bus driver, a woman in labor ar em power our physical and emotional lives and create the pulsing	nd a senior dance club to show how rhythm of our world.	v the human	heart and	I the circ	culatory
22:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
Цоо	rt value replacement is an area in medicine which has made great	advancements and is a very come	nan nraaadu	ro Thio n	roodur	o io 04

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.

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 123 of 353

Thu, Nov 03, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1703H Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective. 01:00:00 **SFPBS** Kids & Teens (Preemie Health Problems) (S) (CC) N/A #922H Specialists share their expertise on how to care for children from birth through young adulthood. Focus: Dr. Maid Dardas discusses necrotizing enterocolitis, a serious condition that affects premature newborns. 02:00:00 **SEPRS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. Second Opinion with Joan Lunden 02:30:00 **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 03:00:00 Living Well #1165 (Nursing Care Benefits) **SFPBS** (S) (CC) N/A #1165H 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. 04:00:00 Nutrition & Health #1205 (Healthy Eating) **SFPBS** (S) (CC) N/A #1205H 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. 05:00:00 **SEPRS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 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. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1303H

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.

 06:30:00
 Wai Lana Yoga
 APTEX
 (S)
 (CC)
 N/A
 #412H

 Cradle Rock
 07:00:00
 Flip My Florida Yard (Sfpbs)
 SFPBS
 (S)
 (CC)
 N/A
 #205H

Johnson Family - Odessa

Episode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining.

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15:26:00

Smartlife

Art of Warriors Segment

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
	Walk with Frank year old Vietnam War veteran decides to walk across New York State to confront his of their first step toward healing.	NETA lemons while	(S) helping walk	(CC) w others	N/A survivors	#0H s of PTSD
09:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to the outs the brain forms memories by storing and processing billions of pieces of information ev		nent and dev	elop new	skills. Pl	us, learn
10:00:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	81 the term "sandwich generation" was coined to describe a group of Americans who aves at the same time. Today, millions of families are facing the dual challenge of sandwaving children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly on research, millennials have become the most anxious generation in history. This episod be treated.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#503H
Can	nabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacem	ent.				
11:30:00	Hope Is Here Emily Bennett Taylor	NETA	(S)	(CC)	N/A	#105H
raisi	y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. on a family Emily received the news that she had stage 4 lung cancer. She and her hus remination to live life to its fullest while fighting for the chance to have children despite a	band recall th	neir cancer jo			
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	PBS	(S)	(CC)	N/A	#102H
	how politicians, social media companies and corporate marketers use big data to hack to defend yourself.	your auto-pile	ot decision m	naking sys	stem, an	d learn
14:00:00 This	Sex Talk with Dr. Lia week on Sex Talk - Infertility isn't just a woman's problem. Plus, nine exercises that cal	SFPBS	(S)	(CC)	N/A	#113H
		·	•		ch bette	,ı.
14:30:00 Focu	Health Insiders s: Stigma of mental illness, Weight loss and vegetables, Heart health	SFPBS	(S)	(CC)	N/A	#1067H
		05550	(0)	(00)	N1/A	#00411
with	Smartlife s: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. A Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA s ates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H

SFPBS

(S)

(CC) N/A #603H

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 125 of 353

Thu, Nov 03, 2022

Lung Cancer

Inu, Nov	Title					
Start	Subtitle	Distrib	Stereo	Cap	_ <u>AS2</u>	Episode
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	us: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - ructo 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	Jerome Turne	er 3. Meditati	on - Lesli	e Glickm	ian, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
	Health Effects of Gaming					
17:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	rn about the surprisingly recent invention of medicine that combats illness directly, sucl cillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatme		s. From the a	ccidental	discove	ry of
18:00:00	Human	PBS	(S)	(CC)	N/A	#102H
	Pulse into the world of an ice climber, a bus driver, a woman in labor and a senior dance cluem power our physical and emotional lives and create the pulsing rhythm of our world.	ib to show how	w the human	heart and	the circ	culatory
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	APTEX	(S)	(CC)	N/A	#1703H
othe cost	neimer's Disease is an under-recognized public health crisis. And while the word Alzhei ar word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lousses Alzheimer's Disease from a caregiver and a public health perspective.	. Not only doe	s Alzheimer's	s come wi	ith a trer	nendous
20:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn how experience shapes the brain and body together, allowing them to adapt to the out the brain forms memories by storing and processing billions of pieces of information e		nent and dev	elop new	skills. P	lus, learn
21:00:00	Extra Life: A Short History of Living Longer Data	NPS	(S)	(CC)	N/A	#103H
	rn about the surprisingly recent invention of medicine that combats illness directly, such cillin to today's hunt for antivirals, this history underpins work to find COVID-19 treatments.		s. From the a	ccidental	discove	ry of
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 ca	an make your	sexy sweat s	session ev	en bette	er.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
Foc	us: Stigma of mental illness, Weight loss and vegetables, Heart health					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Concor					

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.

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 126 of 353

Fri, Nov 04, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1704H Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health. 01:00:00 **SFPBS** Dermatology #1185 (Skin-Care Help) (S) (CC) N/A #1185H Focus: Skin-care help 02:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #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. **SFPBS** 03:00:00 Emergency Medicine #1198 (Storm Safety Preps) (CC) N/A (S) #1198H 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. 04:00:00 Plastic/Cosmetic Surgery #1207 (Update) **SFPBS** (S) (CC) N/A #1207H Learn the latest techniques involving the restoration, reconstruction, or alteration of the body. 05:00:00 All Health Go **SFPBS** (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) 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. 06:00:00 **APTEX** (CC) N/A Classical Stretch: By Essentrics (S) #1304H 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! 06:30:00 **APTEX** Wai Lana Yoga (S) (CC) N/A #413H Sports Protection

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.

**NFTA** 

**PBS** 

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N/A

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08:00:00 Call The Midwife

07:00:00

Walk with Frank

Episode 1

ate: 12/30/	2022 10/01/2022 - 12/31	/2022		Page	127 of	353
Fri, Nov 0	04, 2022					
	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episod
09:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#103H
	Data			!-!4-1		
	n about the surprisingly recent invention of medicine that combats illne cillin to today's hunt for antivirals, this history underpins work to find CC		. From the a	ccidentai	discove	ry of
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the or women's health issue. It is the cause of death for 1 in 5 women in the omen every year. That's more than all cancers combined. But 80% of call of heart disease in women and how we can lower cardiac risk and de	e U.S., and heart disease and ardiac and stroke events can b	stroke comb	ined caus	e the de	eath of 1 i
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one	cinson's Disease is the fastest growing neurological disorder in the worlt six million people worldwide. The symptoms generally develop slowly hand. While tremors are common in Parkinson's, the disease progress treents of Parkinson's Disease, and the search for a cure.	over years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#205H
	Johnson Family - Odessa					
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family ha al gatherings, and even weddings. This time the community and the flip level by turning the Johnson's existing party pad into a beautiful Florid	crew teams up to return the f	avor and tak			
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells man	world's first virus therapy drug targeting malignant brain tumors won applicable to the 1970s that tumors shrank after patients were by years. Many years later, a US neurosurgeon paved the way for the cosaw his paper made further adjustments.	nfected with a virus, but nobo	dy was able	to develo	p a cand	er drug fo
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1001H
	Episode 1					
Siste	er Julienne and Dr. Turner clash over whether to provide a private care	service. A distressing birth rai	ises fears of	another T	halidom	nide case.
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1002H
	Episode 2					
	er Frances finds herself in a tricky situation when a pregnant woman co y. Cyril helps an evicted family find shelter. Sister Julienne's new ventu		d by her sudd	den admit	tance to	the Lady
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Foci	us: Food trends, COPD-daughter's story, Mental Illness First Aid					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
	us: Sunscreen and sun safety, Women & heart disease, Menopause	31 FB3	(3)	(00)	IN/A	#100911
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	us: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compressi ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Chilo nmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H

**SFPBS** 

**SFPBS** 

(CC)

(CC)

N/A

N/A

(S)

(S)

#703H

#704H

15:23:00

15:40:00

Smartlife

Smartlife

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Fri, Nov 04, 2022

23:30:00

Second Opinion with Joan Lunden

Antibiotic Resistance

Title Subtitle Distrib Stereo Cap AS2 Start Episode 15:57:00 Smartlife **SFPBS** (S) (CC) N/A #705H Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA **SFPBS** 16:19:00 Smartlife (CC) N/A #706H (S) 16:33:00 Smartlife **SFPBS** #707H (S) (CC) N/A 16:46:00 Smartlife **SFPBS** (S) (CC) N/A #708H 17:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 18:00:00 **PBS** #102H Hacking Your Mind (S) (CC) N/A 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. 19:00:00 Doctor Q & A **NETA** #103H (S) (CC) N/A Alzheimer's Disease: Hope for the Future 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) #1702H N/A 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. 20:00:00 Extra Life: A Short History of Living Longer **NPS** (CC) N/A #103H (S) 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. 21:00:00 Human **PBS** (S) (CC) N/A #102H 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. 22:00:00 Hacking Your Mind **PBS** (S) (CC) N/A #102H 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. 23:00:00 Doctor Q & A #103H **NETA** (S) (CC) N/A Alzheimer's Disease: Hope for the Future

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** 

(CC)

(S)

N/A

#1805H

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Sat, Nov 05, 2022

Title

Dealing with Mental Health Issues In Children

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans are increases they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy.					
01:00:00	Mental Health #1208 (Summertime Wellness)	SFPBS	(S)	(CC)	N/A	#1208H
	hew Walton & Rafael Aballi discuss summertime health and wellness for kids. Focus: Pricinations, free healthy meals during the summer, and mental health and substance abus		ummer camp	program	s, health	n referrals,
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	art valve replacement is an area in medicine which has made great advancements and is a effective and can drastically increase the life expectancy of the patient.	s a very comr	non procedu	re. This p	rocedure	e is 94-
03:00:00	Mental Health #1085 (Alcohol Awareness)	SFPBS	(S)	(CC)	N/A	#1085H
Foc	us: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in A	April.				
04:00:00	Nutrition & Health (Nutrition Tips)	SFPBS	(S)	(CC)	N/A	#1209H
	us: Lucette Talamas and Chef Rod Knight discuss what a Mediterranean diet is and its i diterranean Diet Month in May.	multiple healt	h benefits in	honor of	nternati	onal
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	ort valve replacement is an area in medicine which has made great advancements and is a ffective and can drastically increase the life expectancy of the patient.	s a very comr	non procedu	re. This p	rocedure	e is 94-
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#107H
	Alma's Showstopper/Ultimate Helper					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#401
	Baile Digital   Digital Dance					
07:00:00	Wild Kratts Hercules - The Giant Beetle	PBS	(S)	(CC)	N/A	#516H
Whi	le on a mission to investigate the exoskeletons of the Atlas and Hercules beetles, the He	ercules beetle	e accidentally	/ aets enl	arged N	low the
Wild	I Kratts are faced with a new mission. How to find a way to shrink the giant beetle before icept: Exoskeletons and their functionality.				0	
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H

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Sat, Nov 05, 2022

Sat, Nov	05, 2022	Title					
Start	Signature 1  In keeping with the Health Channel's spirit of innovative programming, Vida y Salshow (with English subtitles) featuring groundbreaking medical breakthroughs the Segment 2  Vida Y Salud Segment 3  Vida Y Salud Segment 4  Vida Y Salud Segment 5  Vida Y Salud Segment 6  Vida Y Salud Segment 7  Vida Y Salud Segment 8  Vida Y Salud Segment 8  Vida Y Salud Segment 9  Vida Y Salud Segment 10  Vida Y Salud Segment 10  Vida Y Salud Segment 2	Distrib	Stereo	Сар	AS2	Episode	
08:00:00			SFPBS	(S)	(CC)	N/A	#2901H
	eeping with the Health Cha						
08:13:00			SFPBS	(S)	(CC)	N/A	#2902H
08:26:00			SFPBS	(S)	(CC)	N/A	#2903H
08:39:00			SFPBS	(S)	(CC)	N/A	#2904H
08:54:00			SFPBS	(S)	(CC)	N/A	#2905H
09:05:00			SFPBS	(S)	(CC)	N/A	#2906H
09:18:00			SFPBS	(S)	(CC)	N/A	#2907H
09:27:00			SFPBS	(S)	(CC)	N/A	#2908H
09:39:00			SFPBS	(S)	(CC)	N/A	#2909H
09:48:00			SFPBS	(S)	(CC)	N/A	#2910H
10:00:00			SFPBS	(S)	(CC)	N/A	#3001H
10:14:00			SFPBS	(S)	(CC)	N/A	#3002H
10:27:00			SFPBS	(S)	(CC)	N/A	#3003H
10:40:00			SFPBS	(S)	(CC)	N/A	#3004H
10:52:00			SFPBS	(S)	(CC)	N/A	#3005H
11:02:00	Vida Y Salud Segment 6		SFPBS	(S)	(CC)	N/A	#3006H
11:15:00	Vida Y Salud Segment 7		SFPBS	(S)	(CC)	N/A	#3007H

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11:25:00 11:35:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)		
11:35:00				(CC)	N/A	#3008H
	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 Surviors of War	NETA	(S)	(CC)	N/A	#101H
	ng a Native American who voluntered for Vietnam and a Holocaust Survivor. The ism and Family loss. Sam and Bill found their inner power to create and own thei		ttle, PTSD, G	Genocide,	the Mob	o, Anti-
13:00:00	Hacking Your Mind Weapons of Influence	PBS	(S)	(CC)	N/A	#102H
	low politicians, social media companies and corporate marketers use big data to o defend yourself.	hack your auto-pilo	ot decision m	naking sys	tem, an	d learn
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#112H
	ou getting back into the dating game and wondering what to expect? And ever we questions and more this week on Sex Talk with Dr. Lia.	onder why a kiss le	eaves you diz	zzy with d	esire? A	nswers to
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1064H
Focus	s: Chronic back pain, Mindful eating, Aneurysms					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	s: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Me		Johnson 3. S	Scoliosis ir	n Teens	- Nicklaus
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	SFPBS	(S)	(CC)	N/A	#405H
Cardio	s: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and ovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Asiise - Ginelle Ruffa					
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	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.

18:00:00 Hope Is Here NETA (S) (CC) N/A #105H

**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.

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Sat, Nov 05, 2022

23:30:00

Second Opinion with Joan Lunden

Racial Disparities In Maternal Health

Title Subtitle Cap Start Distrib Stereo AS<sub>2</sub> Episode 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #205H Johnson Family - Odessa Episode #205 THE JOHNSON FAMILY - ODESSA The Johnson family has always been involved in the community by offering their backyard for social gatherings, and even weddings. This time the community and the flip crew teams up to return the favor and take this big backyard to the next level by turning the Johnson's existing party pad into a beautiful Florida-friendly space for entertaining. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer 19:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1809H (S) Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 20:00:00 Extra Life: A Short History of Living Longer **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. **PBS** 21:00:00 Hacking Your Mind (S) (CC) N/A #102H 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. 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A 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 **SFPBS** (S) (CC) N/A #1064H Focus: Chronic back pain, Mindful eating, Aneurysms 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer

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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Sun, Nov 06, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthcoultations, emotional advice, second-opinion consultations, as well as a number of tool	in-depth desc care digital ser	ription of the vices includin	different s	ervices	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	Racial Disparities In Health cross America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic mices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande arities that exist in health and healthcare in the U.S.	norities are le	ss likely to re our population	ceive prev n become	ventive I s more	health diverse.
01:00:00	Health Trends #1142 (Penicillin Update)	SFPBS	(S)	(CC)	N/A	#1142H
Foci	us: Wilbert Fuerte & Mayret Gonzalez discuss the history on penicillin and the benefits	of this medica	ation over the	years.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the o	ast cancer is the most common cancer among women worldwide, and this diagnosis not tional and psychological challenges, as well. It is something no one wants to face along diagnosis, and their support can be crucial to recovery. The couple goes through cancer Spouse."	e. The spouse	e of the cance	er patient	feels the	e impact of
03:00:00	Maternity Care #1041 (Perimenopause)	SFPBS	(S)	(CC)	N/A	#1041H
	rything you need to know about pregnancy, childbirth and post-partum care. Dr. Feldm nen" also known as perimenopause.	an and Dr. Sa	lazar discuss	"puberty	in midd	le-aged
04:00:00	Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Foci	us: Carin Searby discusses practicing better speech and hearing in honor of the Health	n Care Observ	ance this mo	nth.		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthculations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
Bres	The Cancer Spouse ast cancer is the most common cancer among women worldwide, and this diagnosis no	nt only brings	nhysical chal	lennes hi	ıt sianifi	cant
emo the o	tional and psychological challenges, as well. It is something no one wants to face along diagnosis, and their support can be crucial to recovery. The couple goes through cancer Spouse."	e. The spouse	e of the cance	er patient	feels the	e impact of
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	PBS	(S)	(CC)	N/A	#122H
Mart	Koala Balloon  in and Chris must protect a young koala stranded in the Australian Outback, and help	him get hack	to his Eucalu	ntus force	t hahita	t On their

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.

Sun, Nov 06, 2022

Sun, Nov						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs		, ,	, ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3101H
	Segment 1					
In ke shov	eeping with the Health Channel's spirit of innovative programming, Vida y v (with English subtitles) featuring groundbreaking medical breakthrough	/ Salud is a fast-paced, fun a s that help families find solu	and informative tions to diffic	ve Spanis ult health	h-langu problem	age health
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3102H
	Segment 2					
08:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3103H
	Segment 3					
08:36:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3104H
	Segment 4					
08:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3105H
	Segment 5					
08:58:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3106H
	Segment 6					
09:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107H
	Segment 7					
09:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H
	Segment 8					
09:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109H
	Segment 9					
09:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3301H
In ke	Segment 1 septing with the Health Channel's spirit of innovative programming, Vida y	/ Salud is a fast-paced, fun a	and informativ	ve Spanis	h-langu	age health
shov	v (with English subtitles) featuring groundbreaking medical breakthrough	s that help families find solu	tions to diffic	ult health	problem	is.
10:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3302H
	Segment 2					
10:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3303H
	Segment 3					
10:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3304H
	Segment 4					
10:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3305H
	Segment 5					
11:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3306H
	Segment 6					

Sun, Nov 06, 2022

Start Start							
	Start	Title Subtitle	Distrib	Stereo	Сар	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
	Siste	r Julienne and Dr. Turner clash over whether to provide a private care service. A distre-	ssing birth ra	ises fears of	another T	halidom	nide case.
	13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#1002H
	Siste Emil	er Frances finds herself in a tricky situation when a pregnant woman confides in her. Trix y. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling	kie is trouble ng block.	d by her sudo	den admit	tance to	the Lady
	14:00:00 Focu	Health Insiders s: Cell phones and neck pain, Breast cancer and heart disease, Swim safety	SFPBS	(S)	(CC)	N/A	#1065H
	14:30:00 Focu	Health Insiders s: Interventional back treatments, Measles vaccine safety, Blood cancer	SFPBS	(S)	(CC)	N/A	#1066H
		Smartlife is: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obesity - Dr. erick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad Breath - D			(CC) nen and H	N/A eart Dis	#501H ease - Dr.
	15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
	15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
	15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
	15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
		s: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie a z-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Mic					eana
	16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#506H
	16:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#507H
	16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#508H
	17:00:00	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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Sun, Nov 06, 2022

23:30:00

Second Opinion with Joan Lunden

Heart Valve Replacement

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
ways	number of Americans living with Alzheimer's is growing. So many Americans are increa they can prevent developing memory issues of any kind. There is a promising body of at what we can do to keep our brain healthy.					
20:00:00	Trauma to Triumph - The Rise of the Entrepreneur	NETA	(S)	(CC)	N/A	#101H
	Surviors of War					
	ling a Native American who voluntered for Vietnam and a Holocaust Survivor. They exp tism and Family loss. Sam and Bill found their inner power to create and own their futur		tle, PTSD, G	Senocide,	the Mot	o, Anti-
21:00:00	P.O.W.: Passing On Wisdom	NETA	(S)	(CC)	N/A	#0H
and on Nava	nam Prisoners of War recall their experiences and the inspirational story of how they no gratitude afterwards. In their reflections can be seen the humanity that belies the unfath all Academy's principles of leadership and camaraderie helped guide them through the control Naval Academy Midshipmen who are facing the COVID pandemic and applying those una and post-traumatic growth, of communication and disinformation, of the trials of so	omable circui larkness. The e same found	mstances their stories are ational value	ey survive e juxtapos es to their	ed, and I sed with	now the those of
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 car	n make your s	sexy sweat s	ession ev	en bette	er.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
Focu	s: Stigma of mental illness, Weight loss and vegetables, Heart health					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					

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

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 137 of 353

Mon, Nov 07, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1703H Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective. 01:00:00 Kids & Teens #1396 (Latest Tips) **SFPBS** (S) (CC) N/A #1396H Specialists share their expertise on how to care for children from birth through young adulthood. 02:00:00 **SFPBS** (CC) N/A #0H All Health Go (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1801H 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. 03:00:00 Living Well #1165 (Nursing Care Benefits) **SFPBS** (CC) N/A #1165H 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. 04:00:00 Nutrition & Health #1205 (Healthy Eating) SEPRS (S) (CC) N/A #1205H 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. 05:00:00 All Health Go **SFPBS** (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1801H 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. 06:00:00 Classical Stretch: By Essentrics (S) (CC) N/A 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!

06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #414H

07:00:00 P.O.W.: Passing On Wisdom **NETA** (CC) (S) N/A 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.

08:00:00 Call The Midwife PRS (CC) N/A #1002H (S)

Episode 2

Terrific Triangle Twist

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.

Mon. Nov 07. 2022

15:44:00

Smartlife

Mon, Nov	07, 2022					
011	Title	D: C!	01	0	4.00	F
Start	Subtitle	DISTRID	Stereo	Сар	AS2	Episode
09:00:00	Trauma to Triumph - The Rise of the Entrepreneur Surviors of War	NETA	(S)	(CC)	N/A	#101H
	ing a Native American who voluntered for Vietnam and a Holocaust Survivor. They explism and Family loss. Sam and Bill found their inner power to create and own their future.		ttle, PTSD, G	Genocide,	the Mob	, Anti-
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	st cancer is the most common cancer among women worldwide, and this diagnosis no ional and psychological challenges, as well. It is something no one wants to face alone iagnosis, and their support can be crucial to recovery. The couple goes through cance er Spouse."	e. The spouse	of the cance	er patient	feels the	impact of
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	e continue to track "long-haulers," we are learning more about the long-term health effoction of the continuous symptoms.	ects of the pe	ople who are	e suffering	from de	ebilitating
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells. many	world's first virus therapy drug targeting malignant brain tumors won approval in Japan It was known since the 1970s that tumors shrank after patients were infected with a viv years. Many years later, a US neurosurgeon paved the way for the creation of such a saw his paper made further adjustments.	irus, but nobo	dy was able	to develo	p a cand	er drug for
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
endo accu	n cancer is the second deadliest cancer in the US. Early detection is important but find scopes have been developed in Japan to tackle the problem. One can judge a lesion's racy. The other indicates lesions during an exam, even indistinct ones, like a car navig s that are beneficial for gut health and explain how they should be eaten.	malignancy i	n 0.4 second	d with alm	ost 1009	%
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	N/A	#1002H
	r Frances finds herself in a tricky situation when a pregnant woman confides in her. Triv. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbli		d by her sude	den admit	tance to	the Lady
13:00:00	Call The Midwife Episode 3	They experienced Battle, PTSD, Genocide, the Mob, Antitheir futures.  APTEX (S) (CC) N/A #1710H  Incomposition not only brings physical challenges, but significant acce alone. The spouse of the cancer patient feels the impact of gh cancer together. This episode takes on the topic of "The APTEX (S) (CC) N/A #1801H  Incealth effects of the people who are suffering from debilitating APTEX (S) (CC) N/A #104H  In Japan in June 2021. It contains a virus that kills only cancer I with a virus, but nobody was able to develop a cancer drug for of such a drug for brain tumors, and a Japanese neurosurgeon  APTEX (S) (CC) N/A #105H  It but finding and diagnosing polyps is difficult. 2 Al-powered a lesion's malignancy in 0.4 second with almost 100% car navigation system. We also introduce fermented Japanese  PBS (S) (CC) N/A #1002H  In her. Trixie is troubled by her sudden admittance to the Lady a stumbling block.  PBS (S) (CC) N/A #1003H  Hilda and Dr. Turner get involved with a young woman whose  SFPBS (S) (CC) N/A #1070H  SFPBS (S) (CC) N/A #1070H  SFPBS (S) (CC) N/A #801H  Vivero 3. Proactively Building Body Image - Melissa Spann,				
	mplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and h presents a series of challenges.	Dr. Turner g	et involved w	ith a your	ng woma	n whose
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	s: Teeth grinding, Workplace stress, Products to relieve Sunburn					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1100H
Focu	s: Swim safety, blue zones, stress					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	s: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chale		Building Bod	y Image -	Melissa	Spann,
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H

SFPBS

(S)

(CC) N/A #804H

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Mon, Nov 07, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 15:58:00 Smartlife **SEPRS** (S) (CC) N/A #805H Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples **SFPBS** 16:11:00 Smartlife (S) (CC) N/A #806H 16:22:00 Smartlife **SFPBS** (CC) #807H (S) N/A 16:37:00 Smartlife **SFPBS** (S) (CC) N/A #808H 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 18:00:00 Hacking Your Mind **PBS** (S) (CC) N/A #103H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1703H Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any other word, globally the number of people diagnosed is expected to double every 20 years. Not only does Alzheimer's come with a tremendous cost to our healthcare system, it takes an emotional toll on families as they care for their loved ones, while watching them slip away. This episode discusses Alzheimer's Disease from a caregiver and a public health perspective. 20:00:00 Greatest Bond **PBSPL** N/A #0H (S) 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. 21:00:00 Human **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 **PBS** (S) (CC) N/A #103H 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 23:00:00 **NETA** (S) (CC) N/A #104H Doctor Q & A

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** 

(CC)

N/A

(S)

#1806H

A Plastic Surgeon Answers Your Questions

Second Opinion with Joan Lunden

Pre-Diabetes

23:30:00

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Tue, Nov 08, 2022

Title Subtitle

Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- ubscription plan AllHealthGo has created to offer users access to a number of healthcar ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
relati	Caregiving: The Sandwich Generation  81 the term "sandwich generation" was coined to describe a group of Americans who allowes at the same time. Today, millions of families are facing the dual challenge of sandwaving children later. This episode focuses on these caregivers.					
01:00:00	Healthy Living #1230 (Diabetes and Health)	SFPBS	(S)	(CC)	N/A	#1230H
Henr	y Guzman and Lois Exelbert discuss National Senior Health and Fitness Day. Focus: D	iabetes in se	eniors.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- ubscription plan AllHealthGo has created to offer users access to a number of healthcar ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
canc	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advances in ner screening guidelines allow for the screening for younger individuals with less of a smanger a death sentence.					
03:00:00	Kids & Teens (Child-Care Tips)	SFPBS	(S)	(CC)	N/A	#896H
Focu	s: Dr. Scarlet Constant shares her expertise on how to care for children from birth throu	gh young ad	ulthood.			
04:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	drian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehab vors' Day.	ilitative treat	ments in sup	port of Na	ational C	Cancer
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- ubscription plan AllHealthGo has created to offer users access to a number of healthcar ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in ner screening guidelines allow for the screening for younger individuals with less of a smanger a death sentence.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1306H
	s all-standing, advanced strengthening workout Miranda will bend, twist, and work the s gently designed exercises used in this workout will keep the connective tissue of your s					
06:30:00	Wai Lana Yoga Tummy Tighteners	APTEX	(S)	(CC)	N/A	#415H
07:00:00	Happy Yoga with Sarah Starr Desert Wildflowers	NETA	(S)	(CC)	N/A	#408H
	y the colorful burst of desert wildflowers as we move through an invigorating modified your body strengthening moves with a series of upper body stretches to open the chest and		using a chair	for suppo	ort, com	bining
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					

Tue, Nov 08, 2022

Title

Start	l itle Subtitle	Distrib	Stereo	Сар	AS2	Episode
Otart				<u> </u>	- 7.02	
08:00:00	Trauma to Triumph - The Rise of the Entrepreneur Surviors of War	NETA	(S)	(CC)	N/A	#101H
	filing a Native American who voluntered for Vietnam and a Holocaust Survivo litism and Family loss. Sam and Bill found their inner power to create and own		tle, PTSD, G	Senocide,	the Mot	o, Anti-
09:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from co er high-income countries in the world. And behind these statistics lie startling nen of color.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancem b effective and can drastically increase the life expectancy of the patient.	nents and is a very comn	non procedu	re. This p	rocedur	e is 94-
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#504H
Addi	iction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis	, Medical Cannabis.				
11:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
seco neve	can be full of hope and dreams. Lisa Briggs was enjoying a successful busin ond child. Yet within months of giving birth Lisa was told the devasting news; er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went astating cancer.	she had stage 4 lung ca	ncer. For an	athletic,	young w	oman who
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells man	world's first virus therapy drug targeting malignant brain tumors won approva s. It was known since the 1970s that tumors shrank after patients were infecte by years. Many years later, a US neurosurgeon paved the way for the creation saw his paper made further adjustments.	ed with a virus, but nobo	dy was able	to develo	p a cand	cer drug for
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
endo accu	on cancer is the second deadliest cancer in the US. Early detection is importate oscopes have been developed in Japan to tackle the problem. One can judge uracy. The other indicates lesions during an exam, even indistinct ones, like also that are beneficial for gut health and explain how they should be eaten.	e a lesion's malignancy in	n 0.4 second	d with alm	ost 100°	%
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#103H
Disc	Us Vs. Them cover how the auto-pilot biases we all experience fuel our nation's divisions, s	see how authoritarians ca	an hack then	n and find	out hov	v to
over	rcome them.					
14:00:00	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 exercis	ses that can make your s	sexy sweat s	ession ev	en bette	er.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1101H
Foci	us: Stress, STI, chiropractic care					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	us: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - C endicitis - Dr. Kathy Rumweit, Nicklaus Children's Hospital 5. Exercise Myths			sha Bruso	ovanik 4	

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

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Tue, Nov 08, 2022

	Title Subtitle	Distrib	Stereo	Сар	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
	is: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Ja oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making He				oarthritis	- Ron
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	erstand the importance of persuading the public to protect themselves durincing and grassroots campaigning all play important roles in helping to shi			ındwashir	ng, socia	ıl
18:00:00	Flip My Florida Yard (Sfpbs) Anchorage - Cocoa Beach	SFPBS	(S)	(CC)	N/A	#206H
remo	ode #206 THE ANCHORAGE - COCOA BEACH The team flips its first corpored, and a new permeable patio was created, surrounded by native plants as a community hangout for residents to relax in nature and observe all t	s, welcoming butterflies an	d birds. This			
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H
	Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful bus and child. Yet within months of giving birth Lisa was told the devasting news	s; she had stage 4 lung ca	ncer. For an		the arriva	al of her
neve	er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa well stating cancer.	nt into full action ahead as	her will to liv	ve proved	young w I stronge	oman who
neve deva	Doctor Q & A	nt into full action ahead as NETA	her will to liv	ve proved	young w I stronge N/A	oman who
neve deva	stating cancer.		her will to liv	ve proved	stronge	oman who er than her
neve	Doctor Q & A		her will to liv	ve proved	I stronge N/A	oman who er than her
neve deva 19:00:00 19:30:00 Mille They are 6	Doctor Q & A Keeping Bones Healthy & Strong Second Opinion with Joan Lunden	NETA  APTEX  the largest, most educate hey are also the least heal e them. How their health p	(S) (S) ed, and most	(CC) (CC)	N/A N/A ed generent times	#106H #1704H ration ever
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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.

Page 143 of 353

Date: 12/30/2022 10/01/2022 - 12/31/2022

Tue, Nov 08, 2022

Title Start Subtitle Distrib Stereo Cap AS2 Episode 22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1101H Focus: Stress, STI, chiropractic care 23:00:00 Doctor Q & A NETA (S) (CC) N/A #106H Keeping Bones Healthy & Strong 23:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) #1807H N/A 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.

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 144 of 353

Wed, Nov 09, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1707H Anxietv Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it 01:00:00 Pain Management #1032 (Herniated Disks) SEPRS (S) (CC) N/A #1032H Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks. 02:00:00 All Health Go **SFPBS** (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (CC) (S) N/A #1805H 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. 03:00:00 Sports Medicine (Sports Injuries- Yoga Help) (S) (CC) N/A #897H 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** 04:00:00 Spine & Back Care #1214 (Your Aching Back) (S) (CC) N/A #1214H Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life. 05:00:00 **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1805H 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. 06:00:00 Classical Stretch: By Essentrics **APTEX** #1307H N/A 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.

06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #416H Stick 'em Up!

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.

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	2022 10/01				J	145 of	000
Wed, Nov (	09, 2022						
Start	Title Subtitle		Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife		PBS	(S)	(CC)	N/A	#1002H
	Episode 2			(-)	()		
	er Frances finds herself in a tricky situation when a pregi y. Cyril helps an evicted family find shelter. Sister Julien			d by her sudd	den admit	tance to	the Lady
09:00:00	Extra Life: A Short History of Living Longer Behavior		NPS	(S)	(CC)	N/A	#104H
	erstand the importance of persuading the public to prote ncing and grassroots campaigning all play important rol				ındwashin	ıg, socia	I
10:00:00	Second Opinion with Joan Lunden Lung Cancer		APTEX	(S)	(CC)	N/A	#1804H
cance	diagnosis and treatment of lung cancer has been one of er screening guidelines allow for the screening for youn onger a death sentence.						
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance		APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the r sidered the next pandemic, antibiotic resistance is a thre			dangering th	e efficacy	of antib	iotics.
11:00:00	Conscious Living		NETA	(S)	(CC)	N/A	#206H
	India's Magic Carpet Ride						
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N/A #1102H

15:14:00

Smartlife

Wed, Nov 09, 2022

Vaccine Hesitancy

Start	Title Subtitle	Distrib	Stereo	Сар	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				
Char	nges in education and the effects of the pandemic have increased anxiety, depression, nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e 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				
	over how the auto-pilot biases we all experience fuel our nation's divisions, see how au come them.	thoritarians c	an hack then	n and find	out hov	w to				
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				
that f stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more that gering, but people still struggle every day to drop the pounds. Everyone has different respisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to h	nealth is					
20:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H				
	erstand the importance of persuading the public to protect themselves during health cris ncing and grassroots campaigning all play important roles in helping to shift behavior a	•		ndwashir	ıg, socia	al				
21:00:00	Human Fuel	PBS	(S)	(CC)	N/A	#103H				
	ugh the worlds of a religious faster, an ultra-marathon runner, a farmer and a young gir an gut, which processes the fuel our bodies need to keep going.	l beating alle	rgies, go dee	p into the	world o	of the				
22:00:00 Disco	Hacking Your Mind Us Vs. Them over how the auto-pilot biases we all experience fuel our nation's divisions, see how au	PBS thoritarians c	(S) an hack then	(CC)	N/A out how	#103H w to				
	come 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	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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Thu, Nov 10, 2022

Title

	litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of to	an in-depth descr thcare digital ser	iption of the vices including	different s	ervices	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United State or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and homen every year. That's more than all cancers combined. But 80% of cardiac and stee of heart disease in women and how we can lower cardiac risk and death.	eart disease and	stroke comb	ined caus	e the de	eath of 1 in
01:00:00	Brain Health #1373 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1373H
Men	nory, Learning, Concentration.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the critical areas of woretes.	rk is to stop pre-d	iabetes from	turning in	ito full-fl	edged
03:00:00	Primary Care (Get Healthy)	SFPBS	(S)	(CC)	N/A	#903H
Bas	c primary care to improve every aspect of your health. Focus: Dr. Sharma, Jody Pe our primary care office visit.	rez & Stephanie I	` ,	` ,		the most
04:00:00	Living Well (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1216H
Dr. I	isa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in M	ay.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of woretes.	rk is to stop pre-d	iabetes from	turning in	ito full-fl	edged
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1308H
while	r core consists of more than just your abs - it includes your back, sides, and entire ne helping you to do any physical activities efficiently and without injury. In this intermer core.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#417H
	Rise and Shine!					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#206H
rem	Anchorage - Cocoa Beach ode #206 THE ANCHORAGE - COCOA BEACH The team flips its first condominiun oved, and a new permeable patio was created, surrounded by native plants, welcome as a community hangout for residents to relax in nature and observe all the newly	ning butterflies an	nd birds. This			
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

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Thu, Nov 10, 2022

14:00:00

Sex Talk with Dr. Lia

Focus: Chiropractic care, certifications, PPD

Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 08:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. 09:00:00 Finding Hope: **SFPBS** (S) (CC) N/A #101H Preventing Disease and Staying Healthy Town Hall 10:00:00 APTFX (CC) Second Opinion with Joan Lunden (S) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 11:00:00 Innovations In Medicine **NETA** (S) (CC) N/A #504H Addiction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Medical Cannabis. 11:30:00 Hope Is Here NETA (CC) #106H (S) N/A 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 devasting news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer. 12:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #104H 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 12:30:00 Medical Frontiers (S) (CC) N/A #105H 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 Al-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% foods that are beneficial for gut health and explain how they should be eaten.

accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese

**PBS** 13:00:00 Hacking Your Mind (S) (CC) N/A #103H 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.

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)

N/A

(CC)

#114H

14:30:00 **SFPBS** Health Insiders (S) (CC) N/A #1106H

15:00:00 **SFPBS** (CC) N/A #1101H Smartlife (S)

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

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Thu, Nov						
Start	Title Subtitle	Distrib	Stereo	Сар	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
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understandi ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and	•		,		
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	NPS	(S)	(CC)	N/A	#104H
	Behavior erstand the importance of persuading the public to protect themselves during health crincing and grassroots campaigning all play important roles in helping to shift behavior a			andwashir	ng, socia	ıl
18:00:00	Human Fuel	PBS	(S)	(CC)	N/A	#103H
	ough the worlds of a religious faster, an ultra-marathon runner, a farmer and a young given an gut, which processes the fuel our bodies need to keep going.	rl beating alle	rgies, go dee	ep into the	world o	f the
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
relat	Caregiving: The Sandwich Generation  281 the term "sandwich generation" was coined to describe a group of Americans who ives at the same time. Today, millions of families are facing the dual challenge of sand naving children later. This episode focuses on these caregivers.					
20:00:00	Trauma to Triumph - The Rise of the Entrepreneur	NETA	(S)	(CC)	N/A	#102H
spiri	Women Entrepreneurs verse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, t of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's cepreneurship.					
21:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	erstand the importance of persuading the public to protect themselves during health crining and grassroots campaigning all play important roles in helping to shift behavior a			andwashir	ng, socia	ıl
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
We Lia.	discuss how new parents can fuel their love life. Plus, ways to get more creative during	foreplay. The	ese topics an	d more or	n Sex Ta	ılk with Dr.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1106H
Foci	us: Chiropractic care, certifications, PPD					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	B " " 10 14 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1					

Dealing with Mental Health Issues In Children

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Thu, Nov 10, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 01:00:00 Sports Medicine #1217 (Sports Exercise Update) **SFPBS** (S) (CC) N/A #1217H Dr. Papp and Jerome Turner discuss cutting-edge treatment and prevention of injuries related to sports and exercise for physical health and fitness. 02:00:00 **SEPRS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 03:00:00 Heart Health (Dialysis Care) **SFPBS** (S) (CC) N/A #904H 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. 04:00:00 Staying Healthy #1022 (Reducing Stress at Work) **SFPBS** (S) (CC) N/A #1022H Focus: Teba Orueta discusses methods to help reduce stress in the workplace. 05:00:00 **SFPBS** (CC) N/A #0H All Health Go (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1807H (S) 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.

06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1309H

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.

06:30:00 **APTEX** (S) Wai Lana Yoga (CC) N/A #418H Agnisar Kriya 07:00:00 P.O.W.: Passing On Wisdom **NFTA** (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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Fri, Nov 11, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #1002H Episode 2 Sister Frances finds herself in a tricky situation when a pregnant woman confides in her. Trixie is troubled by her sudden admittance to the Lady Emily. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling block. 09:00:00 Extra Life: A Short History of Living Longer **NPS** (S) (CC) N/A #104H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 11:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #206H 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. 11:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #105H 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 Al-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 **PBS** (S) (CC) N/A #1002H Episode 2 Sister Frances finds herself in a tricky situation when a pregnant woman confides in her. Trixie is troubled by her sudden admittance to the Lady Emily. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a stumbling block.

13:00:00 Call The Midwife **PBS** (CC) (S) N/A #1003H 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.

14:00:00 **SFPBS** Health Insiders (S) (CC) N/A #1107H Focus: Running, autoimmune disease, addiction **SFPBS** 14:30:00 Health Insiders (S) (CC) N/A #1108H Focus: Blue zone, autism, chiropractic care #1201H 15:00:00 **SFPBS** Smartlife (S) (CC) N/A 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

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Fri, Nov 11, 2022

23:30:00

Second Opinion with Joan Lunden

Brain Health

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
	cus: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Seles Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5.				Ask the	e Experts,
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	NETA	(S)	(CC)	N/A	#0H
and Nav rec	tnam Prisoners of War recall their experiences and the inspirational story d gratitude afterwards. In their reflections can be seen the humanity that b val Academy's principles of leadership and camaraderie helped guide the ent Naval Academy Midshipmen who are facing the COVID pandemic and rauma and post-traumatic growth, of communication and disinformation, or	elies the unfathomable circu m through the darkness. The d applying those same found	mstances the eir stories are dational value	ey survive e juxtapos es to their	ed, and hed with	now the those of
18:00:00	Hacking Your Mind Us Vs. Them	PBS	(S)	(CC)	N/A	#103H
	cover how the auto-pilot biases we all experience fuel our nation's division ercome them.	ns, see how authoritarians c	an hack then	n and find	out hov	v to
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	APTEX	(S)	(CC)	N/A	#1707H
nev	xiety is the most common mental-health disorder in the United States, affe w research, millennials have become the most anxious generation in histo n be treated.					
20:00:00	Extra Life: A Short History of Living Longer Behavior	NPS	(S)	(CC)	N/A	#104H
	derstand the importance of persuading the public to protect themselves ditancing and grassroots campaigning all play important roles in helping to			ındwashin	g, socia	l
21:00:00	Human Fuel	PBS	(S)	(CC)	N/A	#103H
	rough the worlds of a religious faster, an ultra-marathon runner, a farmer aman gut, which processes the fuel our bodies need to keep going.	and a young girl beating aller	gies, go dee	p into the	world o	f the
22:00:00	Hacking Your Mind Us Vs. Them	PBS	(S)	(CC)	N/A	#103H
	cover how the auto-pilot biases we all experience fuel our nation's division ercome them.	ns, see how authoritarians ca	an hack then	n and find	out how	v to
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
22.20.00	Second Oninion with Joan Lundon	ADTEV	<b>(C)</b>	(CC)	NI/A	#1010L

it

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

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 154 of 353

Sat, Nov 12, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse." 01:00:00 Plastic/Cosm Surgery (Social Media Issues) **SFPBS** (S) (CC) N/A #1220H Dr. Daniel Careaga and Reana Myers discuss Instagram and Cosmetic Surgery. Focus: Reality expectations in the world of cosmetic surgery. 02:00:00 All Health Go SEPRS (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback. **SFPBS** (CC) 03:00:00 Health Trends #905 (Lifestyle Update) (S) N/A #905H 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. 04:00:00 Emergency Medicine (Hurricane-Ready Medicine) **SFPBS** (S) (CC) #1221H N/A Dr. Joseph Scott discusses hurricane preparedness in the ER. Focus: Safety and readiness tips for this hurricane season. 05:00:00 **SFPBS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback 06:00:00 **PBS** DVI Alma's Way (S) (CC) #131H

Community Campout/Leaf It to Alma 06:30:00 Scigirls **PBSPL** (S) (CC) N/A #403 Escuadron Espacial | Space Squad 07:00:00 Wild Kratts **PBS** (S) (CC) N/A #124H

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.

Sat, Nov 12, 2022

Sat, Nov						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer		. ,	, ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3101H
	Segment 1					
In ke shov	eeping with the Health Channel's spirit of innovative programming, Vida v (with English subtitles) featuring groundbreaking medical breakthroug	y Salud is a fast-paced, fun a hs that help families find solu	and informations to diffic	ve Spanis ult health	h-langu problem	age health
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3102H
	Segment 2					
08:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3103H
	Segment 3					
08:36:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3104H
	Segment 4					
08:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3105H
	Segment 5					
08:58:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3106H
	Segment 6					
09:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107H
	Segment 7					
09:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H
	Segment 8					
09:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109H
	Segment 9					
09:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3301H
ln ka	Segment 1 septing with the Health Channel's spirit of innovative programming, Vida	v Salud is a fast passed fun	and information	vo Spanja	h langu	aga baalth
	v (with English subtitles) featuring groundbreaking medical breakthroug					
10:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3302H
	Segment 2					
10:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3303H
	Segment 3					
10:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3304H
	Segment 4					
10:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3305H
	Segment 5					
11:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3306H
	Segment 6					

Sat, Nov 12, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Start	Subtille	DISTIID	- Siereo	Сар	- 702	
11:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3307H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3308H
	Segment 8					
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3309H
	Segment 9	0 20	(0)	(00)		
11:46:00	Vida Y Salud	SFPBS	(6)	(CC)	N/A	#3310H
11.40.00	Segment 10	SFFBS	(S)	(CC)	IN/A	#331011
12:00:00	Trauma to Triumph - The Rise of the Entrepreneur	NETA	(S)	(CC)	N/A	#102H
spirit	Women Entrepreneurs verse group of women who experienced; Racism, Disease, Poverty, War, Child Abuse, of entrepreneurship. They demonstrate courage of rejecting victimhood to their life's classreneurship.					
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#103H
13.00.00	Us Vs. Them	1 00	(0)	(00)	14//-1	#10011
	over how the auto-pilot biases we all experience fuel our nation's divisions, see how aucome them.	thoritarians o	an hack then	n and find	out hov	v to
14:00:00	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 cal	n make your	sexy sweat s	session ev	en bette	er.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1101H
Focu	s: Stress, STI, chiropractic care					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
Focu	is: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jianr	a, RD 3. Hip I		` '		
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
	is: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choice				oarthritis	s- Ron
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Greatest Bond	PBSPL	(S)	(CC)	N/A	#0H

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.

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Sat, Nov 12, 2022

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:00:00 Hope Is Here **NETA** (S) (CC) N/A #106H 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 devasting news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer. 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #206H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #106H Keeping Bones Healthy & Strong 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1704H Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health. 20:00:00 NPS Extra Life: A Short History of Living Longer (S) (CC) N/A #104H 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. 21:00:00 Hacking Your Mind **PBS** (S) (CC) #103H N/A 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. 22:00:00 **SFPBS** (CC) N/A #113H

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** 22:30:00 Health Insiders (S) (CC) N/A #1101H Focus: Stress, STI, chiropractic care 23:00:00 (CC) Doctor Q & A **NETA** (S) N/A #106H Keeping Bones Healthy & Strong 23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1807H

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

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Sun, Nov 13, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1707H Anxietv Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it 01:00:00 Pain Management #1032 (Herniated Disks) SEPRS (S) (CC) N/A #1032H Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks. All Health Go 02:00:00 **SFPBS** (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) N/A #1805H 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. 03:00:00 Women's Health (Maternity Care) (S) (CC) N/A #907H Focus: Dr. Victoria Bedell, along with Dr. Sarah Bedell, and Dr. Joanna Bedell explore a wide variety of issues that affect women's health. 04:00:00 Spine & Back Care #1214 (Your Aching Back) **SFPBS** (S) (CC) N/A #1214H Dr. Brusovanik discusses spine and back conditions and how to treat them for a pain free life. 05:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. Second Opinion with Joan Lunden #1805H 05:30:00 **APTEX** (S) (CC) N/A 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. (CC) 06:00:00 **PBS** DVI #108H Alma's Way (S) Coqui Quest/Chalk The Block 06:30:00 **PBSPL** (CC) #404 (S) N/A Atletas Maravillosos| Awesome Athletes **PBS** #604H 07:00:00 Wild Kratts (S) (CC) N/A 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

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.

07:30:00 Doctor Q & A NETA (S) (CC) N/A #108H
All About Your Skin

08:00:00 Vida Y Salud SFPBS (S) (CC) N/A #3601H 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.

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Start	Title Subtitle	Distril	Stereo	Cap	AS2	Episode
08:14:00	Vida Y Salud Segment 2	SFPB	S (S)	(CC)	N/A	#3602H
08:27:00	Vida Y Salud Segment 3	SFPB:	S (S)	(CC)	N/A	#3603H
08:39:00	Vida Y Salud Segment 4	SFPB	S (S)	(CC)	N/A	#3604H
08:50:00	Vida Y Salud Segment 5	SFPB	S (S)	(CC)	N/A	#3605H
09:02:00	Vida Y Salud Segment 6	SFPB	S (S)	(CC)	N/A	#3606H
09:14:00	Vida Y Salud Segment 7	SFPB	S (S)	(CC)	N/A	#3607H
09:28:00	Vida Y Salud Segment 8	SFPB	S (S)	(CC)	N/A	#3608H
09:39:00	Vida Y Salud Segment 9	SFPB	S (S)	(CC)	N/A	#3609H
09:50:00	Vida Y Salud Segment 10	SFPB	S (S)	(CC)	N/A	#3610H
10:00:00	Vida Y Salud Segment 1	SFPB	S (S)	(CC)	N/A	#4301H
	eeping with the Health Channel's spirit of innovative programming, Vida y Sav (with English subtitles) featuring groundbreaking medical breakthroughs t					
10:11:00	Vida Y Salud Segment 2	SFPB	S (S)	(CC)	N/A	#4302H
10:23:00	Vida Y Salud Segment 3	SFPB:	S (S)	(CC)	N/A	#4303H
10:35:00	Vida Y Salud Segment 4	SFPB	S (S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPB	S (S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPB	S (S)	(CC)	N/A	#4306H
11:07:00	Vida Y Salud Segment 7	SFPB	S (S)	(CC)	N/A	#4307H
11:20:00	Vida Y Salud Segment 8	SFPB	S (S)	(CC)	N/A	#4308H

Sun, Nov 13, 2022

Date: 12/30/2022

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:31:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4309H
	Segment 9					
11:43:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1002H
	Episode 2 er Frances finds herself in a tricky situation when a pregnant woman confides in ly. Cyril helps an evicted family find shelter. Sister Julienne's new venture hits a		d by her sud	den admit	tance to	the Lady
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1003H
	Episode 3					
	emplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hith presents a series of challenges.	ilda and Dr. Turner ge	et involved w	rith a your	ng woma	n whose
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Foci	us: Swim safety, blue zones, addiction					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
Foci	us: Behavior changes, PPD, chiropractic care					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery		Factors for D	)iabetes -	Lois Ex	elbert, RN
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
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Unde ety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxie					
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
10.40.00	Situation	011 00	(0)	(00)	14//	# 1 TOO! 1
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others  COVID-19 virus has been the most concerning infection for more than two year ing fear and confusion in our communities. In COVID & Monkeypox: The Facts ard.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep		(-/	()	•	

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Sun, Nov 13, 2022

22:30:00

23:00:00

Health Insiders

Doctor Q & A

Focus: Chiropractic care, certifications, PPD

Getting A Good Night's Sleep

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. 20:00:00 APTEX DVI Soldier On: Life After Deployment (S) (CC) #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 PBSPI **Greatest Bond** (S) (CC) N/A #0H 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. 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.

23:30:00 Second Opinion with Joan Lunden

Vaccine Hesitancy

Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID

Vaccine 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.

**SFPBS** 

**NETA** 

(S)

(S)

(CC)

(CC)

N/A

N/A

#1106H

#107H

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Mon, Nov 14, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	Heart Disease In Women  t Disease is the leading cause of death and disability for women in the United States. Y  r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 in
01:00:00	Brain Health #1373 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1373H
Mem	ory, Learning, Concentration.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is	to stop pre-d	liabetes from	turning ir	nto full-fl	edged
03:00:00	Primary Care (Get Healthy)	SFPBS	(S)	(CC)	N/A	#903H
	c primary care to improve every aspect of your health. Focus: Dr. Sharma, Jody Perez of ur primary care office visit.	& Stephanie	Delgado disc	cuss how	to make	the most
04:00:00	Living Well (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1216H
Dr. L	isa Corsa discusses stroke rehabilitation in honor of Stroke Awareness month in May.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	s of, and morbidity from, diabetes continues to rise. One of the critical areas of work is stes.	to stop pre-d	liabetes from	turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1310H
provi	y the beautiful Bermuda coastline in this advanced workout designed to strengthen the de stability to our entire body during walking, running, or any activity! In this all-standing l-body strengthening & stretching exercises to give you strong, healthy hips.					
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	PBS	(S)	(CC)	N/A	#1003H
Λ	mplicated programs, leads the Nannetus team on a noth of discovery. Sister Hilds and	Dr. Turner a	ot involved	ith a vaur		

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.

Mon, Nov 14, 2022

15:46:00

Smartlife

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall		(-)	()		
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
	Brain Health					
wa	e number of Americans living with Alzheimer's is growing. So many Americans are increa sys they can prevent developing memory issues of any kind. There is a promising body of sking at what we can do to keep our brain healthy.	singly interes evidence, and	ted in their b d medical ce	rain healtl nters arou	h and lo und the	oking for country
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
an se Ne	across America, there are large and persistent racial differences in health and accessing d die sooner than white people. Compared with whites, members of racial and ethnic minurvices and often receive lower-quality care. Addressing health disparities is increasingly in over has the disparity in access to healthcare become more obvious than with the pandem parities that exist in health and healthcare in the U.S.	orities are les nportant as ou	s likely to rec ur population	eive prev	entive h	nealth diverse.
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
en ac	olon cancer is the second deadliest cancer in the US. Early detection is important but finding doscopes have been developed in Japan to tackle the problem. One can judge a lesion's curacy. The other indicates lesions during an exam, even indistinct ones, like a car navigated that are beneficial for gut health and explain how they should be eaten.	malignancy ir	n 0.4 second	with almo	ost 1009	6
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to we	cidents at medical institutions can sometimes put patients' lives at risk. The Nagoya Unive ensure medical safety. Everyone who works there, from medical professionals to administively, and each is examined to determine the cause, with information disclosed to patients. uipment. The system is based on Kaizen, a core principle of Toyota Motor.	trative staff, c	an report inc	idents. Th	nere are	250 a
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1003H
	Episode 3					
	complicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and alth presents a series of challenges.	Dr. Turner ge	t involved wi	th a youn	g woma	n whose
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
	Episode 4					
	July 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrivarrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	al of four new	pupil midwiv	es. One o	of them,	Nancy
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1109H
Fo	cus: Arthritis exercise, functional medicine, depression					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H
Fo	cus: Caregiving, bladder pain syndrome, drunk driving					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	cus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, D na Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abrahar				ne Heal	th Care,
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
		-	` '	/		

SFPBS

(S)

(CC) N/A #1304H

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Mon, Nov 14, 2022 Title Subtitle Distrib Stereo Cap AS2 Start Episode 15:59:00 Smartlife **SEPRS** (S) (CC) N/A #1305H Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli **SFPBS** 16:14:00 Smartlife (S) (CC) N/A #1306H 16:28:00 Smartlife **SFPBS** (CC) #1307H (S) N/A 16:46:00 Smartlife **SFPBS** (S) (CC) N/A #1308H 17:00:00 Trauma to Triumph - The Rise of the Entrepreneur **NETA** (S) (CC) N/A #102H 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. 18:00:00 Hacking Your Mind **PBS** (S) (CC) N/A #104H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 20:00:00 **PBS** Amazing Human Body (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. PBS 21:00:00 Human (S) (CC) N/A #104H 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. 22:00:00 Hacking Your Mind **PBS** (S) (CC) N/A #104H 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.

23:00:00 Doctor Q & A **NFTA** (S) (CC) N/A #111H Heart Attacks and Strokes 23:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1702H Racial Disparities In Health

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

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Tue, Nov 15, 2022

Title

Stomach Pain, Reflux Disease and Ibs

	Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
C	00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	the	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	rices includir	ng telemed		included ir
C	00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
		Post-Acute Covid-19 Syndrome (Pacs)					
		ve continue to track "long-haulers," we are learning more about the long-term heal c-COVID symptoms.	th effects of the peo	ople who are	suffering	from de	bilitating
C	01:00:00	Mental Health (Mental Health Update)	SFPBS	(S)	(CC)	N/A	#1222H
	Card	ol Caraballo and Lt. Patrick Calvo discuss the Miami Police Mental Health Collabor	ration with SFBHN	and their co	mmunity ir	nvolvem	ent.
C	2:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	This	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	ption of the	different s	ervices	included ir
C	2:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
		Alopecia Areata					
		pecia areata is a common autoimmune disorder that often results in unpredictable les and is one of the most requested topics from viewers every year.	hair loss. It affects r	oughly 6.8 r	nillion pec	ople in th	ne United
C	03:00:00	Heart Health (Dialysis Care)	SFPBS	(S)	(CC)	N/A	#904H
		Ith is where the heart is. Practical information that can lead to a long healthy life. Fess for patient care.	Focus: Dr. George I	Mueller disc	usses adv	ances ir	n dialysis
C	04:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224H
	Find	out the latest trends that contribute to a healthy life.					
C	05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	the	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	rices includir	ng telemed		included ir
C	5:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
		becia areata is a common autoimmune disorder that often results in unpredictable les and is one of the most requested topics from viewers every year.	hair loss. It affects r	oughly 6.8 r	nillion pec	ople in th	ne United
C	06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1311H
	desi	body strength and flexibility is vital in maintaining your balance, mobility, and stayi gned to challenge and improve your balance by strengthening your core and full b ding & barre workout!					
C	06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#420H
		Shrug Off Shoulder Tension					
C	)7:00:00	Happy Yoga with Sarah Starr Sunlit Woods	NETA	(S)	(CC)	N/A	#409H
	incre	w the peaceful sunlit woods to renew your energy as we focus on a modified yoga ease mobility in the shoulders and gentle moves to lengthen the spine in a full rangingth and flexibility in the lower body.					
C	7:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H

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Tue, Nov	15, 2022						
		Title					
Start		Subtitle	Distrib	Stereo	Cap	AS2	Episod
08:00:00	Amazing Human Body Grow		PBS	(S)	(CC)	N/A	#101
	n how humans begin life as a single co overies that can help humans live long		, grow into beings of mo	re than 37 trilli	on cells. F	Plus, exp	lore new
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		APTEX	(S)	(CC)	N/A	#1702H
and serv Neve	cross America, there are large and per die sooner than white people. Compar ces and often receive lower-quality ca er has the disparity in access to health arities that exist in health and healthca	red with whites, members of racial a are. Addressing health disparities is acare become more obvious than wi	nd ethnic minorities are increasingly important as	less likely to re s our populatio	eceive pre in become	ventive les more	nealth diverse.
10:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1703F
	Alzheimer's: A Public Health Crisis						
cost	r word, globally the number of people to our healthcare system, it takes an easses Alzheimer's Disease from a care  Innovations In Medicine	emotional toll on families as they car	re for their loved ones, w				
Braiı	Neurosurgery, Hair Loss Treatments	, Managing Anxiety, New Bunion Si	urgery, Chicken Pox, Str	ess-Free Retir	ement.		
44.20.00	Hana la Hana		NETA	(0)	(00)	NI/A	#40411
11:30:00	Hope Is Here Bonnie J. Addario		NETA	(S)	(CC)	N/A	#101H
also ever	ge 56, Bonnie was a wife, mother, gran became one of the millions facing a 10 tually found a thoracic surgeon willing a 14-hour surgery, multiple rounds of	6% survival rate. Her initial prognos to help, telling him, "If I am going to	is was grim. Most doctor die from this disease, I	s provided little don't want it to	e hope, bu be becau	ut Bonnie	9
12:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#105H
endo accu	Detecting Cancer with Ai n cancer is the second deadliest canc scopes have been developed in Japa racy. The other indicates lesions durir s that are beneficial for gut health and	n to tackle the problem. One can ju- ng an exam, even indistinct ones, lik	dge a lesion's malignanc	y in 0.4 secon	d with alm	ost 100°	%
12:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety	<del>.</del>					
to er wee	ents at medical institutions can somet isure medical safety. Everyone who w c, and each is examined to determine oment. The system is based on Kaizer	orks there, from medical profession the cause, with information disclose	als to administrative staf	f, can report in	cidents. T	here are	250 a
13:00:00	Hacking Your Mind		PBS	(S)	(CC)	N/A	#104H
	The Wings of Angels						
	out why hacking for good may be the the lives of your family and friends.	most important scientific discovery	of this century, and learn	how to hack y	our mind	to impro	ve your l

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.

(CC) N/A #114H

N/A #1111H

(CC)

**SFPBS** 

**SFPBS** 

(S)

(S)

14:30:00 Health Insiders

Focus: Autism, exercising, personality profiles

Sex Talk with Dr. Lia

14:00:00

Lia.

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Title

Tue, Nov 15, 2022

22:00:00

Sex Talk with Dr. Lia

Start Subtitle Distrib Stereo Cap AS2 Episode 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 **SFPBS** Smartlife (S) (CC) N/A #1402H 15:33:00 Smartlife **SFPBS** (CC) #1403H (S) N/A 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** (CC) N/A #1406H (S) 16:26:00 Smartlife **SFPBS** (S) (CC) N/A #1407H **SFPBS** 16:48:00 Smartlife (S) (CC) N/A #1408H 17:00:00 **APTEX** Your Health: A Sacred Matter (S) (CC) N/A #101 18:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #207H 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. 18:30:00 Hope Is Here **NETA** (S) (CC) N/A #101H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #102H Caring for Your Back 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 20:00:00 Soldier On: Life After Deployment **APTEX** DVI (S) (CC) #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 **SFPBS** Finding Hope: (S) (CC) N/A #101H Preventing Disease and Staying Healthy Town Hall

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)

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N/A

#114H

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Tue, Nov 15, 2022

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1111H
Focu	s: Autism, exercising, personality profiles					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					

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

Distrib

Stereo

Cap

AS<sub>2</sub>

Episode

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Wed, Nov 16, 2022

Start

Title Subtitle

00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #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. 01:00:00 Primary Care #1225 (Medical Marijuana Update) **SFPBS** (S) (CC) N/A #1225H Dr. Sol Harari discusses medical marijuana and anxiety. **SFPBS** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 APTEX Second Opinion with Joan Lunden (S) (CC) N/A #1810H Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy. (CC) 03:00:00 Heart Health ( Heart Update) SEPRS N/A #909H Health is where the heart is. Focus: Dr. Yale Samole has some practical information that can lead to a long healthy life. 04:00:00 Health Trends #1068 (Teeth Issues) **SFPBS** (CC) N/A #1068H (S) 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. 05:00:00 **SEPRS** All Health Go (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1810H (S) 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. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1312H 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. 06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #421H Torso Twist Toes Touch 07:00:00 Medical Frontiers APTFX (S) #101H (CC) N/A 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.

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Wed, Nov 16, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 07:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #102H 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. 08:00:00 PBS Call The Midwife (S) (CC) N/A #1003H 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. Covid Lost and Learned 09:00:00 **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. **APTEX** 10.00.00 Second Opinion with Joan Lunden (S) (CC) N/A #1704H Millennial Health II Millennials were born between the years 1981 and 1996. At 73 million, they are the largest, most educated, and most connected generation ever. They make up the greatest percentage of the population and the labor force. They are also the least healthy generation in recent times and they are experiencing declining health faster than any other recent generation before them. How their health plays out in the years ahead will determine the overall health of America. This episode discusses the issue of Millennial Health. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. 11:00:00 Conscious Living **NETA** (S) (CC) N/A #207H Miraval Magic In Arizona 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. **SFPBS** 11:30:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #207H 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. **PBS** 12:00:00 Call The Midwife (S) (CC) N/A #1003H 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. 13:00:00 **PBS** Call The Midwife (S) (CC) N/A #1004H 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

14:00:00 **SFPBS** Health Insiders (S) (CC) N/A #1114H Focus: Autism, brain cancer, skin care

**SFPBS** 14:30:00 Health Insiders (S) (CC) N/A #1115H

Focus: Chronic disease, knee replacement, mental crisis

Corrigan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.

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Wed, Nov 16, 2022

Title Start Subtitle Distrib Stereo Cap AS2 Episode 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #1501H Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo 15:14:00 Smartlife **SFPBS** (S) (CC) N/A #1502H 15:32:00 Smartlife **SFPBS** (CC) N/A #1503H (S) 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 Castrellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor 16:12:00 Smartlife **SFPBS** (S) (CC) N/A #1506H 16:23:00 Smartlife **SEPRS** (CC) N/A (S) #1507H 16:37:00 Smartlife **SFPBS** (CC) N/A #1508H (S) 17:00:00 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. 18:00:00 Hacking Your Mind PBS (S) (CC) N/A #104H 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. 19:00:00 Doctor Q & A **NETA** (CC) #103H (S) N/A Alzheimer's Disease: Hope for the Future **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) #1710H N/A 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.' 20:00:00 Amazing Human Body **PBS** (S) (CC) N/A #101 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. (S) 21:00:00 Human **PBS** (CC) N/A #104H 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. 22:00:00 **PBS** Hacking Your Mind (S) (CC) N/A #104H 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.

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

Thu, Nov 17, 2022

Title

Ctort	I III <del>U</del>	Dietrik	Ctoroo	Can	400	Colondo
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancements and effective and can drastically increase the life expectancy of the patient.	is a very com	mon procedu	re. This p	rocedur	e is 94-
01:00:00	Primary Care #1227 (Smoking Issues)	SFPBS	(S)	(CC)	N/A	#1227H
Dr	Javier Perez-Fernandez discusses the dangers of tobacco and smoking on World No	Tobacco Day.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	ription of the vices includir	different s		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Nev	icross America, there are large and persistent racial differences in health and accessir die sooner than white people. Compared with whites, members of racial and ethnic mices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pandarities that exist in health and healthcare in the U.S.	inorities are les important as o	ss likely to re our population	ceive prev n become	ventive I s more	health diverse.
03:00:00	Healthy Living (Flu Season Tips)	SFPBS	(S)	(CC)	N/A	#910H
	lical experts share the essential factors of a healthy lifestyle. Focus: Henry Guzman ar is you can take to minimize exposure and protect your family during flu season.	nd Barbara Ru	ssell discuss	infection	control a	and the
04:00:00	Health Trends #1082 (Hookah Warnings)	SFPBS	(S)	(CC)	N/A	#1082H
Foci	us: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and ge	neral hookah s	studies.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Nev	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic moving and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the panda arities that exist in health and healthcare in the U.S.	inorities are les important as c	ss likely to re our population	ceive prev n become	ventive I s more	health diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1313H
med	ntaining full body strength & flexibility is vital to feeling energetic and youthful, no matte lium paced standing workout will activate your mitochondrial powerhouses; responsible feeling young!					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#422H
	Legs Up					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
	Turner Family - Marathon					
Epis	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys t	urning a once	overgrown. d	lisorganize	ed back	vard into a

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.

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116. 12/30/	10/01/2022 - 12/31/2022			ı aye	17-01	555
Thu, Nov						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		( )	,		
08:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	n how humans begin life as a single cell and, over the course of a lifetime, grow into bei overies that can help humans live longer, healthier lives.	ngs of more	than 37 trillio	on cells. P	lus, exp	lore new
09:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
0:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	81 the term "sandwich generation" was coined to describe a group of Americans who a ves at the same time. Today, millions of families are facing the dual challenge of sandwaving children later. This episode focuses on these caregivers.					
0:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly on- research, millennials have become the most anxious generation in history. This episode be treated.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#505H
Brair	n Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke	n Pox, Stres	s-Free Retire	ement.		
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#101H
	Bonnie J. Addario					
also ever	ge 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leade became one of the millions facing a 16% survival rate. Her initial prognosis was grim. M tually found a thoracic surgeon willing to help, telling him, "If I am going to die from this a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a s	lost doctors   disease, I do	provided little on't want it to	e hope, bu be becau	ıt Bonnie	Э
12:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
endo accu	n cancer is the second deadliest cancer in the US. Early detection is important but finding scopes have been developed in Japan to tackle the problem. One can judge a lesion's racy. The other indicates lesions during an exam, even indistinct ones, like a car navigate that are beneficial for gut health and explain how they should be eaten.	malignancy	in 0.4 second	d with alm	ost 100	%
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to er weel	ents at medical institutions can sometimes put patients' lives at risk. The Nagoya Unive sure medical safety. Everyone who works there, from medical professionals to administ c, and each is examined to determine the cause, with information disclosed to patients. oment. The system is based on Kaizen, a core principle of Toyota Motor.	trative staff,	can report in	cidents. T	here are	250 a
13:00:00	Hacking Your Mind The Wings of Angels	PBS	(S)	(CC)	N/A	#104H
	out why hacking for good may be the most important scientific discovery of this century the lives of your family and friends.	, and learn h	low to hack y	our mind	to impro	ove your life
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience		. ,	. ,		

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.

14:30:00 Health Insiders SFPBS (S) (CC) N/A #1116H

Focus: Skin care, mental health help, stroke

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Title Subtitle

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
						<u> </u>
Bea	Smartlife us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Stu triz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rio ructor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The vard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	Power of Mac	ca - Dr. Lia J	iannine 4.	. Dental	Myths - Dr.
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
Cha	Finding Hope-Town Hall  Mental Health Crisis In Teenagers & Young Adults  nges in education and the effects of the pandemic have increased anxiety, depression nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers te issues affecting our children and offer practical advice based on research.					
18:00:00	Human  Defend	PBS	(S)	(CC)	N/A	#104H
	k at a nature survivalist, rancher twins, a doctor who survived Ebola and the recipient of anced biology that keeps us alive against all odds.	or a cutting-ed	ge cancer the	erapy to u	ncover t	ne wildiy
19:00:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-term health ef -COVID symptoms.	fects of the pe	eople who are	e suffering	g from de	ebilitating
20:00:00	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
reac rela	OLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Te ljusting to civilian life after their post-9/11 military service. Once back in the United Stat tionships, alcohol and substance abuse, depression, health problems, military sexual to culties.	tes, the wome	n cope with the	he disinte	gration o	of their
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience at to do when stress is getting in the way of romance. And can CBD oil improve your look to women and their partners to help improve the sexual experience.	ve life? And a	woman's sex	xual healt	h coach	offers
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Foc	us: Skin care, mental health help, stroke					

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Thu, Nov 17, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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.

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Fri, Nov 18, 2022

Title Start Subtitle Distrib Stereo Cap 00:00:00 All Health Go **SFPBS** (S) (CC)

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

00:30:00 Second Opinion with Joan Lunden **APTFX** 

(S) (CC)

N/A #1804H

Episode

#0H

AS<sub>2</sub>

N/A

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.

01:00:00 Healthy Living #1230 (Diabetes and Health) SEPRS

(CC)

(CC)

(CC)

N/A #1230H

Henry Guzman and Lois Exelbert discuss National Senior Health and Fitness Day. Focus: Diabetes in seniors.

02:00:00 All Health Go **SFPBS** 

(S)

(S)

N/A #0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

02:30:00 Second Opinion with Joan Lunden APTEX

(S)

N/A

#1703H

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

03:00:00 Heart Health (Technology Update)

**SFPBS** 

(CC)

N/A #911H

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.

04:00:00 Mental Health #1085 (Alcohol Awareness) **SFPBS** 

(S)

#1085H

(CC) N/A

Focus: Dan Simmons discusses alcohol addiction in honor of Alcohol Awareness Month in April.

discusses Alzheimer's Disease from a caregiver and a public health perspective.

05:00:00 All Health Go **SFPBS** 

(S)

(CC) N/A #0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

05:30:00 Second Opinion with Joan Lunden **APTEX** 

(S)

N/A #1703H

Alzheimer's: A Public Health Crisis Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's strikes fear in aging Americans more than any

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

06:00:00 Classical Stretch: By Essentrics **APTEX** 

(CC)

(CC)

N/A #1314H

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.

06:30:00 Wai Lana Yoga **APTFX** 

(CC)

#423H N/A

Cut Abs with Scissors

(S)

(S)

N/A #0H

07:00:00 Covid Lost and Learned **NETA** 

(CC)

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.

Fri, Nov 18, 2022

Title

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Start	Subline	DISTID	Siereo	Сар	<u> </u>	<u> </u>
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1003H
	Episode 3					
	implicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and th presents a series of challenges.	Dr. Turner g	et involved w	ith a youn	ig woma	an whose
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution					
20 n oper	university hospital in Tokyo is a globally-unique operating room called the Hyper SCOT nedical devices are integrated in real time and shown on a monitor during surgery. It han ning 2 years ago. Doctors outside the operating room can see the monitor and give the arately, another university is using virtual reality to help students learn.	s been used	for difficult br	ain tumor	surgeri	es since
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#102H
	Aromas' Surprising Healing Powers					
with fluid	look at the effects of aromatherapy in 3 types of clinical care. After smelling an essentia drawn was livelier and began to talk more. A girl with extreme sensitivity to sound happ in his abdomen and pain felt better, regained his appetite and began to sleep well. We ogy and brain science to find out why aromas have such effects.	ily took off he	r earmuffs. A	terminal	cancer <sub>l</sub>	patient with
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United States. Nor women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 in
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	sinson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to extend of Parkinson's Disease, and the search for a cure.	etimes startin	ig with a bare	ely noticea	ble tren	nor in just
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
	Turner Family - Marathon					
func	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys tu tional shade hammock. Tips are also shared on how to help protect Florida's greatest a upplement irrigation systems.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to er wee	dents at medical institutions can sometimes put patients' lives at risk. The Nagoya Univensure medical safety. Everyone who works there, from medical professionals to administ, and each is examined to determine the cause, with information disclosed to patients. pment. The system is based on Kaizen, a core principle of Toyota Motor.	strative staff,	can report ind	cidents. Tl	nerė are	250 a
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1003H
	Episode 3					
	implicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and th presents a series of challenges.	Dr. Turner g	et involved w	rith a youn	g woma	an whose
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
	Episode 4 luly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrivingan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	al of four nev	v pupil midwi	ves. One	of them	, Nancy
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
Foci	us: Stroke, teens and mental health, bladder pain syndrome					

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Fri, Nov 18, 2022

Title Cap Subtitle Distrib Stereo AS<sub>2</sub> Start Episode 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1055H Focus: The flu, What causes Scoliosis, Exercise and arthritis 15:00:00 **SFPBS** (S) (CC) N/A #1701H Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman **SFPBS** 15:15:00 Smartlife (CC) #1702H (S) N/A 15:33:00 Smartlife **SFPBS** (CC) #1703H (S) N/A **SFPBS** 15:47:00 Smartlife (S) (CC) N/A #1704H 16:00:00 Smartlife **SFPBS** (CC) N/A #1705H (S) 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** 16:13:00 Smartlife (CC) N/A #1706H (S) 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 **APTEX** DVI #0H (S) (CC) 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. 18:00:00 **PBS** Hacking Your Mind (S) (CC) N/A #104H 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. 19:00:00 Doctor Q & A **NFTA** (S) #106H (CC) N/A Keeping Bones Healthy & Strong 19:30:00 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. 20:00:00 **PBS** Amazing Human Body (S) (CC) N/A #101 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. 21:00:00 **PBS** (S) Human (CC) N/A #104H 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.

22:00:00 Hacking Your Mind **PBS** (S)

The Wings of Angels

#104H (CC) N/A

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.

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Fri, Nov 18, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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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Sat, Nov 19, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1805H 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. **SFPBS** 01:00:00 Pain Management #1172 (Chronic Pain Help) (S) (CC) N/A #1172H Learn from the experts about approaches for controlling chronic pain to improve quality of life. 02:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** #1704H (S) (CC) N/A 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. 03:00:00 Pain Management #1032 (Herniated Disks) **SFPBS** (CC) N/A #1032H Learn from the experts about approaches for controlling chronic pain to improve quality of life. Focus: Dr. Jose Mena & Dr. Gottlieb discuss herniated disks. 04:00:00 **SFPBS** (CC) Staying Healthy #1159 (Diabetic Nerve Damage) (S) N/A #1159H

Focus: Dr. Kyle Kinmon discusses peripheral neuropathy in support of National Neuropathy Awareness Week in May.

determine the overall health of America. This episode discusses the issue of Millennial Health.

05:00:00 All Health Go **SEPRS** 

#0H N/A

(CC)

(CC)

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

05:30:00 Second Opinion with Joan Lunden Millennial Health II

**APTEX** 

(S)

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

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	PBS	(S)	(CC)	N/A	#121H

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!

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Sat, Nov 19, 2022

Sat, NOV	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs		, ,			
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3601H
	Segment 1					
	eeping with the Health Channel's spirit of innovative programm w (with English subtitles) featuring groundbreaking medical bre					
08:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3602H
	Segment 2					
08:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3603H
	Segment 3					
08:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3604H
	Segment 4					
08:50:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3605H
	Segment 5					
09:02:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3606H
	Segment 6					
09:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3607H
	Segment 7					
09:28:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3608H
	Segment 8					
09:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3609H
	Segment 9					
09:50:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3610H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4301H
In ke	Segment 1 eeping with the Health Channel's spirit of innovative programm	ning, Vida y Salud is a fast-paced, fun	and informati	ve Spanisł	n-langu	age health
shov	w (with English subtitles) featuring groundbreaking medical bre	eakthroughs that help families find solu	utions to diffic	ult health p	oroblem	is.
10:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4302H
	Segment 2					
10:23:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4303H
	Segment 3					
10:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4304H
	Segment 4					
10:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4305H
	Segment 5					
10:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4306H
	Segment 6					

Sat, Nov 19, 2022

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:07:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4307H
	Segment 7					
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4308H
	Segment 8		. ,	( )		
11:31:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4309H
11.31.00	Segment 9	SIFBS	(3)	(00)	IN/A	#430911
11:43:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10					
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Char	nges in education and the effects of the pandemic have increased anxiety, depression, nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e issues affecting our children and offer practical advice based on research.	and post-trau & Young Adu	ımatic stress Ilts Town Hal	in our you I, medical	uth. In the experts	ne Health tackle
13:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#104H
	The Wings of Angels					
	out why hacking for good may be the most important scientific discovery of this century the lives of your family and friends.	, and learn h	ow to hack y	our mind	to impro	ve your life
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
We o Lia.	discuss how new parents can fuel their love life. Plus, ways to get more creative during	foreplay. The	ese topics an	d more or	n Sex Ta	llk with Dr.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1111H
Focu	s: Autism, exercising, personality profiles					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	is: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeremy Tabak 3. Health ty for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure cooker), Amy Kimbo			` '	D 4. Ho	liday
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1402H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1404H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1405H
	is: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and Heart Disease, e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu Mathew, Chi Heale					
16:14:00	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

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Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#101H
	Bonnie J. Addario					
also even	ge 56, Bonnie was a wife, mother, grandmother, president of an oil company, and leade became one of the millions facing a 16% survival rate. Her initial prognosis was grim. It tually found a thoracic surgeon willing to help, telling him, "If I am going to die from this a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a	lost doctors p disease, I do	provided little on't want it to	hope, bu be becau	ıt Bonnie	е
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
	Turner Family - Marathon		` ,	` ,		
funct	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys tur ional shade hammock. Tips are also shared on how to help protect Florida's greatest a pplement irrigation systems.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back		, ,	, ,		
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one l	inson's Disease is the fastest growing neurological disorder in the world. It affects nearl six million people worldwide. The symptoms generally develop slowly over years, some nand. While tremors are common in Parkinson's, the disease progression is unique to ements of Parkinson's Disease, and the search for a cure.	etimes startin	g with a bare	ly noticea	able tren	nor in just
20:00:00	Soldier On: Life After Deployment	APTEX	(S)	(CC)	DVI	#0H
read <sub>.</sub> relati	DLDIER ON: LIFE AFTER DEPLOYMENT three women - Natasha Young, Amanda Tej iusting to civilian life after their post-9/11 military service. Once back in the United State onships, alcohol and substance abuse, depression, health problems, military sexual traulties.	s, the womer	n cope with the	ne disinte	gration o	of their
21:00:00	Hacking Your Mind	PBS	(S)	(CC)	N/A	#104H
	The Wings of Angels					
	out why hacking for good may be the most important scientific discovery of this century the lives of your family and friends.	, and learn h	ow to hack y	our mind	to impro	ove your life
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#114H
We o Lia.	liscuss how new parents can fuel their love life. Plus, ways to get more creative during	foreplay. The	se topics and	d more or	n Sex Ta	alk with Dr.
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1111H
Focu	s: Autism, exercising, personality profiles					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
_5.00.00	Caring for Your Back		(5)	(00)		
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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Sun, Nov 20, 2022

Title

A Plastic Surgeon Answers Your Questions

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from complications or high-income countries in the world. And behind these statistics lie startling racial dispatien of color.					
01:00:00	Mental Health (Mental Health Update)	SFPBS	(S)	(CC)	N/A	#1222H
Card	ol Caraballo and Lt. Patrick Calvo discuss the Miami Police Mental Health Collaboration	with SFBHN	and their co	mmunity i	nvolvem	nent.
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans are increa s they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy.					
03:00:00	Brain Health #913 (Aneurysm Info)	SFPBS	(S)	(CC)	N/A	#913H
	nory, Learning, Concentration. Focus: Dr. Italo Linfante discusses the cutting-edge endourysms.	vascular trea	atment of mu	Itiple com	plex bra	iin
04:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224H
Find	out the latest trends that contribute to a healthy life.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includii	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans are increass they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#136H
	Lost in the Bronx/New Neighbors					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#406H
	Asombrosos Arboles   Terrific Trees					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#603H
<b>=.</b> .	Spots in the Desert				_	5 ,
He s	s is in the middle of organizing his creature power discs when they get a call from Wild I says he has spotted an ocelot in his backyard. An ocelot in the desert? That's so rare, si ature Mission - to "spot" an ocelot in the desert.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plactic Surgeon Anguera Vous Questions					

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Sun, Nov 20, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
	peping with the Health Channel's spirit of innovative programming, Vida v (with English subtitles) featuring groundbreaking medical breakthrough					
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H
In ke show	eping with the Health Channel's spirit of innovative programming, Vida v (with English subtitles) featuring groundbreaking medical breakthroug	y Salud is a fast-paced, fun a hs that help families find solut	ind informative ions to difficult in the contraction in the contractio	ve Spanis ult health	h-langu problem	age health is.
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

Sun, Nov	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
12:00:00 A co	Call The Midwife Episode 3 mplicated pregnancy leads the Nonnatus team on a path of discovery. Sister Hilda and	PBS	(S)	(CC)	N/A	#1003H
	th presents a series of challenges.	Di. Tumer g	ot involved w	ilii a youi	ig wome	iii wiiosc
	Call The Midwife Episode 4  uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arrivingan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	PBS al of four nev	(S) v pupil midwi	(CC) ves. One	N/A of them	#1004H , Nancy
14:00:00 Focu	Health Insiders us: Autism, brain cancer, skin care	SFPBS	(S)	(CC)	N/A	#1114H
14:30:00 Focu	Health Insiders us: Chronic disease, knee replacement, mental crisis	SFPBS	(S)	(CC)	N/A	#1115H
Stab	Smartlife us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Cor le Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Fa alona					
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
Jose	Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. Jose Ne Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery Pricises 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	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.

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Sun, Nov 20, 2022

Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 18:00:00 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 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #103H Alzheimer's Disease: Hope for the Future 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The 20:00:00 (S) Covid Lost and Learned **NFTA** (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 **APTEX** N/A #101H Medical Frontiers (S) (CC) 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. 21:30:00 Medical Frontiers **APTEX** (CC) N/A (S) #102H 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 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.

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

22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #201H

Helping Women Improve The Sexual Experience

What to do when stress is getting in the way of romance. And can CBD oil improve your love life? And a woman's sexual health coach offers advice to women and their partners to help improve the sexual experience.

22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1116H Focus: Skin care, mental health help, stroke 23:00:00 Doctor Q & A **NETA** (CC) N/A #103H (S) Alzheimer's Disease: Hope for the Future 23:30:00 Second Opinion with Joan Lunden **APTEX** (CC) #1703H (S) N/A

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.

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Mon, Nov 21, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	a very comr	mon procedu	re. This p	rocedur	e is 94-
01:00:00	Primary Care #1225 (Medical Marijuana Update)	SFPBS	(S)	(CC)	N/A	#1225H
Dr. S	Sol Harari discusses medical marijuana and anxiety.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	across America, there are large and persistent racial differences in health and accessing I die sooner than white people. Compared with whites, members of racial and ethnic mino rices and often receive lower-quality care. Addressing health disparities is increasingly im er has the disparity in access to healthcare become more obvious than with the pandemi arities that exist in health and healthcare in the U.S.	rities are les portant as c	ss likely to re our population	ceive pre n become	ventive les more	nealth diverse.
03:00:00	Heart Health ( Heart Update)	SFPBS	(S)	(CC)	N/A	#909H
Hea	Ith is where the heart is. Focus: Dr. Yale Samole has some practical information that can	lead to a lo	ng healthy lif	fe.		
04:00:00	Health Trends #1068 (Teeth Issues)	SFPBS	(S)	(CC)	N/A	#1068H
	us: Dr. Leslie Haller discusses tongue -tie beyond infants to kids and adults. She also exp note healthier airways in kids without braces is important.	olains why e	arly interven	tion in ort	hodontic	es to
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcar sultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	Racial Disparities In Health across America, there are large and persistent racial differences in health and accessing I die sooner than white people. Compared with whites, members of racial and ethnic minorices and often receive lower-quality care. Addressing health disparities is increasingly im er has the disparity in access to healthcare become more obvious than with the pandemi arities that exist in health and healthcare in the U.S.	rities are les portant as c	ss likely to re our population	ceive pre n become	ventive les more	nealth diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1315H
This	r connective tissue surrounds every cell, tendon, muscle, and bone - it is the magical fibe is why keeping it lubricated, strong, flexible and healthy is so important to a balanced and ding, beginner workout you will liberate each and every layer of connective tissue. Allowi	d pain free	body. By wo	rking your	full bod	y in this all-
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#424H
	The Sacrum Rock					
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
	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.

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Mon, Nov 21, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 09:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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. 09:30:00 Medical Frontiers APTEX (S) (CC) N/A #104H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse." 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1801H 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. 11:00:00 Medical Frontiers APTEX (S) (CC) N/A #106H 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. 11:30:00 Medical Frontiers **APTEX** (CC) N/A (S) #107H 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. 12:00:00 Call The Midwife **PBS** (S) (CC) N/A #1004H 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. 13:00:00 PBS Call The Midwife (S) (CC) N/A #1005H 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.

Focus: Stress, burn first aid, emergency prep 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1001H Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers (cosmetic procedures)

**SFPBS** 

(S)

(CC)

N/A

#1131H

15:00:00 **SFPBS** #1801H Smartlife (CC) N/A

14:00:00

Health Insiders

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Ctart	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1802H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
5:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:54:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosi e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmeti rcises 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
		nood for onbancod boaltl	o communico	tion whor		
dise	erse fields of education, and stimulate critical discussions about the ongoing ease.  Death Is But A Dream				n facing	illness a
dise 18:00:00 In Bi com	,	NETA By asking a single question the process of dying. film	(S) on "Are you o	(CC) dreaming	n facing  N/A ?", they	illness ar #0 are
dise 8:00:00 In Bo com the o	Death Is But A Dream  fuffalo, New York a research team is studying the dreams of dying patients. In the pletely re framing the dying process. End of life experiences are intrinsic to	NETA By asking a single question the process of dying. film	(S) on "Are you o	(CC) dreaming	n facing  N/A ?", they	illness ar #0 are
dise 18:00:00 In B com	Death Is But A Dream  suffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep  Second Opinion with Joan Lunden	NETA By asking a single question the process of dying. film long.	(S) on "Are you o establishes	(CC) dreaming′ why dying	N/A N/A ?", they a	#0 are vant, wha
dise 18:00:00 In Bi com the o 19:00:00	Death Is But A Dream  fuffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep	NETA By asking a single question the process of dying. film long. NETA APTEX	(S) on "Are you of establishes  (S)	(CC) dreaming' why dying (CC)	n facing  N/A  ?", they is g is relev  N/A  N/A	#0 are /ant, wha #107H #1803H
dise 18:00:00 In Bi com the o 19:00:00 19:30:00	Death Is But A Dream  suffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep  Second Opinion with Joan Lunden Heart Valve Replacement  art valve replacement is an area in medicine which has made great advance of effective and can drastically increase the life expectancy of the patient.  Amazing Human Body	NETA By asking a single question the process of dying. film long. NETA APTEX	(S) on "Are you of establishes  (S)	(CC) dreaming' why dying (CC)	n facing  N/A  ?", they is g is relev  N/A  N/A	#0 are vant, wha #107H #1803H
dise 18:00:00 In Bi com the o 19:00:00 19:30:00 Hea 97% 20:00:00	Death Is But A Dream  suffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep  Second Opinion with Joan Lunden Heart Valve Replacement  art valve replacement is an area in medicine which has made great advance of effective and can drastically increase the life expectancy of the patient.  Amazing Human Body Survive  Evover the miracles the human body goes through every day to stay alive and content of the patient	NETA By asking a single questic the process of dying. film long.  NETA  APTEX  ments and is a very commoder.  PBS If healthy. From fighting in	(S) on "Are you of establishes  (S)  (S)  non procedu  (S)	(CC) dreaming/ why dying (CC) (CC) re. This p	n facing  N/A  ?", they is g is relevent to the content of the con	#0 are /ant, wha #107H #1803H e is 94- #102
dise 18:00:00  In Bi com the of 19:00:00  Hea 97% 20:00:00  Disc	Death Is But A Dream  suffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep  Second Opinion with Joan Lunden Heart Valve Replacement are a in medicine which has made great advanced of effective and can drastically increase the life expectancy of the patient.  Amazing Human Body Survive	NETA By asking a single questic the process of dying. film long.  NETA  APTEX  ments and is a very commoder.  PBS If healthy. From fighting in	(S) on "Are you of establishes  (S)  (S)  non procedu  (S)	(CC) dreaming/ why dying (CC) (CC) re. This p	n facing  N/A  ?", they is g is relevent to the content of the con	#0 are /ant, wha #107H #1803H e is 94- #102
dise 18:00:00 In Bi com the o 19:00:00 Hea 97% 20:00:00	Death Is But A Dream  suffalo, New York a research team is studying the dreams of dying patients. Inpletely re framing the dying process. End of life experiences are intrinsic to dying process really entails, and why dying has been misunderstood for so I Doctor Q & A  Getting A Good Night's Sleep  Second Opinion with Joan Lunden Heart Valve Replacement  art valve replacement is an area in medicine which has made great advances of effective and can drastically increase the life expectancy of the patient.  Amazing Human Body Survive  Evover the miracles the human body goes through every day to stay alive and lies have remarkable arsenals that allow survival against all kinds of outside	NETA By asking a single questic the process of dying. film long.  NETA  APTEX  ments and is a very commoder of the process of dying. From fighting in threats.	(S) on "Are you of establishes  (S)  (S)  non procedu  (S)  fections to re	(CC) dreaming why dying (CC) (CC) re. This p (CC) epairing da	n facing  N/A  ?", they is g is relevent to the content of the con	#0 are vant, wha #107H #1803H e is 94- #102 human

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.

#### 22:30:00 **Medical Frontiers**

**APTEX** 

(S)

N/A #104H

(CC)

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.

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Mon, Nov 21, 2022

Start	Subtitle	Distrib	Stereo	Сар	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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Tue, Nov 22, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 01:00:00 Living Well (Cancer Survivor Help) **SFPBS** (CC) N/A #1251H (S) Carla Araya & Joann Santiago-Charles discuss the various programs provided by MCl'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. 02:00:00 All Health Go **SEPRS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden (CC) N/A #1705H (S) 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. 03:00:00 Healthy Living (Flu Season Tips) **SEPRS** (S) (CC) N/A #910H 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. 04:00:00 All About Cancer #1252 (Surviving Cancer) **SFPBS** (S) (CC) N/A #1252H Dr. Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Rehabilitative treatments in support of National Cancer Survivors' Day. 05:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1705H Conquering Obesity Adult obesity is associated with a decrease in life expectancy for both men and women, as well as an increase in chronic disease. It is estimated that 163 million adults in the U.S. are overweight or obese - two thirds of men, and more than 60% of women. The damage to health is staggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and this episode discusses the challenges and solutions for sustained weight loss. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1316H 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.

Cannonball 07:00:00 Happy Yoga with Sarah Starr NETA (S) (CC) N/A #410H

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.

**APTEX** 

(CC)

(S)

N/A

#425H

07:30:00 **NETA** (S) #108H Doctor Q & A (CC) N/A

Wai Lana Yoga

06:30:00

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15:15:00

Smartlife

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall		(-)	()		
09:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from comer high-income countries in the world. And behind these statistics lie startling ramen of color.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	art valve replacement is an area in medicine which has made great advanceme 6 effective and can drastically increase the life expectancy of the patient.	nts and is a very comr	non procedu	re. This p	rocedure	e is 94-
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#506H
Hea	art Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long C	Covid.				
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#102H
	Jill Costello					
pati	ng cancer diagnoses for young, non-smoking individuals are a growing trend. Bu ient, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cur ease would eventually define her legacy.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to e	idents at medical institutions can sometimes put patients' lives at risk. The Nago ensure medical safety. Everyone who works there, from medical professionals to ek, and each is examined to determine the cause, with information disclosed to hipment. The system is based on Kaizen, a core principle of Toyota Motor.	o administrative staff, o	an report inc	cidents. Ti	here are	250 a
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
pati one	ung cancer surgery, it's common practice worldwide to remove a large area of the lient's quality of life post-surgery. Japanese doctors have developed a procedure case, the surgery took an hour and less than a spoonful of blood was lost. The lek. We report on the innovative method and its potential.	e that involves removir	ng only a sma	all amoun	t of the I	ung. In
13:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others					
stril	e COVID-19 virus has been the most concerning infection for more than two yeaking fear and confusion in our communities. In COVID & Monkeypox: The Facts ward.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience					
	at to do when stress is getting in the way of romance. And can CBD oil improve rice to women and their partners to help improve the sexual experience.	your love life? And a	woman's sex	cual health	n coach	offers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
Foo	cus: Bladder pain syndrome, cancer and nutrition, mental health help					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H

SFPBS

(S)

(CC) N/A #1902H

Tue, Nov 22, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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
Dr.	is: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Drane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatteey Epstein		Arenas 3. A	Ask the Ex		
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
expl	ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have o ain why having a yard full of grass that requires more water and fertilization is not the urces is the goal.					
18:30:00	Hope Is Here Jill Costello	NETA	(S)	(CC)	N/A	#102H
patie	cancer diagnoses for young, non-smoking individuals are a growing trend. But the int, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure are would eventually define her legacy.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
cand	Lung Cancer diagnosis and treatment of lung cancer has been one of the most hopeful advance er screening guidelines allow for the screening for younger individuals with less of inger a death sentence.					
20:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	ID Lost and Learned explores a post pandemic reset through stories of loss, lesso ers through America, for a look at supply lines, education, mental health, law enfor lobal contributors, each with a unique perspective from their part of the world.	ns and looking for cement and enter	ward. Three tainment/spo	US-base orts. The h	d hosts t nosts are	take igioined by
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
Cha	Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased anxiety, depress nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenage is issues affecting our children and offer practical advice based on research.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
140	Helping Women Improve The Sexual Experience	and a constitution of the				- 66
	t to do when stress is getting in the way of romance. And can CBD oil improve you be to women and their partners to help improve the sexual experience.	ii love liie? And a	woman's se	xuai nealti	coacn	oners

SFPBS

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N/A #1118H

Focus: Bladder pain syndrome, cancer and nutrition, mental health help

22:30:00

Health Insiders

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Tue, Nov 22, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
23:30:00	Second Opinion with Joan Lunden	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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Wed, Nov 23, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 01:00:00 Men's Health (Wellness Screenings) SEPRS (S) (CC) N/A #1253H 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. 02:00:00 All Health Go (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) N/A #1706H 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. **SFPBS** 03:00:00 Spine & Back Care #915 (Your Aching Back) (S) (CC) N/A #915H Focus: Dr.Gosha Brusovanik has tips on spine and back conditions and how to treat them for a pain free life. 04:00:00 All About Cancer (Breast Care) **SFPBS** (CC) #1255H (S) N/A Breast Cancer and nutrition is the focus of a new book "Experts in Pink." **SFPBS** 05:00:00 (CC) #0H All Health Go (S) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. (CC) 05:30:00 Second Opinion with Joan Lunden **APTEX** N/A #1706H (S) 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. 06:00:00 Classical Stretch: By Essentrics APTFX (S) (CC) N/A #1317H 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.

06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #426H Side-Lying Stretch 07:00:00 Your Health: A Sacred Matter **APTEX** #101 (S) (CC) N/A #1004H 08:00:00 Call The Midwife **PBS** (S) (CC) N/A

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.

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Wed, Nov 23, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 09:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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. 09:30:00 Medical Frontiers APTEX (S) (CC) N/A #104H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1804H Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence. 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1805H 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.

11:00:00 Conscious Living **NETA** (S) (CC) N/A #208H Brown Girl Magic

The darker the berry, the sweeter the juice! We're celebrating amazing BIPOC women around the U.S. Start the day in La Quinta, California at a Latina-owned fair-trade cafe for tea lattes and homemade vegan fudge. Next, Bianca sits down for a ghostly face painting and lesson in honoring her African ancestors at the largest Dia De Los Muertos festival in North America. Then, after an indigenous Native American spiritual healing in the heart of the Sonoran Desert, take a walking mural tour with a Chicana artivist bringing vivid representation to the white walls of Phoenix, Arizona.

11:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (CC) N/A (S) #208H 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.

12:00:00 Call The Midwife **PBS** N/A #1004H (S) (CC)

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 guite an impact. Cyril and Lucille's relationship continues to blossom.

13:00:00 Call The Midwife **PBS** #1005H (S) (CC) N/A 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.

14:00:00 Health Insiders **SEPRS** (S) (CC) N/A #1133H

Focus: Stroke, vaccines, mental crisis

14:30:00 SEPRS (S) (CC) N/A #1018H Health Insiders

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** (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

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Title Cap Subtitle Distrib Stereo AS<sub>2</sub> Start 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** (CC) N/A #2004H (S) 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** (CC) N/A #2006H 16:33:00 **SFPBS** Smartlife N/A #2007H (S) (CC) 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** 16:47:00 Smartlife (S) (CC) N/A #2008H 17:00:00 Journey Through Breast Cancer NFTA (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 18:00:00 N/A #0H Covid Lost and Learned NFTA (S) (CC) 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 **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer 19:30:00 Second Opinion with Joan Lunden **APTEX** (CC) #1805H (S) N/A 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. 20:00:00 Amazing Human Body **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 **PBS** (S) (CC) N/A #105H Sense 22:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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.

22:30:00 Medical Frontiers

APTEX (S)

N/A #104H

(CC)

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.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H

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

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Thu, Nov 24, 2022 Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a 01:00:00 Healthy Living (After-Pregnancy Issues) SEPRS (S) (CC) N/A #1256H Teba Orueta discusses post-partum depression. Focus: The benefits of massages, acupuncture and nutrition as valuable post-partum depression tools for mothers. All Health Go 02:00:00 **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 **APTEX** Second Opinion with Joan Lunden (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. 03:00:00 Orthopedics #916 (Trauma Care Relief) **SEPRS** (S) (CC) N/A #916H 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. 04:00:00 All About Cancer #1191 (Update) **SFPBS** (S) (CC) N/A #1191H Ways to prevent some cancers; lifestyle, family history and more. 05:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1707H Anxiety Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated 06:00:00 Classical Stretch: By Essentrics **APTEX** (CC) N/A #1318H 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. 06:30:00 Wai Lana Yoga APTEX (S) (CC) #501 N/A

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.

07:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** #208H (S) (CC) N/A 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.

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Thu, Nov 24, 2022 Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes **PBS** 08:00:00 Amazing Human Body (S) (CC) N/A #102 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. 09:00:00 Your Health: A Sacred Matter **APTEX** (S) (CC) N/A #102 10:00:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 10:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1807H Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. 11:00:00 Innovations In Medicine NETA (S) (CC) N/A #506H Heart Attack, Urgent Care & Covid-19, Pulmonary Diseases, Wrist Arthritis, Long Covid. 11:30:00 Hope Is Here **NETA** (S) (CC) N/A #102H 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. 12:00:00 Medical Frontiers **APTEX** (CC) N/A #106H (S) 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. 12:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #107H 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. 13:00:00 Death Is But A Dream **NETA** (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. 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #202H 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

14:30:00 Health Insiders SFPBS (S) (CC) N/A #1019H

messages can make you more appealing?

Focus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STEIGER Chin implants

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Title Start Subtitle Distrib Stereo Cap AS2 Episode 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #2101H Experts discuss therapy for herniated disks in the back, finding ways to get better sleep, including more plant-based foods in your diet, cosmetic surgery for breast cancer and we highlight services available at the Lighthouse for the Blind. 15:15:00 **SFPBS** Smartlife (S) (CC) N/A #2102H 15:32:00 Smartlife **SFPBS** (CC) N/A #2103H (S) 15:44:00 Smartlife **SFPBS** (S) (CC) N/A #2104H 15:59:00 Smartlife **SFPBS** (S) (CC) N/A #2105H Smartlife 16:15:00 **SFPBS** (CC) N/A #2106H (S) 16:31:00 Smartlife **SFPBS** (S) (CC) N/A #2107H 16:48:00 Smartlife **SFPBS** (CC) N/A #2108H (S) 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 Human PBS (S) (CC) N/A #105H Sense 19:00:00 #101H Doctor Q & A **NETA** (S) (CC) N/A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden **APTEX** 19:30:00 (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes

20:00:00 Your Health: A Sacred Matter APTEX (S) (CC) N/A #102

21:00:00 Medical Frontiers APTEX (S) (CC) N/A #101H

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.

21:30:00 Medical Frontiers APTEX (S) (CC) N/A #102H

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.

22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A #202H

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?

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,	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	s- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises t ants	o prepare for	childbirth 3.	DR. JAC	OB STE	IGER Chin
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					

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

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Fri, Nov 25, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers ubscription plan AllHealthGo has created to offer users access to a number cultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	iption of the vices including	different s	services	included in
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
•	ecia areata is a common autoimmune disorder that often results in unpredictates and is one of the most requested topics from viewers every year.	able hair loss. It affects	roughly 6.8 ı	million ped	ople in th	ne United
01:00:00	Heart Health (Heart Disease)	SFPBS	(S)	(CC)	N/A	#1261H
Dr. C	chaleff discusses heart disease, treatment and prevention.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers ubscription plan AllHealthGo has created to offer users access to a number oultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	ices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United r women's health issue. It is the cause of death for 1 in 5 women in the U.S., men every year. That's more than all cancers combined. But 80% of cardiac of heart disease in women and how we can lower cardiac risk and death.	and heart disease and	stroke comb	ined caus	e the de	eath of 1 in
03:00:00	Heart Health #917 (Aortic Stenosis)	SFPBS	(S)	(CC)	N/A	#917H
	th is where the heart is. Practical information that can lead to a long healthy linow it can be diagnosed and treated.	fe. Focus: Dr. Phillip E	Erwin discus	ses what a	aortic ste	enosis is
04:00:00	Kids and Teens (Teen Anxiety)	SFPBS	(S)	(CC)	N/A	#1262H
	adira Torres discusses warding off anxiety and depression in kids during the lose their sense of belonging.	summer. Focus: When	there is no	outine, bo	oredom	sets in and
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers ubscription plan AllHealthGo has created to offer users access to a number oultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	ices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United r women's health issue. It is the cause of death for 1 in 5 women in the U.S., men every year. That's more than all cancers combined. But 80% of cardiac of heart disease in women and how we can lower cardiac risk and death.	and heart disease and	stroke comb	ined caus	e the de	eath of 1 in
06:00:00	Classical Stretch: By Essentrics Full Body Alignment	APTEX	(S)	(CC)	N/A	#1401H
musc	er alignment allows us to use our body the way it was designed to be used - cles, or spine. In just 23 minutes, this all-standing workout will improve your p s and pains while strengthening your entire body.					
06:30:00	Wai Lana Yoga Ungirdle Your Shoulders	APTEX	(S)	(CC)	N/A	#502
Toda	ny's poses loosen the shoulder girdle, releasing stored tension and improving	posture.				
07:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H

Fri, Nov 25, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
	Episode 4					
	luly 1966, and Britain is in the grip of World Cup fever. Nonnatus House aw igan, makes quite an impact. Cyril and Lucille's relationship continues to bl		v pupil midwi	ves. One	of them	, Nancy
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
cour varia	by treatment for COVID-19 involves the combination of 2 different antibodie ntries. We examine how such drugs are made and how they work. In Japan ant of the new coronavirus. Research is being done on the use of antibodies t lines of research.	, development is underwa	y of an antib	ody drug	that car	n fight any
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells man	world's first virus therapy drug targeting malignant brain tumors won appros. It was known since the 1970s that tumors shrank after patients were infectly years. Many years later, a US neurosurgeon paved the way for the creations as whis paper made further adjustments.	ted with a virus, but nobo	dy was able	to develo	p a can	cer drug for
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
.,	Vaccine Hesitancy		5			
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually cine. Childhood vaccine rates continue to decrease in certain areas of the c eback.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
A1	Alopecia Areata	-t-bl- b-:-l lt -fft-		:!!!:		اممائسا المط
	ecia areata is a common autoimmune disorder that often results in unprediction and is one of the most requested topics from viewers every year.	ctable hair loss. It affects	roughly 6.8 i	million ped	opie in t	ne United
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
expl	Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts al ain why having a yard full of grass that requires more water and fertilization urces is the goal.					
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
patie one	ng cancer surgery, it's common practice worldwide to remove a large area ent's quality of life post-surgery. Japanese doctors have developed a proced case, the surgery took an hour and less than a spoonful of blood was lost. k. We report on the innovative method and its potential.	dure that involves removir	ng only a sm	all amoun	t of the	lung. In
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
	Episode 4					
	luly 1966, and Britain is in the grip of World Cup fever. Nonnatus House aw igan, makes quite an impact. Cyril and Lucille's relationship continues to bl		v pupil midwi	ves. One	of them	, Nancy
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#1005H
	Sister Hilda away on a refresher course, Sister Julienne steps in to carry cective mother struggles to cope with her daughter's teenage pregnancy and		•	es settle ir	n. An ov	erly
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	us: Food as medicine, Skin cancer safety, How to find a plastic surgeon					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	us - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND S	Setting goals for exercise	• •			K

Focus - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals for exercise 3. DR. GOSHA BRUSOVANIK Preventing infection during surgery

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Fri, Nov 25, 2022

The Cancer Spouse

Fri, Nov 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
Way	nour: Choices after Breast Cancer Surgery; Medicare Update, Pregn rs to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Ex Habits that Wreck Your Teeth		ercise, Fillers	vs Face	Creams,	, Healthy
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, I	Endometriosis, Back Pain Q & A	Bad Habits	that Wrec	k Your 1	Γeeth
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	SFPBS	(S)	(CC)	N/A	#103H
Cha	nges in education and the effects of the pandemic have increased a nnel's one-hour virtual town hall, Finding Hope: The Mental Health C e issues affecting our children and offer practical advice based on re Your Health: A Sacred Matter	Crisis in Teenagers & Young Adu				
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
10.00.00	Caring for Your Back	NEIA	(0)	(00)	14/74	#10211
19:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhosequences. Stress in all ages, as well as pandemic-related stress, af as depression and anxiety.					issues
20:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	cover the miracles the human body goes through every day to stay a es have remarkable arsenals that allow survival against all kinds of o		fections to re	epairing da	amage,	human
21:00:00	Human	PBS	(S)	(CC)	N/A	#105H
	Sense					
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	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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Sat, Nov 26, 2022

Title

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode	
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H	
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.							
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H	
ways	number of Americans living with Alzheimer's is growing. So many Americans are increathey can prevent developing memory issues of any kind. There is a promising body of a what we can do to keep our brain healthy.						
01:00:00	Plastic/Cosmetic Surgery (Facial Injectables)	SFPBS	(S)	(CC)	N/A	#1263H	
Carol	yn Presby discusses PRP and collagen stimulating treatments in comparison with injec	tables.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H	
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	ices includin			included in	
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H	
than s one h	nson's Disease is the fastest growing neurological disorder in the world. It affects nearly six million people worldwide. The symptoms generally develop slowly over years, some and. While tremors are common in Parkinson's, the disease progression is unique to enents of Parkinson's Disease, and the search for a cure.	times starting	with a barel	y noticea	ble tren	nor in just	
03:00:00	Heart Health (Coronary Artery Disease)	SFPBS	(S)	(CC)	N/A	#918H	
Focus	s: Dr. Marco Bologna discusses coronary artery disease and explains what thoracic and	eurysms are.					
04:00:00	Mental Health (Grief Relief)	SFPBS	(S)	(CC)	N/A	#1264H	
Amy I	Exum & Nicole Rodriguez discuss grieving and the different stages of grief.						
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H	
the su	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	rices including			included in	
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H	
than s one h	Parkinson's Disease nson's Disease is the fastest growing neurological disorder in the world. It affects nearly six million people worldwide. The symptoms generally develop slowly over years, some and. While tremors are common in Parkinson's, the disease progression is unique to e nents of Parkinson's Disease, and the search for a cure.	times starting	g with a barel	y noticea	ble tren	nor in just	
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#114H	
	Alma's New Kicks/Star Ball						
06:30:00	Scigirls High Tech Tide	PBSPL	(S)	(CC)	DVI	#501	
07:00:00	Wild Kratts Happy Turkey Day	PBS	(S)	(CC)	N/A	#205H	
The V forest	Vild Kratts are on a mission to defend the honor of the wild turkey and to stop Gourmar	nd, who is hur	nting for the la	argest, fa	ttest tur	key in the	
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H	

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Sat, Nov 26, 2022 Title Subtitle Start Distrib Stereo Cap AS2 Episode 08:00:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4501H 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. 08:13:00 **SFPBS** Vida Y Salud (S) (CC) N/A #4502H Segment 2 08:26:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4503H Segment 3 08:39:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4504H Segment 4 **SFPBS** 08:49:00 Vida Y Salud (S) (CC) N/A #4505H Segment 5 08:59:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4506H Segment 6 09:14:00 Vida Y Salud **SFPBS** (CC) (S) N/A #4507H Segment 7 09:25:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4508H Segment 8 09:37:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4509H Segment 9 **SFPBS** 09:48:00 Vida Y Salud (CC) #4510H (S) N/A Segment 10 10:00:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4701H Segment 1 In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems. 10:12:00 Vida Y Salud **SFPBS** (CC) #4702H (S) N/A Segment 2 10:24:00 Vida Y Salud **SFPBS** (CC) N/A #4703H (S) Segment 3 10:34:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4704H Segment 4 10:46:00 Vida Y Salud **SFPBS** (S) (CC) #4705H N/A Segment 5 10:57:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4706H

**SFPBS** 

(S)

(CC)

N/A

#4707H

Segment 6

Vida Y Salud

Segment 7

11:08:00

Title

Sat, Nov 26, 2022

Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 11:21:00 Vida Y Salud **SFPBS** (S) (CC) N/A #4708H Segment 8 **SFPBS** 11:32:00 Vida Y Salud (S) (CC) N/A #4709H Segment 9 Vida Y Salud **SFPBS** 11:45:00 (S) (CC) N/A #4710H Segment 10 12:00:00 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. 13:00:00 Finding Hope: **SFPBS** (S) (CC) N/A #101H Preventing Disease and Staying Healthy Town Hall 14:00:00 **SFPBS** Sex Talk with Dr. Lia (S) (CC) N/A #201H Helping Women Improve The Sexual Experience What to do when stress is getting in the way of romance. And can CBD oil improve your love life? And a woman's sexual health coach offers advice to women and their partners to help improve the sexual experience. 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1118H Focus: Bladder pain syndrome, cancer and nutrition, mental health help 15:00:00 Smartlife **SFPBS** (CC) N/A #1901H (S) 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 **SFPBS** 15:29:00 Smartlife (S) (CC) N/A #1903H 15:48:00 Smartlife **SFPBS** (S) (CC) N/A #1904H **SFPBS** 16:02:00 Smartlife (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** (CC) (S) N/A #1906H 16:34:00 Smartlife **SFPBS** (S) (CC) N/A #1907H Smartlife **SFPBS** 16:46:00 (S) (CC) N/A #1908H 17:00:00 Journey Through Breast Cancer **NETA** (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

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Sat, Nov 26, 2022

Title

Start	Subtitle	Distrib	Storoo	Can	۸۶۵	Enicodo
Start	Subilile		Stereo	Cap	AS2	Episode
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#102H
	Jill Costello					
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. But thent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure as ase would eventually define her legacy.					
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
	Bell Family - Vero Beach					
expl	ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have on ain why having a yard full of grass that requires more water and fertilization is not the goal.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
cand	diagnosis and treatment of lung cancer has been one of the most hopeful advance cer screening guidelines allow for the screening for younger individuals with less of onger a death sentence.					
20:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
cour varia	we treatment for COVID-19 involves the combination of 2 different antibodies to creatines. We examine how such drugs are made and how they work. In Japan, development of the new coronavirus. Research is being done on the use of antibodies of an at lines of research.	opment is underwa	ay of an antib	ody drug	that can	fight any
20:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus					
cells man	world's first virus therapy drug targeting malignant brain tumors won approval in Jas. It was known since the 1970s that tumors shrank after patients were infected with y years. Many years later, a US neurosurgeon paved the way for the creation of susaw his paper made further adjustments.	h a virus, but nobo	dy was able	to develo	p a cand	er drug for
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased anxiety, depress nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teena e issues affecting our children and offer practical advice based on research.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience		` ,	` ,		
	at to do when stress is getting in the way of romance. And can CBD oil improve you ce to women and their partners to help improve the sexual experience.	ur love life? And a	woman's sex	kual health	n coach	offers
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
	us: Bladder pain syndrome, cancer and nutrition, mental health help		ν-/	\ -/		
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
23:30:00	Second Opinion with Joan Lunden 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

Heart Attacks and Strokes

Title

	riue					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	n-depth desci are digital ser	ription of the	different s	services	
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	s is a word that people throw around when they are feeling overwhelmed, but stress of sequences. Stress in all ages, as well as pandemic-related stress, affects our overall her as depression and anxiety.					issues
01:00:00	Men's Health (Wellness Screenings)	SFPBS	(S)	(CC)	N/A	#1253H
	Forster discusses trending topics in men's health in support of Men's Health Month. Foc es. Also top health issues such as heart disease, stroke, diabetes, kidney disease and			ld have a	t differer	nt ages and
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcould sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americans who a tives at the same time. Today, millions of families are facing the dual challenge of sando having children later. This episode focuses on these caregivers.					
03:00:00	Spine & Back Care #915 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#915H
Foci	us: Dr.Gosha Brusovanik has tips on spine and back conditions and how to treat them f	or a pain free		, ,		
04:00:00	All About Cancer (Breast Care)	SFPBS	(S)	(CC)	N/A	#1255H
Brea	ast Cancer and nutrition is the focus of a new book "Experts in Pink."					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americans who a tives at the same time. Today, millions of families are facing the dual challenge of sando having children later. This episode focuses on these caregivers.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#114H
	Alma's New Kicks/Star Ball					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#502
	Game Changers					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#123H
	Cheetah Racer					
the o	s and Martin announce that no creature or vehicle can travel as fast over the rough and challenge and declares she will build a ground racer that can run even faster than a cheer inventor than Aviva and joins the race. The team, inspired by the cheetah, "revs up" to a cheetah racer and win the race.	etah. Of cou	rse Zach war	nts to prov	e that h	e is a
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Lloart Attacks and Strokes					

Sun, Nov 27, 2022

Date: 12/30/2022

Title Subtitle

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H
	eeping with the Health Channel's spirit of innovative program v (with English subtitles) featuring groundbreaking medical b					
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
	eeping with the Health Channel's spirit of innovative program w (with English subtitles) featuring groundbreaking medical b					
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

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Sun, Nov 27, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:19:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7808H
	Segment 8		(-)	()		
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7809H
	Segment 9					
11:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1004H
lt's J	Episode 4 uly 1966, and Britain is in the grip of World Cup fever. Nonnatus House awaits the arriv	al of four nev	v pupil midwi	ves One	of them	Nancy
	gan, makes quite an impact. Cyril and Lucille's relationship continues to blossom.	ar or rour rior	грари пиат	100. 0110	01 1110111	, rianoy
13:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#1005H
	Sister Hilda away on a refresher course, Sister Julienne steps in to carry out home visi active mother struggles to cope with her daughter's teenage pregnancy and frustrates F			es settle ir	n. An ov	erly
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
	What Happens In Sex Therapy?					
	t happens in sex therapy. Plus, what to do when you're attracted to someone who is no sages can make you more appealing?	t your partne	r. And how u	sing emoj	is in you	ır
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	s- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises t ants	to prepare for	childbirth 3.	DR. JAC	OB STE	IGER Chin
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
Over	s: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for Call Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 9 bid 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
	s: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Martance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - D		nd Leg Pain		nie Fern	andez 4.
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	s: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Ma rtance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment -			- Dr. Berr	nie Fern	andez 10.
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mandal Lagith Crisis In Tannanana 9 Varian Adulta					

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.

Mental Health Crisis In Teenagers & Young Adults

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Sun, Nov 27, 2022 Title Episode Subtitle Distrib Stereo Cap AS2 Start 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 **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer 19:30:00 APTFX (S) (CC) N/A #1805H 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. 20:00:00 **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 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. 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #202H 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? 22:30:00 **SFPBS** Health Insiders (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

23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #110H The Battle Against Breast Cancer

23:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) 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.

N/A

#1708H

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Mon, Nov 28, 2022

08:00:00

Call The Midwife

Episode 5

Title Subtitle Distrib Stereo Cap AS<sub>2</sub> Start Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a 01:00:00 Healthy Living (After-Pregnancy Issues) SEPRS (S) (CC) N/A #1256H Teba Orueta discusses post-partum depression. Focus: The benefits of massages, acupuncture and nutrition as valuable post-partum depression tools for mothers. 02:00:00 All Health Go **SFPBS** (S) (CC) N/A This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 **APTEX** Second Opinion with Joan Lunden (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. 03:00:00 Orthopedics #916 (Trauma Care Relief) **SEPRS** (S) (CC) N/A #916H 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. 04:00:00 All About Cancer #1191 (Update) **SFPBS** (S) (CC) N/A #1191H Ways to prevent some cancers; lifestyle, family history and more. (CC) 05:00:00 **SFPBS** (S) N/A #0H All Health Go This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) #1707H N/A 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 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1402H 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. 06:30:00 **APTEX** (CC) Wai Lana Yoga (S) N/A #503 Special: Constipation Begone! Wai Lana shows you a very effective yoga technique for relieving constipation, whether mild or long-standing. 07:00:00 Your Health: A Sacred Matter APTEX (S) (CC) N/A #102

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** 

(CC)

N/A

(S)

#1005H

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Mon, Nov 28, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai		( )	,		
endo accu	on cancer is the second deadliest cancer in the US. Early detection is important oscopes have been developed in Japan to tackle the problem. One can judge a gracy. The other indicates lesions during an exam, even indistinct ones, like a case that are beneficial for gut health and explain how they should be eaten.	lesion's malignancy ir	0.4 second	d with alm	ost 100°	%
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to ei wee	lents at medical institutions can sometimes put patients' lives at risk. The Nagonsure medical safety. Everyone who works there, from medical professionals to k, and each is examined to determine the cause, with information disclosed to perment. The system is based on Kaizen, a core principle of Toyota Motor.	administrative staff, c	an report ind	cidents. T	here are	250 a
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans all s they can prevent developing memory issues of any kind. There is a promising ing at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Nev	cross America, there are large and persistent racial differences in health and ad die sooner than white people. Compared with whites, members of racial and et ices and often receive lower-quality care. Addressing health disparities is increaser has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	hnic minorities are lessasingly important as o	s likely to re ur populatior	ceive prev n become	ventive l s more	nealth diverse.
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
patie one	ng cancer surgery, it's common practice worldwide to remove a large area of th ent's quality of life post-surgery. Japanese doctors have developed a procedure case, the surgery took an hour and less than a spoonful of blood was lost. The k. We report on the innovative method and its potential.	that involves removin	g only a sma	all amoun	t of the I	lung. In
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glob slee	p is said to be the biggest black box of modern science. The International Instit al contributions to uncovering the mysteries of sleep. It developed a device that p and analyze sleep quality. Research has revealed the importance of REM sle of it is associated with a higher risk of dementia and obesity.	can be used at home	to easily me	easure br	ain wave	es during
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1005H
	Episode 5 Sister Hilda away on a refresher course, Sister Julienne steps in to carry out hective mother struggles to cope with her daughter's teenage pregnancy and frus			es settle ir	n. An ov	erly
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6 e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister cy reveals a secret that could threaten her relationship with Nonnatus House.	Frances help a mothe	er-to-be who	refuses r	nedical	care.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Foci	us: 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

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Mon, Nov 28, 2022

ivion, ivov	Zo, 2022 Title					
Start	Subtitle	Distrib	Stereo	Сар	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
Rela	us: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - I tionships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Je di Glandt					Snack -
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
com	uffalo, New York a research team is studying the dreams of dying patients. By asking a pletely re framing the dying process. End of life experiences are intrinsic to the process dying process really entails, and why dying has been misunderstood for so long.	single questi of dying. film	on "Are you o establishes	dreaming' why dying	?", they g is rele	are vant, what
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virtually no impac e courageous women navigate their way through medical fact and fiction while challeng their way to health, hope, and healing.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
vaco	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID continually bringing this cine. Childhood vaccine rates continue to decrease in certain areas of the country, setting eback.					
20:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to the outs the brain forms memories by storing and processing billions of pieces of information ev		nent and deve	elop new	skills. P	lus, learn
21:00:00	Human Birth	PBS	(S)	(CC)	N/A	#106H
	on a journey with parents who are preparing for babies to see how our bodies create and the what is fundamentally shared and absolutely unique about the experience of birth.	d sustain nev	v life. Throug	h their sto	ories, we	e learn

**Medical Frontiers** 22:00:00

**APTEX** #105H (S) (CC) N/A

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 Al-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 **APTEX** (CC) N/A #106H

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.

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Mon, Nov 28, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden 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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Tue, Nov 29, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcast sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	iption of the vices includir	different s		included in
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and serv Nev	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic minices and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	orities are les	ss likely to re our population	ceive prev n become	ventive l s more	nealth diverse.
01:00:00	Nutrition & Health (Healthy Eating)	SFPBS	(S)	(CC)	N/A	#1265H
Nata	lie Castro and Chef Pierre Vidal discuss the Bolay diet and nutrition tips.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the	ast cancer is the most common cancer among women worldwide, and this diagnosis no tional and psychological challenges, as well. It is something no one wants to face alone diagnosis, and their support can be crucial to recovery. The couple goes through cance cer Spouse."	. The spouse	of the cance	er patient	feels the	e impact of
03:00:00	Orthopedics #916 (Trauma Care Relief)	SFPBS	(S)	(CC)	N/A	#916H
Alva	n surgical to nonsurgical procedures, learn the treatments that will restore your body barado & Dr. Crocco discuss the dynamics of having two clinicians who are married and $\mu$ other in the office, and manage juggling a personal/family life with today's patient care	ractice the sa				
04:00:00	Brain Health (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1266H
Dan	iel D'Amour discusses stroke awareness.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the	ast cancer is the most common cancer among women worldwide, and this diagnosis no tional and psychological challenges, as well. It is something no one wants to face alone diagnosis, and their support can be crucial to recovery. The couple goes through cance cer Spouse."	. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1403H
	Upper Back Strength					
you	a strong, flexible upper back in this full body Classical Stretch workout. The standing exchest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the is a strong, flexible back.					

06:30:00 Wai Lana Yoga APTEX (S) (CC) N/A #504 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.

Tue, Nov 29, 2022

12:00:00

**Medical Frontiers** 

Minimally Invasive Lung Cancer Treatment

Title

	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#411H
	Serene River Falls					
	t in the serene river falls setting as we gently stretch and lengthen the spine in a full rar gy, releasing tension while creating more ease in the shoulders and upper back using a			etches to	help m	ove the
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
08:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn					
	how experience shapes the brain and body together, allowing them to adapt to the outs the brain forms memories by storing and processing billions of pieces of information ev		nent and deve	elop new s	skills. P	us, learn
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs		(-)	( )		
coun varia	w treatment for COVID-19 involves the combination of 2 different antibodies to create a stries. We examine how such drugs are made and how they work. In Japan, development of the new coronavirus. Research is being done on the use of antibodies of an anim lines of research.	nt is underwa	ay of an antib	ody drug	that car	fight any
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
	Killing Cancer Cells with a Virus		, ,	, ,		
cells man	world's first virus therapy drug targeting malignant brain tumors won approval in Japan. It was known since the 1970s that tumors shrank after patients were infected with a viy years. Many years later, a US neurosurgeon paved the way for the creation of such a saw his paper made further adjustments.	rus, but nobo	dy was able	to develo	o a cano	er drug for
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and o servi Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic min ces and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the panden arities that exist in health and healthcare in the U.S.	orities are les	ss likely to rec our population	ceive prev	entive I s more	nealth diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
other cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzheir word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their lovusses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	come wi	th a trer	nendous
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#401H
	agun - Percussive Therapy, Innovation: avocado & cholesterol, Medical emergency tra elift Dentistry.	nsport, New t			ıck: Tro	oonin,
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett		(-)	( )		
he w	Research Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At as going to tell his family. In episode 3 of Hope is Here we meet Hank and his family auth with a hopeful attitude and mission that his cancer journey would be, in his words, "a	nd learn how				

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)

#107H

N/A

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Tue, Nov 29, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 12:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #108H 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. 13:00:00 The Cure NFTA (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. 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #202H 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? Health Insiders **SFPBS** #1009H 14:30:00 N/A (S) (CC) 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #201H Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation - Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner 15:14:00 Smartlife **SFPBS** (CC) N/A #202H (S) 15:26:00 Smartlife **SFPBS** (S) (CC) N/A #203H **SFPBS** 15:45:00 Smartlife (S) (CC) N/A #204H **SFPBS** (CC) 15:57:00 Smartlife (S) N/A #205H 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 16:12:00 **SFPBS** #206H Smartlife (CC) N/A (S) 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 **NETA** (S) (CC) N/A #1 Thirty years of mammograms and trillions of dollars of research have had virtually no impact on breast cancer survival rates since the 1980s.

Three courageous women navigate their way through medical fact and fiction while challenging the multi-billion dollar cancer industrial complex to find their way to health, hope, and healing.

18:00:00 Flip My Florida Yard (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.

18:30:00 Hope Is Here

Hank Baskett

**NETA** (S) (CC) N/A #103H

(S)

(CC)

N/A

#210H

**SFPBS** 

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."

19:00:00 Doctor Q & A **NETA** (CC) N/A #105H (S)

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Tue, Nov 29, 2022

Racial Disparities In Health

Title Subtitle Start Distrib Stereo Cap AS2 Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 20:00:00 The Cure **NETA** (S) (CC) N/A 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 **SFPBS** Finding Hope-Town Hall (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #202H 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? 22:30:00 Health Insiders **SFPBS** #1009H (S) (CC) N/A 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer APTEX 23:30:00 Second Opinion with Joan Lunden (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, Nov 30, 2022

Title

011	Title	Distrib	01		400	<b>-</b>
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includin	ig teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
and ser\ Nev	Racial Disparities In Health across America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic mi vices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande parities that exist in health and healthcare in the U.S.	norities are les	ss likely to rec our population	ceive prev	entive I s more	nealth diverse.
01:00:00	Staying Healthy (Healthy Food Benefits)	SFPBS	(S)	(CC)	N/A	#1267H
Sus	an Nowrouzi discusses how people can use food as medicine.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includin	ig teleme		included in
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	we continue to track "long-haulers," we are learning more about the long-term health ef t-COVID symptoms.	fects of the pe	ople who are	suffering	from de	ebilitating
03:00:00	Maternity Care (Pregnancy Info)	SFPBS	(S)	(CC)	N/A	#920H
Foc	us: Dr. Ellen Schwartzbard has eveything you need to know about pregnancy, childbirt	h and post-pa	rtum care.			
04:00:00	Men's Health (Heart Help)	SFPBS	(S)	(CC)	N/A	#1269H
	Samole discusses Men's Heart Health. Focus: Most common problems/conditions in monges and treatments.	en. Also signs	symptoms of	trouble, p	oreventi	on, lifestyle
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-term health ef t-COVID symptoms.	fects of the pe	ople who are	suffering	from de	ebilitating
06:00:00	Classical Stretch: By Essentrics Improve Your Posture	APTEX	(S)	(CC)	N/A	#1404H
mot	ock your spine by stretching and lubricating connective tissue in your back, chest and coion, your joints in your spine, hips and feet will feel liberated, making you feel taller. The r posture at your own pace.					
06:30:00	Wai Lana Yoga Breathe Easy!	APTEX	(S)	(CC)	N/A	#505H
	Lana shows you a simple breathing technique that strengthens and purifies the lungs- plems.	great for those	e with asthma	and othe	er respira	atory
07:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
08:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#1005H
/ A /:±1	·	oita Tha naw	Descrit Middenter			orly

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.

Wed, Nov 30, 2022

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
endo accu	on cancer is the second deadliest cancer in the US. Early detection is im oscopes have been developed in Japan to tackle the problem. One can uracy. The other indicates lesions during an exam, even indistinct ones, its that are beneficial for gut health and explain how they should be eater	judge a lesion's malignancy i like a car navigation system.	n 0.4 second	d with alm	ost 1009	%
09:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
to e	dents at medical institutions can sometimes put patients' lives at risk. The nsure medical safety. Everyone who works there, from medical professions, and each is examined to determine the cause, with information disclo	onals to administrative staff, on sed to patients. This has led	an report in	cidents. Tl	here are	250 a
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
The are	Millennial Health II  ennials were born between the years 1981 and 1996. At 73 million, they y make up the greatest percentage of the population and the labor force experiencing declining health faster than any other recent generation be ermine the overall health of America. This episode discusses the issue of	. They are also the least heal fore them. How their health p	thy generati	on in rece	nt times	and they
10:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	It obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of me 164 gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight los	n, and more than 60% of wor has different reasons for war	men. The da	amage to h	nealth is	
11:00:00	Conscious Living The Best Vegan Food In Asia	NETA	(S)	(CC)	N/A	#209H
time serv anin mar	love affair for Asian food began on our honeymoon and is still as steams foodie destinations: Vietnam and Thailand. From the textured mastery of piping hot in Ho Chi Minh City, Vietnam never disappointed. Next, we nal sanctuary helping abused elephants heal with a tireless conservation kets, to the addictive mango sticky rice of Bangkok's rural floating marked how to make a simple version of Thai favorite, Pad See Ew.	of Hanoi's crispy rolls to the se hop into a Tuk-tuk to explor hist. From umami bomb noodl	picy Bahn M e Thailand's les in Chiang	/li and stre legendar g Mai's ex	et corne y marke hilaratin	er Pho ts and an g night
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs sode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew hea n of invasive plants from their front yard. They will also show how to inst					on remove
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	N/A	#1005H
	n Sister Hilda away on a refresher course, Sister Julienne steps in to car ective mother struggles to cope with her daughter's teenage pregnancy	•	•	es settle ir	n. An ov	erly
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6 ie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and	•	er-to-be who	refuses n	nedical	care.
	cy reveals a secret that could threaten her relationship with Nonnatus H	ouse.				
	cy reveals a secret that could threaten her relationship with Nonnatus H Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
Nan			(S) (S)	(CC)	N/A N/A	#1013H #1100H
Nan 14:00:00 14:30:00	Health Insiders	SFPBS		. ,		
Nan 14:00:00 14:30:00	Health Insiders Health Insiders	SFPBS		. ,		

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Wed, Nov 30, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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
	us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Homeupational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow					is
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
com	uffalo, New York a research team is studying the dreams of dying patients. By asking a apletely re framing the dying process. End of life experiences are intrinsic to the process dying process really entails, and why dying has been misunderstood for so long.					
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	ty years of mammograms and trillions of dollars of research have had virtually no impact ee courageous women navigate their way through medical fact and fiction while challen 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
way	number of Americans living with Alzheimer's is growing. So many Americans are increases they can prevent developing memory issues of any kind. There is a promising body oring at what we can do to keep our brain healthy.					
20:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
strik	Ask The Experts:Including Dr.Anthony Fauci+Others  COVID-19 virus has been the most concerning infection for more than two years, but noting fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Hard.					
21:00:00	Human Birth	PBS	(S)	(CC)	N/A	#106H
	on a journey with parents who are preparing for babies to see how our bodies create ar ut what is fundamentally shared and absolutely unique about the experience of birth.	id sustain nev	v life. Throug	h their sto	ories, we	e learn

22:00:00 **Medical Frontiers** 

#105H **APTEX** (S) (CC) N/A

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 Al-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 **APTEX** (S) (CC) N/A #106H

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.

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Wed, Nov 30, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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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Thu, Dec 01, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital sei	rvices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	neimer's Disease is an under-recognized public health crisis. And while the word Alzher word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lousses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe	es Alzheimer's	come wi	th a trer	nendous
01:00:00	Healthy Living (Cardiac Tips)	SFPBS	(S)	(CC)	N/A	#1270H
Hen	ry Guzman and Dr. Jesus Jimenez discuss heart disease in men. Focus: Aneurysmal	disease and c	carotid artery s	stenosis.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital sei	rvices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from complication rhigh-income countries in the world. And behind these statistics lie startling racial distance of color.					
03:00:00	Staying Healthy#1045 (Wound Care)	SFPBS	(S)	(CC)	N/A	#1045H
Tina	a Jacomino discusses wound care.					
04:00:00	Nutrition & Health (Meal Timing Benefits)	SFPBS	(S)	(CC)	N/A	#1271H
	ette Talamas discusses meal timing and frequency. Focus: Does it matter when you only the properties of the properties o	eat? What are	the intermitter	nt fasting	techniq	ues to lose
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital sei	rvices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from complication rhigh-income countries in the world. And behind these statistics lie startling racial distance of color.					
06:00:00	Classical Stretch: By Essentrics Leg Toning	APTEX	(S)	(CC)	N/A	#1405H
lowe	ease joint tension and activate the stabilizer muscles in your core and legs, while you ser body. By working gently yet effectively, you'll also liberate your hips, which will help floor workout will leave your body feeling energized throughout the day.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#506H
	Get The Edge with Yoga					
	ether you run, lift weights, or play soccer, basketball, or tennis, Wai Lana's stretches c bility. Learn a meditation that will put you on top of your mental game, too.	ounterbalance	tight muscles	s, giving y	ou winn	ing-edge
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Harday Family, Oard Oardays		` ′	. ,		

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.

Henley Family - Coral Springs

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Thu, Dec 01, 2022 Title Cap Subtitle Distrib Stereo AS<sub>2</sub> Start Episode 07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #108H All About Your Skin 08:00:00 Amazing Human Body **PBS** (S) (CC) N/A #103H 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. 09:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #103H 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.

09:30:00 Medical Frontiers APTEX (S) (CC) N/A #104H
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.

10:00:00 Second Opinion with Joan Lunden 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 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 #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 NETA (S) (CC) N/A #103H

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."

12:00:00 Medical Frontiers APTEX (S) (CC) N/A #107H

Minimally Invasive Lung Cancer Treatment

Caregiving: The Sandwich Generation

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.

12:30:00 Medical Frontiers APTEX (S) (CC) N/A #108H

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.

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Thu, Dec 01, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
13:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virtually no impact e courageous women navigate their way through medical fact and fiction while challeng their way to health, hope, and healing.					
14:00:00	Sex Talk with Dr. Lia Science & Sex	SFPBS	(S)	(CC)	N/A	#203H
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-te about recovery from prostate cancer.	rm relationsh	iips and a me	en's sexua	al health	expert
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1111H
Focu	s: Autism, exercising, personality profiles					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	is: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa		Johnson 3. S	Scoliosis ir	n Teens	- Nicklaus
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	SFPBS	(S)	(CC)	N/A	#405H
Card	is: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex and Exerc liovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5. Ask the cise - Ginelle Ruffa					
16:10:00	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	PBS	(S)	(CC)	N/A	#106H
	on a journey with parents who are preparing for babies to see how our bodies create and t what is fundamentally shared and absolutely unique about the experience of birth.	d sustain nev	v life. Throug	h their sto	ories, we	e learn
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.

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Thu, Dec 01, 2022

Millennial Health II

Start Title
Subtitle Distrib Stereo Cap AS2 Episode

20:00:00 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.

21:00:00 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.

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

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

22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1111H Focus: Autism, exercising, personality profiles 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #107H Getting A Good Night's Sleep 23:30:00 Second Opinion with Joan Lunden **APTEX** #1704H (S) (CC) N/A

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

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Fri, Dec 02, 2022

Start

Title Subtitle Distrib Stereo Cap

00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

00:30:00 Second Opinion with Joan Lunden **APTFX** 

(S) (CC) N/A #1704H

Episode

AS<sub>2</sub>

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.

01:00:00 Pain Management (Spine Care) **SFPBS** 

(CC)

(CC)

N/A #1272H

Dr. Jose Mena discusses lumbar spinal stenosis - neurogenic claudication.

02:00:00 All Health Go **SFPBS** 

(S)

(S)

(S)

N/A

N/A

#0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

02:30:00 Second Opinion with Joan Lunden **APTEX** 

(CC)

#1803H

Heart Valve Replacement

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

03:00:00 Kids & Teens (Er Visit Vs Office Visit)

(CC) (S)

N/A

#1052H

Dr. Zambrano considers when an ER visit rather than an office visit is warranted as well as antibiotic use.

04:00:00 Orthopedics (Arthritis Aid) **SFPBS** 

(S)

N/A #1273H

Dr. Lisa Corsa discusses treatment and rehabilitation of arthritis.

97% effective and can drastically increase the life expectancy of the patient.

05:00:00 All Health Go **SFPBS** 

(S)

(CC)

(CC)

(CC)

(CC)

(CC)

N/A #0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs,

05:30:00 Second Opinion with Joan Lunden **APTEX** 

(S)

(CC) N/A #1803H

Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-

06:00:00 Classical Stretch: By Essentrics APTEX

(S)

N/A

#1406H

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.

06:30:00 Wai Lana Yoga **APTEX** 

(S)

(S)

N/A #507H

Focus: Arms and Legs

Loosen your shoulders while strengthening your arms. A squatting pose and leg lifts loosen your hips while strengthening your legs.

07:00:00 Your Health: A Sacred Matter

Episode 5

**APTEX** 

**PBS** 

(CC) (S)

N/A

N/A

#102

#1005H

08:00:00 Call The Midwife

> 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.

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Fri, Dec 02, 2022

Title

	Title			_		
Start	Subtitle	Distrib	Stereo	Cap	_ <u>AS2</u>	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
endo accu	on cancer is the second deadliest cancer in the US. Early detection is importate oscopes have been developed in Japan to tackle the problem. One can judge suracy. The other indicates lesions during an exam, even indistinct ones, like a lest that are beneficial for gut health and explain how they should be eaten.	a lesion's malignancy i	n 0.4 second	d with alm	ost 100°	%
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to er wee	dents at medical institutions can sometimes put patients' lives at risk. The Nagnsure medical safety. Everyone who works there, from medical professionals k, and each is examined to determine the cause, with information disclosed to ipment. The system is based on Kaizen, a core principle of Toyota Motor.	to administrative staff, of	an report in	cidents. T	here are	250 a
10:00:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the Unite or women's health issue. It is the cause of death for 1 in 5 women in the U.S., omen every year. That's more than all cancers combined. But 80% of cardiac e of heart disease in women and how we can lower cardiac risk and death.	and heart disease and	stroke comb	ined caus	se the de	eath of 1 in
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	kinson's Disease is the fastest growing neurological disorder in the world. It at a six million people worldwide. The symptoms generally develop slowly over y hand. While tremors are common in Parkinson's, the disease progression is tremorts of Parkinson's Disease, and the search for a cure.	ears, sometimes starting	g with a bare	ely noticea	able tren	nor in just
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs					
	sode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads so n of invasive plants from their front yard. They will also show how to install an					on remove
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glob slee	ep is said to be the biggest black box of modern science. The International Insular contributions to uncovering the mysteries of sleep. It developed a device the plant analyze sleep quality. Research has revealed the importance of REMs of it is associated with a higher risk of dementia and obesity.	nat can be used at home	to easily m	easure br	ain wave	es during
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1005H
	Episode 5					
	n Sister Hilda away on a refresher course, Sister Julienne steps in to carry out ective mother struggles to cope with her daughter's teenage pregnancy and f			es settle i	n. An ov	erly
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6					
	ie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sist cy reveals a secret that could threaten her relationship with Nonnatus House.		er-to-be who	refuses r	medical	care.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1114H
Foci	us: Autism, brain cancer, skin care					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1115H
Foci	us: Chronic disease, knee replacement, mental crisis		-	•		
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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Fri. Dec 02, 2022

Fri, Dec 0	2, 2022					
Start	Title Subtitle	Distrib	Stereo	Сар	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
	is: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie z-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Mi		k the Exper	t Segment		eana
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
com	uffalo, New York a research team is studying the dreams of dying patients. By asking a pletely re framing the dying process. End of life experiences are intrinsic to the process lying process really entails, and why dying has been misunderstood for so long.					
18:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease	APTEX	(S)	(CC)	N/A	#0
65, it Alzho are r by D at tho partio docu	people think Alzheimer's is a disease that only affects older adults, but that's not alway is considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the eimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be nany resources available for those with Alzheimer's, very little information is available fan Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle mave er age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZH culars of this disease, and provides information to help understand and educate viewer imentary features nine families from a variety of backgrounds who share their stories a tion, to the adjustments, and finally, to the healing power of community.	United States a lonely and it or those affect on who was di EIMER'S DISI is about the ef	s are living v solating exp ted by this fo agnosed wit EASE takes fects and its	with Young erience ar orm of the h younger an in-dep impact. T	ger Onsond althoused altho	et ugh there e. Hosted Alzheimer's at the long
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and o servi Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic mir ces and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	, iorities are les mportant as o	s likely to re ur population	ceive prev	ventive I s more	nealth diverse.

20:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H	
	Preventing Disease and Staying Healthy Town Hall						
21:00:00	Human	PBS	(S)	(CC)	N/A	#106H	
	Rirth						

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 **APTEX** Medical Frontiers (CC) N/A #105H 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 Al-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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Fri, Dec 02, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode	
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H	
	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.							
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H	
	Dealing with Mental Health Issues In Children						
23:30:00	Second Opinion with Joan Lunden 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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Sat, Dec 03, 2022

Title

	Title								
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode			
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in e subscription plan AllHealthGo has created to offer users access to a number of healthca onsultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	ices includin			included in			
00:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H			
th st	fult 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 at 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 aggering, but people still struggle every day to drop the pounds. Everyone has different reasons for wanting to lose weight and keep it off, and s episode discusses the challenges and solutions for sustained weight loss.								
01:00:00	All About Cancer (Breast Cancer Help)	SFPBS	(S)	(CC)	N/A	#1274H			
D	r. Jane Mendez discusses breast cancer and its different treatment options.								
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
th	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine sultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.								
02:30:00	•	APTEX	(S)	(CC)	N/A	#1804H			
ca	Lung Cancer ne diagnosis and treatment of lung cancer has been one of the most hopeful advances in rancer screening guidelines allow for the screening for younger individuals with less of a smolonger a death sentence.								
03:00:00	Heart Health (Aspirin Debate)	SFPBS	(S)	(CC)	N/A	#1054H			
	r. Armando Garcia (BHSF)Dr. Garcia discusses new guideline recommendations on low-de e questions on whether to take "Aspirin" or not to take.	ose aspirin fo	r many fewei	r patients	and add	dresses			
04:00:00	Healthy Living (Healthy Life Essentials)	SFPBS	(S)	(CC)	N/A	#1275H			
М	edical experts share the essential factors of a healthy lifestyle.								
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in e subscription plan AllHealthGo has created to offer users access to a number of healthca onsultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital serv	ices includin			included in			
05:30:00	•	APTEX	(S)	(CC)	N/A	#1804H			
Ca	Lung Cancer ne diagnosis and treatment of lung cancer has been one of the most hopeful advances in rancer screening guidelines allow for the screening for younger individuals with less of a smoolonger a death sentence.								
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		PBS	(S)	(CC)	N/A	#128H			
3.4.	A Huge Orange Problem  (hile Chris and Martin are off searching for the endangered Orangutan in the deep forests of	of Dornos L-	ak at the T	tuga IIO	Aviva 1	aki and			
1/1/	TOBE COURS AND MANUELATE OU SEARCHING FOR THE ENGANGERED CITARDURAN IN THE MACH TARGETS (	n Domen na	CKALINE IOT	moa HO	~VIVA K	UKLADO			

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.

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Sat, Dec 03, 2022

Sat, Dec						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions		` ,	, ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7601H
	Segment 1					
	eeping with the Health Channel's spirit of innovative programming, Vidav (with English subtitles) featuring groundbreaking medical breakthroug					
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7602H
	Segment 2					
08:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7603H
	Segment 3					
08:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7604H
	Segment 4					
08:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7605H
	Segment 5					
08:58:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7606H
	Segment 6					
09:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7607H
	Segment 7					
09:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7608H
	Segment 8					
09:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7609H
	Segment 9					
09:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7610H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7801H
	Segment 1					
	eeping with the Health Channel's spirit of innovative programming, Vida v (with English subtitles) featuring groundbreaking medical breakthroug					
10:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7802H
	Segment 2					
10:23:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7803H
	Segment 3					
10:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7804H
	Segment 4					
10:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7805H
	Segment 5					
10:55:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7806H
	Segment 6					

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Sat, Dec 03, 2022

16:44:00

Smartlife

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:06:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7807H
11.00.00	Segment 7	0.1.20	(0)	(00)	14// (	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
11:19:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7808H
	Segment 8					
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7809H
	Segment 9					
11:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7810H
	Segment 10					
12:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virtually no impa e courageous women navigate their way through medical fact and fiction while challer their way to health, hope, and healing.					
13:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease	APTEX	(S)	(CC)	N/A	#0
are r by D at th parti docu	eimer's disease. The harsh reality is that living with Younger Onset Alzheimer's can be many resources available for those with Alzheimer's, very little information is available an Gasby and his wife B. Smith, a former supermodel, celebrity chef and lifestyle may e age of 62, TOO SOON TO FORGET: THE JOURNEY OF YOUNGER ONSET ALZHOULARS of this disease, and provides information to help understand and educate viewed imentary features nine families from a variety of backgrounds who share their stories attion, to the adjustments, and finally, to the healing power of community.	for those affectiven who was desired HEIMER'S DISTERS about the e	cted by this for iagnosed with EASE takes offects and its	orm of the h younger an in-dep impact. T	disease onset A th look a he hour	e. Hosted Alzheimer's at the -long
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#202H
	What Happens In Sex Therapy? t happens in sex therapy. Plus, what to do when you're attracted to someone who is n sages can make you more appealing?	not your partne	r. And how u	sing emoj	is in you	ır
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	is: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation – Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman					
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	SFPBS	(S)	(CC)	N/A	#205H
3. As	is: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr sk The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single at Vargas					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H

**SFPBS** 

(S)

(CC) N/A #208H

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Sat, Dec 03, 2022

Title Start Subtitle Distrib Stereo Cap AS2 Episode 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 Hope Is Here **NETA** (S) (CC) N/A #103H 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." 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #210H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 20:00:00 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. 21:00:00 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

**SEPRS** 

(S)

(CC)

N/A

#202H

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?

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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Sun, Dec 04, 2022

	Little									
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode				
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the si	This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.									
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H				
	Racial Disparities In Health									
and o servio Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic min ces and often receive lower-quality care. Addressing health disparities is increasingly in the that the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	orities are les nportant as o	s likely to red ur populatior	ceive prev become	entive l s more	nealth diverse.				
01:00:00	Staying Healthy (Healthy Food Benefits)	SFPBS	(S)	(CC)	N/A	#1267H				
Susa	n Nowrouzi discusses how people can use food as medicine.									
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the si	This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.									
02:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H				
	e continue to track "long-haulers," we are learning more about the long-term health effe COVID symptoms.	ects of the pe	ople who are	suffering	from de	ebilitating				
03:00:00	Maternity Care (Pregnancy Info)	SFPBS	(S)	(CC)	N/A	#920H				
Focu	s: Dr. Ellen Schwartzbard has eveything you need to know about pregnancy, childbirth	and post-par	tum care.							
04:00:00	Men's Health (Heart Help)	SFPBS	(S)	(CC)	N/A	#1269H				
	amole discusses Men's Heart Health. Focus: Most common problems/conditions in me ges and treatments.	n. Also signs/s	symptoms of	trouble, p	oreventi	on, lifestyle				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the si	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthcaultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital serv	vices includin	ig teleme		included in				
05:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H				
	e continue to track "long-haulers," we are learning more about the long-term health effe COVID symptoms.	ects of the pe	ople who are	suffering	from de	ebilitating				
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	PBS	(S)	(CC)	N/A	#107H				
come	e in the Arctic, Martin and Chris are on a mission to discover how animals move around is in handy when they discover that Zach Varmitech has kidnapped a Walrus calf and a to return the baby animals to their mothers. Science Concepts: Buoyancy, Traction.									
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H				

Sun, Dec 04, 2022

Date: 12/30/2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode				
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H				
	In keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.									
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#502H				
08:21:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#503H				
08:30:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#504H				
08:44:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#505H				
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#506H				
09:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H				
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H				
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H				
09:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H				
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H				
	eeping with the Health Channel's spirit of innovative programming, v (with English subtitles) featuring groundbreaking medical breakth									
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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Daily Program Listing II WPBTHC 10/01/2022 - 12/31/2022

Sun, Dec 04, 2022

Date: 12/30/2022

	litie					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1608H
	Segment 8	020	(0)	(00)		
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1609H
	Segment 9					
	W. V. O. L.	05550	(0)	(0.0)		"101011
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1610H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1005H
	Episode 5		(-)	()		
	Sister Hilda away on a refresher course, Sister Julienne steps in to carry out home visit ctive mother struggles to cope with her daughter's teenage pregnancy and frustrates Pu			es settle in	n. An ov	erly
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6		, ,	` ,		
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Frances by reveals a secret that could threaten her relationship with Nonnatus House.	help a mothe	er-to-be who	refuses r	nedical	care.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1100H
Focu	s: Swim safety, blue zones, stress		( )	` ,		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	s: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. Thai Chi – Alex Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers 5. Autism					ma - Dr.
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
	s: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercises at Home pational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathan Fialkow 5					is
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:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					

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Sun, Dec 04, 2022

Title Subtitle Distrib Stereo Cap AS2 Start Episode 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 **NETA** (CC) N/A #106H (S) Keeping Bones Healthy & Strong 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1810H Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy. **APTEX** 20:00:00 The Last Chapter (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. 21:00:00 The Parents' Survival Guide: Childhood Obesity **APTEX** (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.

#203H

22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A 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.

22:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1111H Focus: Autism, exercising, personality profiles 23:00:00 Doctor O & A NFTA (S) (CC) N/A #106H Keeping Bones Healthy & Strong 23:30:00 Second Opinion with Joan Lunden **APTEX** (CC) #1703H (S) N/A 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.

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Mon, Dec 05, 2022

	Title								
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode			
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of hea ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includir	ng teleme		included in			
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H			
other cost	Alzheimer's: A Public Health Crisis  eimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's Disease is an under-recognized public health crisis. And while the word Alzheimer's people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective.	ears. Not only does	s Alzheimer's	s come wi	th a trer	nendous			
01:00:00	Healthy Living (Cardiac Tips)	SFPBS	(S)	(CC)	N/A	#1270H			
Henr	y Guzman and Dr. Jesus Jimenez discuss heart disease in men. Focus: Aneurysr	mal disease and ca	arotid artery	stenosis.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
the s	This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.								
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H			
	Racial Disparities In Maternal Health								
othei	nant women in the United States are more than twice as likely to die from complic r high-income countries in the world. And behind these statistics lie startling racial en of color.								
03:00:00	Staying Healthy#1045 (Wound Care)	SFPBS	(S)	(CC)	N/A	#1045H			
Tina	Jacomino discusses wound care.								
04:00:00	Nutrition & Health (Meal Timing Benefits)	SFPBS	(S)	(CC)	N/A	#1271H			
	tte Talamas discusses meal timing and frequency. Focus: Does it matter when you had boost brain health. Do they work?	ou eat? What are th	ne intermitte	nt fasting	techniq	ues to lose			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H			
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of heaultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includir	ng teleme		included in			
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H			
_	Racial Disparities In Maternal Health								
othei	nant women in the United States are more than twice as likely to die from complic r high-income countries in the world. And behind these statistics lie startling racial en of color.								
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1407H			
you'l	ng the spine in all directions, the way it was designed to move, can help reduce by I relieve tension in the lower back with posture and hip isolation exercises. Plus yo strings to help keep you pain-free!								
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#508H			
	Energize Your Spine!								
	ard bends, backbends, and twists loosen the spine and give you energy. They als ing vibrant inner health.	so tone the spinal r	nerves conne	ected to yo	our inter	nal organs,			
07:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H			
	Preventing Disease and Staying Healthy Town Hall								

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Mon, Dec 05, 2022

Title

Focus: Stroke, teens and mental health, bladder pain syndrome

	litle					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
00.00.00	Episode 6	1 00	(0)	(00)	11//	#100011
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Fi cy reveals a secret that could threaten her relationship with Nonnatus House.	rances help a mothe	er-to-be who	refuses r	nedical (	care.
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment		` '	,		
patie one	ng cancer surgery, it's common practice worldwide to remove a large area of the ent's quality of life post-surgery. Japanese doctors have developed a procedure the case, the surgery took an hour and less than a spoonful of blood was lost. The pake. We report on the innovative method and its potential.	nat involves removin	g only a sm	all amoun	t of the I	ung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glob slee	p is said to be the biggest black box of modern science. The International Institute all contributions to uncovering the mysteries of sleep. It developed a device that company part and analyze sleep quality. Research has revealed the importance of REM sleep of it is associated with a higher risk of dementia and obesity.	an be used at home	to easily me	easure bra	ain wave	es during
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the	ast cancer is the most common cancer among women worldwide, and this diagnostional and psychological challenges, as well. It is something no one wants to face diagnosis, and their support can be crucial to recovery. The couple goes through coer Spouse."	alone. The spouse	of the cance	er patient	feels the	e impact of
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term hea -COVID symptoms.	Ilth effects of the peo	ople who are	suffering	from de	ebilitating
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d					
reco tran	ew technology can capture clear images of tiny blood vessels using light and ultra- nstructive surgery for patients who have had a part of their head, neck or breast r splant skin flaps containing blood vessels from a different area of the body, decre- alize transparent, thin lymph vessels, and improve the treatment of lymphedema.	removed due to can asing the burden on	cer. Doctors	can safel	y cut an	d
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
bles ferm	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one sings of Lake Biwa. The lake is home to several indigenous species, many of whitented dish Funazushi, which contains a lactic bacterium that boosts the body's in kes. We introduce recipes using these fish.	ch are used in Shiga	a's traditiona	ıl dishes.	They inc	lude the
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6					
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister Fi cy reveals a secret that could threaten her relationship with Nonnatus House.	rances help a mothe	er-to-be who	refuses r	nedical (	care.
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1007H
	Episode 7					
	natus House struggles to come to terms with Nancy's revelation. Poplar's housing hange. The birth of a very special baby leads many people to count their blessing		ving the Nor	nnatus tea	am vowir	ng to fight
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Foci	us: Skin care, mental health help, stroke					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
-			1-1	( /		

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Mon, Dec 05, 2022 Title Start Subtitle Distrib Stereo Cap AS2 Episode 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #1001H Focus: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. Barry Schechter 3. Addiction and Family Counseling - Dan Simmons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. Healthy Eating on the Go - Jerome Turner, personal trainer 15:14:00 **SFPBS** Smartlife (CC) N/A #1002H (S) 15:26:00 Smartlife **SFPBS** (CC) #1003H (S) N/A 15:46:00 Smartlife **SFPBS** (S) (CC) N/A #1004H 15:58:00 Smartlife **SFPBS** (CC) N/A #1005H (S) Focus: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Veterans Care - Coralie Patterson and Richard Shutes, JCSFL 3. Hair Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Understanding Where Eating Disorders Come From - Melissa Spann, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost 16:12:00 Smartlife **SFPBS** (CC) N/A #1006H (S) Smartlife **SFPBS** #1007H 16:32:00 (S) (CC) N/A 16:46:00 **SFPBS** (CC) #1008H Smartlife (S) N/A 17:00:00 The Parents' Survival Guide: Childhood Obesity **APTEX** (S) (CC) N/A 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.

#### 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** 

(CC)

(S)

N/A

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	APTEX	(S)	(CC)	N/A	#1703H

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

#### 20:00:00 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.

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Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Too Soon to Forget: The Journey of Younger Onset Alzheimer's Disease	APTEX	(S)	(CC)	N/A	#0
Most	t people think Alzheimer's is a disease that only affects older adults, but that's not alw	ays true. When	this disease	strikes be	efore the	e age of
	t's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the					

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.

22:00:00 Medical Frontiers

APTEX (S) (CC) N/A #107H

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.

22:30:00 Medical Frontiers

APTEX (S) (CC) N/A #108H

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.

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	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.

Tue, Dec 06, 2022

Title

	litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	his 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- e subscription plan AllHealthGo has created to offer users access to a number of healthcar insultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital sen	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
re	1981 the term "sandwich generation" was coined to describe a group of Americans who ar latives at the same time. Today, millions of families are facing the dual challenge of sandwie having children later. This episode focuses on these caregivers.					
01:00:00	Orthopedics (Orthopedic Help)	SFPBS	(S)	(CC)	N/A	#1276H
D	r. Michael Swartzon discusses the most common orthopedic conditions in men (vs. women)	) and recom	mended prev	ention ar	nd treatm	nents.
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- e subscription plan AllHealthGo has created to offer users access to a number of healthcar insultations, emotional advice, second-opinion consultations, as well as a number of tools t	e digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	ne misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bac considered the next pandemic, antibiotic resistance is a threat to global health and food secu		dangering th	e efficacy	of antib	iotics.
03:00:00	All About Cancer (Skin & Breast Cancer)	SFPBS	(S)	(CC)	N/A	#1058H
Fo	ocus: Dr. Beatriz Amendola has ways to prevent some cancers; lifestyle, family history and	more.				
04:00:00	Plastic/Cosmetic Surgery (Potential Dangers)	SFPBS	(S)	(CC)	N/A	#1279H
D	<ul> <li>Castrellon discusses the latest techniques involving the restoration, reconstruction, or alternation.</li> </ul>	eration of the	e body.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- e subscription plan AllHealthGo has created to offer users access to a number of healthcar onsultations, emotional advice, second-opinion consultations, as well as a number of tools to	e digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	ne misuse and overuse of antibiotics is contributing to the rapid emergence of resistant bac considered the next pandemic, antibiotic resistance is a threat to global health and food secu		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics Calf & Knee	APTEX	(S)	(CC)	N/A	#1408H
yo	oin Miranda for an all standing, neuromuscular workout. Through gentle and controlled mov our body including your knees and calves will be stretched and strengthened to help preven crease your hip's range of motion, which will help you move faster and more easily through	t injury. As a	an added bor			
06:30:00	•	APTEX	(S)	(CC)	N/A	#509H
_	Two-Hand Snake					
	nis balancing pose strengthens both arms and abs and improves concentration. End with a notions.	standing ch	in lock that c	alms the	mind and	d
07:00:00	Happy Yoga with Sarah Starr Desert Sunset	NETA	(S)	(CC)	N/A	#412H
Sa	njoy the glorious desert sunset, gaining clarity and stability with a modified yoga practice us ilutations, stretches to open the hips and release tension in the spine and a standing seque alance and focus.					

Heart Attacks and Strokes

Doctor Q & A

07:30:00

NETA

(S)

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N/A #111H

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	- <u></u> N/A	#102H
	Managing The Mental Health Crisis Town Hall		(-)	()		
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
endo accu	on cancer is the second deadliest cancer in the US. Early detection is important but oscopes have been developed in Japan to tackle the problem. One can judge a lesuracy. The other indicates lesions during an exam, even indistinct ones, like a car not lest that are beneficial for gut health and explain how they should be eaten.	ion's malignancy i	n 0.4 second	d with alm	ost 100'	%
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety		` ,	` ,		
wee	nsure medical safety. Everyone who works there, from medical professionals to add k, and each is examined to determine the cause, with information disclosed to pation pment. The system is based on Kaizen, a core principle of Toyota Motor.					
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from complicate high-income countries in the world. And behind these statistics lie startling racial nen of color.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancements a effective and can drastically increase the life expectancy of the patient.	and is a very comr	non procedu	re. This p	rocedur	e is 94-
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#402H
	npics: Addiction recovery with Gary Tsai, MD & Danny Trejo, Innovation: Hearing a re & exercise, Living longer in mobile home communities, Reliable Hospice.	aids = less dement	ia, Life after	a stroke,	Innovati	on: Heart
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#104H
	Gina Hollenbeck					
diag	a Hollenbeck is positive about life. Every day she lives with an optimistic desire to onosis. As a young mother of two boys, she forges ahead towards a vibrant and me herself but for others who suffer from this deadly disease.					
12:00:00	Medical Frantiera	ADTEV	(C)	(CC)	NI/A	#10011

**APTEX** (S) (CC) N/A #109H

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.

12:30:00 Medical Frontiers **APTEX** 

(CC) N/A #110H

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.

13:00:00 Finding Hope-Town Hall **SFPBS** 

(S)

(S)

(S)

N/A

#103H

Mental Health Crisis In Teenagers & Young Adults

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

14:00:00 Sex Talk with Dr. Lia

Science & Sex

**SFPBS** 

(CC)

(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.

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Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1118H Focus: Bladder pain syndrome, cancer and nutrition, mental health help 15:00:00 **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** #703H (S) (CC) N/A 15:40:00 Smartlife **SFPBS** (S) (CC) N/A #704H 15:57:00 Smartlife **SFPBS** (S) (CC) N/A #705H Focus: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal trainer 3. Being Happily Married - Jasmin Terrani 4. Ask the Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA 16:19:00 **SFPBS** Smartlife (S) (CC) N/A #706H 16:33:00 Smartlife **SFPBS** (S) (CC) N/A #707H **SFPBS** 16:46:00 Smartlife (S) (CC) N/A #708H 17:00:00 The Last Chapter **APTEX** (CC) N/A #0H (S) 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 Flip My Florida Yard (Sfpbs) **SFPBS** (CC) N/A #201H (S) 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. **NETA** 18:30:00 Hope Is Here (S) (CC) N/A #104H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #101H

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** 

(CC)

(S)

N/A

#1704H

Stomach Pain, Reflux Disease and Ibs

Second Opinion with Joan Lunden

19:30:00

Distrib

Stereo

Cap

AS2 Episode

#203H

Tue, Dec 06, 2022

of those living with this diagnosis.

Start

Title Subtitle

20:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
illne com afte the Dep intin dire ther auto	ording to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schill apply with traditional mental health treatment or follow his own path to wellness. Eric's or eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are captured in the story. Eric, his father and his attorney argue passionate positions of Eric's evaluating psychologist and social worker show how and why they formate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing citive, being locked on a psych floor after being picked up by police, and deteriorating re's a glimmer of hope and a solution that eventually enables Eric to graduate from colonomy he so desperately craves. CRAZY brings the viewer into the story with extraorche process, the documentary looks at involuntary treatment and explores the bigger is erience.	zophrenic, faced doctors want to mausing more harmaly for Eric's right eel forced treatmy meds, seeking during a family the diamary access to discount to the diamary access to discount the diamary access to diamary access the diamary access to discount the diamary access the	with a criti- nedicate him in than good to make hent is nece- legal appro- nerapy ses- ne recovery both Eric a	cal choice m for his or d. With ext is own me essary. CR eval to use sion. Throu y and a me nd his doc	- wheth wn prot raordin dical de AZY re an adv ugh all easure o tor's po	ner to ection, but ary access, ecisions. veals an anced of this, of the ints of view.
21:00:00	Revolutionizing Dementia Care	APTEX	(S)	(CC)	N/A	#0
not dem on b	VOLUTIONIZING DEMENTIA CARE explores how people living with dementia can sti their limitations. Over the course of an hour, the documentary visits eight residential hentia and Alzheimer's care. Interviews with residents, family and staff reveal the varic both the recipients and providers of those services. Experts and educators in the demanders and care, and the benefits of these new models. From equine and horticulture to the services is a service of the services and care.	omes-from Mass ous ways models entia care field al	sachusetts of person- so discuss	to Californ centered of the chang	ia-spec are, an jing lan	cializing in ad its impact dscape of

22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A 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.

programs for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving ways ability-focused programs can enrich the lives

22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
Focus	s: Bladder pain syndrome, cancer and nutrition, mental health help					
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

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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Wed, Dec 07, 2022

Title

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
				<u> </u>		·
the	All Health Go  30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		#0H included in
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episobe treated.					
01:00:00	Staying Healthy (Home Health Care Help)	SFPBS	(S)	(CC)	N/A	#1280H
Tina	Jacomino & Jason Owens discuss home health-care services. Focus: Pill packaging	and home deli	very options	for patien	ts.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work etes.	is to stop pre-c	liabetes from	turning ir	nto full-fl	edged
03:00:00	Sports Medicine (Sports Injury Tips)	SFPBS	(S)	(CC)	N/A	#1056H
wror	us: Dr. Michael Swartzon discusses the effects of wearing the correct gear when you eng gear can cause injuries such as worn out running shoes, wearing Crocs on the treat rams, etc. and how heat protection and hydration are essential now that we head into	dmill, poor qua				
04:00:00	Health Trends (Pets As Therapy)	SFPBS	(S)	(CC)	N/A	#1282H
Amy	Exum discusses the benefits of service and emotional support animals. Focus: Pet T	herapy.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health-cultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work etes.	is to stop pre-d	liabetes from	turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1409H
Feat	Spine Strengthening ngthening the spine reduces stress on the spinal discs and joints, protects against injuring standing and floor work, this rejuvenating workout will help develop a stable and culature, from the abdominals to the entire back. With a strong back, you'll feel liberate	l aligned spine	by strengthe	ning the e	entire co	ore
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#510H
\A/~!	Banish Lower Back Pain	all aggantial fa	a haaltkii k -	ok		
vvai	Lana shows you a series of poses to strengthen your abs, thighs, and back muscles-	ali essentiai toi	a nealtny ba	ICK.		
07:00:00	The Parents' Survival Guide: Childhood Obesity	APTEX	(S)	(CC)	N/A	#0
PAR spec profi prev	ough the causes of childhood obesity vary, the effects do not: obesity compromises a ENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solut iffically the role parents can play as the "first line of defense" in their children's nutrition les with families, the one-hour documentary helps parents determine their children's rention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new reseat rent approaches that both parents and healthcare professionals can put to immediate	ions to this gro n and fitness. It isk for obesity rch on childho	owing pediatri By combining and offers pro od obesity an	ic health p interview oven, prac id compar	oroblem s with e ctical str res and	xperts and rategies for 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.

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Wed, Dec 07, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6		. ,	` ,		
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister France cy reveals a secret that could threaten her relationship with Nonnatus House.	s help a moth	er-to-be who	refuses r	medical	care.
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
patie one	ng cancer surgery, it's common practice worldwide to remove a large area of the organ ent's quality of life post-surgery. Japanese doctors have developed a procedure that invicase, the surgery took an hour and less than a spoonful of blood was lost. The patient k. We report on the innovative method and its potential.	olves removir	ng only a sm	all amoun	t of the	lung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glob slee	p is said to be the biggest black box of modern science. The International Institute for all contributions to uncovering the mysteries of sleep. It developed a device that can be and analyze sleep quality. Research has revealed the importance of REM sleep, dur of it is associated with a higher risk of dementia and obesity.	used at home	e to easily m	easure br	ain wav	es during
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances in ter screening guidelines allow for the screening for younger individuals with less of a su langer a death sentence.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant be sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	of antib	piotics.
11:00:00	Conscious Living Net-Zero Staycation	NETA	(S)	(CC)	N/A	#210H
our i Mich elec	r a long journey, there's nothing more satisfying than returning home. On this episode, midcentury desert home into a net-zero oasis. With countless days of sun, temperature are lons his toolbelt to see if we can harness solar energy to power our home yearrou tric bike for a vintage fashion show at a local art gallery. But first, breakfast. Michael kid armer's market: a no-egg omelet and a cheezy sausage breakfast sandwich.	es topping 115 Ind. Bianca tal	degrees, an kes a break f	d A/C bill rom the a	s throug ction to	h the roof, hop on her
11:30:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	ode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fan cting plants. The Valdez family s new space will serve as a place for them to gather ar					vildlife
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	N/A	#1006H
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister France cy reveals a secret that could threaten her relationship with Nonnatus House.	s help a moth	er-to-be who	refuses r	medical	care.
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	natus House struggles to come to terms with Nancy's revelation. Poplar's housing crisi hange. The birth of a very special baby leads many people to count their blessings.	s worsens, lea	aving the Nor	nnatus tea	am vowi	ng to fight
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
Foci	is: Stress, burn first aid, emergency prep					

SFPBS

(S)

(CC)

N/A #1133H

Focus: Stroke, vaccines, mental crisis

Health Insiders

14:30:00

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Wed, Dec 07, 2022

Title Cap Start Subtitle Distrib Stereo AS2 Episode 15:00:00 Smartlife **SFPBS** (S) (CC) N/A #801H Focus: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 3. Proactively Building Body Image - Melissa Spann, PHD 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chaleff 15:14:00 **SFPBS** Smartlife (S) (CC) N/A #802H 15:27:00 Smartlife **SFPBS** (CC) #803H (S) N/A 15:44:00 Smartlife **SFPBS** (S) (CC) N/A #804H 15:58:00 Smartlife **SFPBS** (S) (CC) N/A #805H Focus: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask the Expert Segment - Dr. Michael Gonzalez Ramos 4. Hydrafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden Naples 16:11:00 Smartlife **SFPBS** (CC) N/A #806H (S) 16:22:00 Smartlife **SFPBS** (S) (CC) N/A #807H **SFPBS** 16:37:00 Smartlife (S) (CC) N/A #808H

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** 

**APTEX** 

**APTEX** 

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### 18:00:00 The Last Chapter

Crazy

17:00:00

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.

19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					

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 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.

Wed, Dec 07, 2022

Start

Title Subtitle

Otart			-010.00	<u> </u>		p.oodo
21:00:00	The Parents' Survival Guide:Childhood Obesity	APTEX	(S)	(CC)	N/A	#0
PAR spec profi prev diffe	bugh the causes of childhood obesity vary, the effects do not: obesity compromises a ENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solu- cifically the role parents can play as the "first line of defense" in their children's nutritionalles with families, the one-hour documentary helps parents determine their children's re- ention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new researent approaches that both parents and healthcare professionals can put to immediate avior modification, a key, albeit challenging, component in controlling weight.	itions to this gro on and fitness. B risk for obesity a arch on childhoo	wing pediato by combining and offers produced od obesity ar	ric health p g interview roven, pra- nd compar	oroblem s with e ctical st es and	, experts and rategies for contrasts
22:00:00	Medical Frontiers Minimally Invasive Lung Cancer Treatment	APTEX	(S)	(CC)	N/A	#107H
	ng cancer surgery, it's common practice worldwide to remove a large area of the orga ent's quality of life post-surgery. Japanese doctors have developed a procedure that it					

Distrib

Stereo

Cap

AS2 Episode

patient's quality of life post-surgery. Japanese doctors have developed a procedure that involves removing only a small amount of the lung. Ir 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.

22:30:00 Medical Frontiers APTEX (S) (CC) N/A #108H 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.

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.

Thu, Dec 08, 2022

Valdez Family - Oviedo

Title

_	Title		_	_							
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode					
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includir	ng teleme		included in					
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H					
	Heart Disease In Women										
maj 3 w	art Disease is the leading cause of death and disability for women in the United States. or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear omen every year. That's more than all cancers combined. But 80% of cardiac and strok use of heart disease in women and how we can lower cardiac risk and death.	rt disease and	stroke comb	ined caus	e the de	eath of 1 in					
01:00:00	Mental Health (Substance Abuse Help)	SFPBS	(S)	(CC)	N/A	#1283H					
Hea	ather Hayes discusses baby boomers and substance use in mid-life.										
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
the	This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H					
con	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.										
03:00:00	Mental Health (Suicide Prevention)	SFPBS	(S)	(CC)	N/A	#1061H					
Ricl	hard Shutes & Coralie Patterson discuss suicide prevention and how to recognize warn	ing signs and	where to see	ek help.							
04:00:00	Kids & Teens (Immunization Update)	SFPBS	(S)	(CC)	N/A	#1284H					
Dr.	Manuel Vega discusses vaccinations. FOCUS: The current measles outbreaks.										
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includir	ng teleme		included in					
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H					
con	ess is a word that people throw around when they are feeling overwhelmed, but stress of sequences. Stress in all ages, as well as pandemic-related stress, affects our overall help has depression and anxiety.					issues					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1410H					
	Full Body Workout										
tone	vup your body with this zero impact, cardio workout that won't stress your joints. This a e your abs and strengthen your hips. The flowing rotational movements will unlock your kout glow.										
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#511H					
	Enjoy Supple Joints										
	your toes, knees, hips, and shoulders moving to give your joints the freedom of maxim re body.	um flexibility.	Then salute t	he sun to	energiz	e your					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#201H					
	= " 0										

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.

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Thu, Dec 08, 2022

Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #103H Alzheimer's Disease: Hope for the Future **SFPBS** 08:00:00 Covid & Monkeypox: The Facts Town Hall (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. 09:00:00 Medical Frontiers **APTEX** (CC) (S) N/A #105H 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 Al-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 **APTEX** (S) (CC) N/A #106H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. 10:30:00 Second Opinion with Joan Lunden **APTEX** (CC) (S) 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 NFTA (S) (CC) N/A Innovations In Medicine #402H Al-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. 11:30:00 Hope Is Here **NETA** (S) (CC) N/A #104H 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. **APTEX** 12:00:00 Medical Frontiers (S) (CC) N/A #109H 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.

# 12:30:00

Medical Frontiers **APTEX** (CC) N/A #110H (S)

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.

#### 13:00:00 Polio Crusade: American Experience

(S)

(CC)

DVI

#2102H

**PBS** 

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.

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Thu, Dec 08, 2022

19:30:00

Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #204H Benefits of Morning Sex Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life. 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1134H Focus: Blue zone, addiction, running 15:00:00 **SFPBS** (CC) N/A #901H Smartlife (S) 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** (CC) 15:13:00 Smartlife (S) N/A #902H 15:23:00 Smartlife **SFPBS** (S) (CC) N/A #903H 15:44:00 Smartlife **SFPBS** (CC) (S) N/A #904H 15:58:00 Smartlife **SFPBS** (S) (CC) N/A #905H Focus: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero 3. Physical Therapy for Knee Osteoarthritis- Ron Yacoub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choices - Lynne Kunnin, FLIPANY 16:11:00 Smartlife **SFPBS** (CC) N/A #906H (S) 16:31:00 Smartlife **SFPBS** (S) (CC) N/A #907H **SFPBS** 16:43:00 Smartlife (S) (CC) N/A #908H **PBS** 17:00:00 Polio Crusade: American Experience (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. 18:00:00 Covid & Monkeypox: The Facts Town Hall **SFPBS** #0H (S) (CC) N/A 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions

Second Opinion with Joan Lunden (CC) 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)

#1706H

N/A

20:00:00 **APTEX** The Last Chapter (CC) N/A #0H (S)

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.

Thu, Dec 08, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
21:00:00	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.										
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#204H				
	Benefits of Morning Sex									
Why	"wake-up" sex can be a great start to the day plus some tips on how to keep menopaus	se and its afte	ermath from	ruining yo	ur sex li	fe.				
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1134H				
Focu	s: Blue zone, addiction, running									
23:00:00	Doctor Q & A A Blastic Surgeon Anguara Your Questions	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	#1709H				
	Parkinson's Disease									

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

Fri, Dec 09, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H				
	Parkinson's Disease									
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects nearl six million people worldwide. The symptoms generally develop slowly over years, some hand. While tremors are common in Parkinson's, the disease progression is unique to ements of Parkinson's Disease, and the search for a cure.	etimes startin	ig with a bare	ely noticea	able tren	nor in just				
01:00:00	Heart Health (American Red Cross Benefits)	SFPBS	(S)	(CC)	N/A	#1285H				
	ed Feldman & Dr. David Markenson explain the American Red Cross programs . Focus Thcare professionals.	s: Teaching (	CPR, AED, F	irst Aid ar	nd BLS/0	CPR for				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in				
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H				
	Vaccine Hesitancy									
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing this ine. Childhood vaccine rates continue to decrease in certain areas of the country, settineback.									
03:00:00	Plastic/Cosm Surgery (Body Image/Non-Surgical)	SFPBS	(S)	(CC)	N/A	#1062H				
Focu	us: Reana Myers discusses non-surgical treatments for face and body to get your face a	and body rea	dy for summe	er.						
04:00:00	Heart Health (Vein Help)	SFPBS	(S)	(CC)	N/A	#1286H				
Dr. I	an del Conde discusses various vascular conditions. Focus: Their risks, symptoms, pre	vention and t	reatments.							
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in				
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H				
	Vaccine Hesitancy									
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing this ine. Childhood vaccine rates continue to decrease in certain areas of the country, setting eback.									
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1411H				
	Glute & Hip Stretch									
uppe	k from head-to-toe as you stretch the entire body in this feel good Classical Stretch worler body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. A pur hips and spine so that you can stretch and strengthen your glutes and hamstrings.									
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#512H				
\A/=:	Easy Stress Relief	al and masts								

Wai Lana shows you poses and a breathing technique to release stored stress, both physical and mental.

Fri, Dec 09, 2022

Title

	litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:00:00	The Parents' Survival Guide:Childhood Obesity	APTEX	(S)	(CC)	 N/A	#0
Alt PA sp pro pro dif	though the causes of childhood obesity vary, the effects do not: obesity compromises a care RENTS' SURVIVAL GUIDE: CHILDHOOD OBESITY addresses the multi-faceted solutive ecifically the role parents can play as the "first line of defense" in their children's nutrition ecifically the families, the one-hour documentary helps parents determine their children's rise evention and intervention. THE PARENTS' SURVIVAL GUIDE also presents new resear ferent approaches that both parents and healthcare professionals can put to immediate that which is the parents and healthcare professionals can put to immediate that the parents are component in controlling weight.	child's growth, ons to this gro and fitness. E sk for obesity ch on childhoo	health and cowing pediatr By combining and offers produced obesity ar	quality of lic health properties interview oven, prand compa	ife. THE problem vs with e actical sta res and	, experts and rategies for contrasts
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6 ixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister France ancy reveals a secret that could threaten her relationship with Nonnatus House.	es help a moth	er-to-be who	refuses ı	medical	care.
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
pa on	lung cancer surgery, it's common practice worldwide to remove a large area of the organ tient's quality of life post-surgery. Japanese doctors have developed a procedure that inveces, the surgery took an hour and less than a spoonful of blood was lost. The patient sek. We report on the innovative method and its potential.	volves removii	ng only a sm	all amour	nt of the	lung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glo sle	eep is said to be the biggest black box of modern science. The International Institute for lobal contributions to uncovering the mysteries of sleep. It developed a device that can be sep and analyze sleep quality. Research has revealed the importance of REM sleep, durick of it is associated with a higher risk of dementia and obesity.	used at home	e to easily m	easure br	ain wav	es during
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
va	Vaccine Hesitancy accine hesitancy continues to be an issue in the U.S., with COVID continually bringing this coine. Childhood vaccine rates continue to decrease in certain areas of the country, settimeback.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					
Ald St	opecia areata is a common autoimmune disorder that often results in unpredictable hair lates and is one of the most requested topics from viewers every year.	loss. It affects	roughly 6.8 i	million pe	ople in t	he United
11:00:00	Flip My Florida Yard (Sfpbs)  Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H
	bisode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida fan tracting plants. The Valdez family s new space will serve as a place for them to gather ar					vildlife
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
ble fer	part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Jacessings of Lake Biwa. The lake is home to several indigenous species, many of which are mented dish Funazushi, which contains a lactic bacterium that boosts the body's immun okes. We introduce recipes using these fish.	e used in Shig	a's traditiona	al dishes.	They in	clude the
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1006H
	Episode 6 ixie speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister France ancy reveals a secret that could threaten her relationship with Nonnatus House.	es help a moth	er-to-be who	refuses ı	medical	care.
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1007H
10.00.00	Episode 7	1 00	(0)	(00)	111/	,, 100711
No	onnatus House struggles to come to terms with Nancy's revelation. Poplar's housing crisi	s worsens, lea	aving the No	nnatus tea	am vowi	ng to fight

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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Fri, Dec 09, 2022

15:13:00

16:43:00

17:00:00

Smartlife

Smartlife

Health Effects of Gaming

The Parents' Survival Guide: Childhood Obesity

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:00:00 Health Insiders **SFPBS** (S) (CC) N/A #1008H Focus- 1. DR. ARMANDO GARCIA Exercise for heart disease prevention 2. DR. TINA CARROL SCOTT Healthcare disparities 3. DR. JILL WAIBEL, MEL VALENZUELA Spray tan safety

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

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 #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

**SFPBS** 

**SFPBS** 

**APTEX** 

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N/A

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#602H

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13.13.00	Girial tille	OI I BO	(0)	(00)	11//	#00211
15:25:00	Smartlife Art of Warriors Segment	SFPBS	(S)	(CC)	N/A	#603H
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
	Smartlife s: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - Je cto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	SFPBS rome Turner 3.	(S) Meditation	(CC) - Leslie		#605H an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H

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.

18:00:00 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.

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	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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Fri, Dec 09, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode					
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	Crazy	APTEX	(S)	(CC)	N/A	#0H					
illnes comp after the fi Depo intim direc there autor	According to the National Alliance on Mental Illness, approximately 1 in 5 adults in the United States - 43.8 million, or 18.5% - experiences mental illness in a given year. The one-hour documentary CRAZY follows Eric, a diagnosed schizophrenic, faced with a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness. Eric's doctors want to medicate him for his own protection, but after eight years of anti-psychotic meds, Eric wants to refuse the drugs he believes are causing more harm than good. With extraordinary access, the film explores both sides of the story. Eric, his father and his attorney argue passionately for Eric's right to make his own medical decisions. Depositions of Eric's evaluating psychologist and social worker show how and why they feel forced treatment is necessary. CRAZY reveals an intimate portrait of the unpredictable and high-stakes trajectory of Eric's journey - refusing meds, seeking legal approval to use an advanced directive, being locked on a psych floor after being picked up by police, and deteriorating during a family therapy session. Through all of this, there's a glimmer of hope and a solution that eventually enables Eric to graduate from college and claim the recovery and a measure of the autonomy he so desperately craves. CRAZY brings the viewer into the story with extraordinary access to both Eric and his doctor's points of view. In the process, the documentary looks at involuntary treatment and explores the bigger issues and questions raised by this very personal experience.										
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H					
	Minimally Invasive Lung Cancer Treatment										
patie one o	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.										
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H					
	Exploring The Mystery of Good Sleep										
globa sleep	p is said to be the biggest black box of modern science. The International Institute for In al contributions to uncovering the mysteries of sleep. It developed a device that can be a pand analyze sleep quality. Research has revealed the importance of REM sleep, during of it is associated with a higher risk of dementia and obesity.	used at home	to easily me	easure br	ain wav	es during					

lack of it is associated with a higher risk of dementia and obesity.

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	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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Sat, Dec 10, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (CC) N/A #1710H (S) 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." 01:00:00 **SFPBS** Maternity Care (Postpartum Depression) (S) (CC) N/A #1287H Steven and Andrea discuss postpartum depression in new mothers - risk factors, symptoms, treatment options as well as effects on new fathers. 02:00:00 All Health Go **SFPBS** N/A (CC) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 03:00:00 Mental Health (Teen Suicide) **SFPBS** (S) (CC) N/A #1063H Focus: Dr. Daniel Bober discusses recent sad news with teenage suicide events and what to look out for in terms of signs and symptoms. 04:00:00 Nutrition & Health (Basic Health-Care) **SFPBS** (CC) #1288H N/A (S) Cadena that Goes to Third World countries to help teach children and moms about basic health and nutrition needs. 05:00:00 All Health Go **SFPBS** (CC) N/A #0H (S) This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs, 05:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. **PBS** 06:00:00 (S) (CC) Alma's Way DVI #123H Alma's Book Swap/Finders Keepers 06:30:00 Scigirls **PBSPL** (S) (CC) DVI #505H Code Concert 07:00:00 **PBS** Wild Kratts (S) (CC) N/A #218H 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.

07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes 08:00:00 Vida Y Salud **SFPBS** (S) (CC) N/A #501H

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.

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Date: 12/30/2022

Title Subtitle Distrib Stereo Сар Start AS2 Episode 08:12:00 Vida Y Salud **SFPBS** (S) (CC) N/A #502H Segment 2 **SFPBS** 08:21:00 Vida Y Salud (CC) N/A #503H (S) Segment 3 08:30:00 Vida Y Salud **SFPBS** (CC) N/A #504H (S) Segment 4 08:44:00 Vida Y Salud **SFPBS** (S) (CC) N/A #505H Segment 5 09:00:00 **SFPBS** Vida Y Salud (S) (CC) N/A #506H Segment 6 09:13:00 Vida Y Salud **SFPBS** (S) (CC) N/A #507H Segment 7 09:25:00 Vida Y Salud **SFPBS** (S) (CC) N/A #508H Segment 8 #509H 09:33:00 Vida Y Salud **SFPBS** (CC) (S) N/A Segment 9 09:42:00 Vida Y Salud **SFPBS** (CC) (S) N/A #510H Segment 10 10:00:00 Vida Y Salud **SFPBS** (S) (CC) N/A #1601H 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** 10:12:00 Vida Y Salud (S) (CC) N/A #1602H Segment 2 **SFPBS** 10:23:00 Vida Y Salud (S) (CC) N/A #1603H Segment 3 Vida Y Salud **SFPBS** (CC) #1604H 10:34:00 (S) N/A Segment 4 10:46:00 Vida Y Salud **SFPBS** (CC) #1605H (S) N/A Segment 5 Vida Y Salud **SFPBS** (CC) 10:57:00 (S) N/A #1606H Segment 6 11:09:00 Vida Y Salud **SFPBS** #1607H (S) (CC) N/A Segment 7 11:21:00 Vida Y Salud **SFPBS** (S) (CC) N/A #1608H Segment 8

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Sat, Dec 10, 2022

Sat, Dec	10, 2022					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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	SFPBS	(S)	(CC)	N/A	#103H
Char	nges in education and the effects of the pandemic have increased anxiety, depression, nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers e issues affecting our children and offer practical advice based on research.					
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	SFPBS	(S)	(CC)	N/A	#203H
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-te about recovery from prostate cancer.	rm relationsh	ips and a me	n's sexua	al health	expert
14:30:00 Focu	Health Insiders is: Bladder pain syndrome, cancer and nutrition, mental health help	SFPBS	(S)	(CC)	N/A	#1118H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	is: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compression Fracture and ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Children's Hospital 5. Imar 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
15:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	s: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal train- expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	er 3. Being H	appily Marrie	d - Jasmi	n Terrar	11 4. ASK
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	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.

Sat, Dec 10, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode					
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#104H					
	Gina Hollenbeck										
diagı	Hollenbeck is positive about life. Every day she lives with an optimistic desire to overconosis. As a young mother of two boys, she forges ahead towards a vibrant and meaning herself but for others who suffer from this deadly disease.										
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#201H					
	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.										
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H					
	Stomach Pain, Reflux Disease and Ibs										
19:30:00	Second Opinion with Joan Lunden 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					
not ti demo on bo diago prog	OLUTIONIZING DEMENTIA CARE explores how people living with dementia can still enter limitations. Over the course of an hour, the documentary visits eight residential homentia and Alzheimer's care. Interviews with residents, family and staff reveal the various of the recipients and providers of those services. Experts and educators in the dementions and care, and the benefits of these new models. From equine and horticulture the rams for area businesses, REVOLUTIONIZING DEMENTIA CARE captures the evolving with this diagnosis.	nes-from Mas s ways model tia care field a grapies, to city	sachusetts t s of person-oalso discuss y-wide deme	o Californ centered o the chang ntia-friend	ia-speci are, and jing land lly educ	alizing in d its impact dscape of ation					
21:00:00	Polio Crusade: American Experience	PBS	(S)	(CC)	DVI	#2102H					
	over the story of the dreaded disease that gripped the nation in fear, leaving thousands survivors with the story of the ardent crusader who tirelessly fought against it.	paralyzed. T	he film weav	es persor	al acco	unts of					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#203H					
	Science & Sex										
	many ways that sex can be a very healthy activity. Plus, what it takes to sustain long-te about recovery from prostate cancer.	rm relationsh	ips and a me	en's sexua	al health	expert					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H					
Focu	s: Bladder pain syndrome, cancer and nutrition, mental health help										
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H					
	Stomach Pain, Reflux Disease and Ibs										
23:30:00	Second Opinion with Joan Lunden 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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Sun, Dec 11, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
Start	Subtitle			Сар	<u> </u>	Lpisoue
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital serv	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly on research, millennials have become the most anxious generation in history. This episodo be treated.					
01:00:00	Staying Healthy (Home Health Care Help)	SFPBS	(S)	(CC)	N/A	#1280H
Tina	Jacomino & Jason Owens discuss home health-care services. Focus: Pill packaging ar	nd home deliv	ery options	for patient	ts.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital serv	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	turning in	nto full-fl	edged
03:00:00	Sports Medicine (Sports Injury Tips)	SFPBS	(S)	(CC)	N/A	#1056H
wror	us: Dr. Michael Swartzon discusses the effects of wearing the correct gear when you ex ng gear can cause injuries such as worn out running shoes, wearing Crocs on the treadi grams, etc. and how heat protection and hydration are essential now that we head into S	mill, poor qua				
04:00:00	Health Trends (Pets As Therapy)	SFPBS	(S)	(CC)	N/A	#1282H
Amy	Exum discusses the benefits of service and emotional support animals. Focus: Pet The	erapy.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital serv	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	turning in	nto full-fl	edged
06:00:00	Alma's Way Too Corny/Alma Tags Along	PBS	(S)	(CC)	DVI	#119H
06:30:00	Scigirls Turtle Mania	PBSPL	(S)	(CC)	N/A	#101H
SciO	Sirl Annie and her friends make a local wetland more attractive to turtles.					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#127H
find	Zig-Zagged s and Martin get caught in the middle of a Zebra stampede, and when the dust clears, a the young zebra's herd and return him to his mom. Along the way, they learn the secret es are critical to a special defense called "confusion camouflage."					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					

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Sun, Dec 11, 2022

Segment 7

Sun, Dec	11, 2022						
Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
	Vida V Calud	Cabano				- —	
08:00:00	Vida Y Salud Segment 1		SFPBS	(S)	(CC)	N/A	#2501H
	eeping with the Health Cha	nnel's spirit of innovative programming, Vida aturing groundbreaking medical breakthrough					
08:12:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2502H
	Segment 2						
08:22:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2503H
	Segment 3						
08:34:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2504H
	Segment 4						
08:45:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2505H
	Segment 5						
08:56:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2506H
	Segment 6						
09:11:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2507H
	Segment 7						
09:22:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2508H
	Segment 8						
09:33:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9						
09:44:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10						
10:00:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2901H
In ke	Segment 1 eeping with the Health Char	nnel's spirit of innovative programming, Vida	y Salud is a fast-paced, fun a	and informati	ve Spanis	sh-langu	age health
		aturing groundbreaking medical breakthrough					
10:13:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2902H
	Segment 2						
10:26:00	Vida Y Salud Segment 3		SFPBS	(S)	(CC)	N/A	#2903H
	Segment 3						
10:39:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2904H
	Segment 4						
10:54:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2905H
	Segment 5						
11:05:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2906H
	Segment 6						
11:18:00	Vida Y Salud		SFPBS	(S)	(CC)	N/A	#2907H

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Daily Program Listing II

WPBTHC

Date: 12/30/2022 10/01/2022 - 12/31/2022

Sun, Dec 11, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	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
	e speaks out on behalf of a patient, with mixed reactions. Dr. Turner and Sister France by reveals a secret that could threaten her relationship with Nonnatus House.	es help a moth	er-to-be who	refuses r	medical	care.
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	natus House struggles to come to terms with Nancy's revelation. Poplar's housing cris hange. The birth of a very special baby leads many people to count their blessings.	is worsens, lea	aving the No	nnatus tea	am vowii	ng to fight
14:00:00 Focu	Health Insiders us: Stress, burn first aid, emergency prep	SFPBS	(S)	(CC)	N/A	#1131H
14:30:00 Focu	Health Insiders as: Stroke, vaccines, mental crisis	SFPBS	(S)	(CC)	N/A	#1133H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	is: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Richard Vivero 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. Frederick Chal		Building Bod	y Image -	Melissa	Spann,
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
	Smartlife  is: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Schechter 3. Ask tafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmons, Hazelden		(S) gment - Dr. M	(CC) lichael Go	N/A onzalez F	#805H Ramos 4.
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	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.

Mental Health Crisis In Teenagers & Young Adults

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Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #102H Caring for Your Back 19:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1705H Conquering Obesity

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

#### 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** 

**APTEX** 

(S)

(S)

(CC)

(CC)

DVI

N/A

#0H

#0H

#### 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.

# 22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A #204H Benefits of Morning Sex

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

22:30:00 Focu	Health Insiders us: 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 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTFX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 01:00:00 Mental Health (Substance Abuse Help) **SFPBS** (S) (CC) N/A #1283H Heather Hayes discusses baby boomers and substance use in mid-life. 02:00:00 All Health Go SFPBS (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. **SFPBS** 03:00:00 (CC) Mental Health (Suicide Prevention) (S) N/A #1061H Richard Shutes & Coralie Patterson discuss suicide prevention and how to recognize warning signs and where to seek help. 04:00:00 Kids & Teens (Immunization Update) **SFPBS** (S) (CC) N/A #1284H Dr. Manuel Vega discusses vaccinations. FOCUS: The current measles outbreaks. **SFPBS** 05:00:00 (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 APTEX Second Opinion with Joan Lunden (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. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1412H 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.

06:30:00 Wai Lana Yoga **APTEX** (S) (CC) N/A #513H

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.

07:00:00 **PBS** DVI #2102H Polio Crusade: American Experience (S) (CC)

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.

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Mon, Dec 12, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #1007H 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. **APTEX** 09:00:00 Medical Frontiers (S) (CC) N/A #109H 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. 09:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #110H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1810H Brain Health The number of Americans living with Alzheimer's is growing. So many Americans are increasingly interested in their brain health and looking for ways they can prevent developing memory issues of any kind. There is a promising body of evidence, and medical centers around the country looking at what we can do to keep our brain healthy. 10:30:00 Second Opinion with Joan Lunden **APTEX** #1710H (S) (CC) N/A 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." 11:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #111H 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. 11:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #112H 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. **PBS** 12:00:00 Call The Midwife (S) (CC) N/A #1007H 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.

13:00:00 Call The Midwife PBS (S) (CC) N/A #1008H

the scenes at Nonnatus House for interviews with the cast and crew in this thank you to the fans.

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

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

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Mon, Dec 12, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1023H Focus: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACOB STEIGER Tech neck/aging neck (plastic surgery) 3. DR. ITALO LINFANTE Brain aneurysms 15:00:00 **SFPBS** Smartlife (CC) N/A #1501H (S) Focus: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet Constant 3. Working with Horses, Dr. Shelley Greene, Stable Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling Families when Kids are Sick, Reverend Guillermo **Escalona** 15:14:00 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 **SEPRS** (CC) (S) 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 Castrellon 6. Exercises you can do Anywhere, Arianne Traverso, Yoga instructor 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** (CC) N/A #1508H (S) 17:00:00 **PRS** (CC) DVI Polio Crusade: American Experience (S) #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. 18:00:00 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #106H Keeping Bones Healthy & Strong **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a issue of heart disease in women and how we can lower cardiac risk and death. 20:00:00 Art + Medicine: Speaking of Race **APTEX** (S) (CC) N/A #0H

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

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.

21:00:00 Art + Medicine: Speaking of Race APTFX N/A #0H (S) (CC)

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.

Mon, Dec 12, 2022

The Cancer Spouse

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H				
	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.										
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H				
	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.										
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H				
	Keeping Bones Healthy & Strong									
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#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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Tue, Dec 13, 2022

07:00:00

Happy Yoga with Sarah Starr

Sunflowers at Dusk

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	iption of the vices including	different s	services	included in
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	we continue to track "long-haulers," we are learning more about the long-term health t-COVID symptoms.	effects of the pe	ople who are	e suffering	from de	ebilitating
01:00:00	Staying Healthy (Stretching Therapy)	SFPBS	(S)	(CC)	N/A	#1289H
Jus	tine Youngleson explains the benefits of stretching . Focus: Stretch therapy for athlet	es, medical patie	ents and all o	other patie	ents.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	ın in-depth descr hcare digital ser	iption of the vices including	different s	services	
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans are incomes they can prevent developing memory issues of any kind. There is a promising body at what we can do to keep our brain healthy.					
03:00:00	Staying Healthy (Help Inc./Childhood Cancer Proj.)	SFPBS	(S)	(CC)	N/A	#1064H
In-c	epth exploration of a wide variety of issues that affect women's health.					
04:00:00	Healthy Living (Help for Arthritis Pain)	SFPBS	(S)	(CC)	N/A	#1290H
Her	rry Guzman & Dr. Lustgarten discuss arthritis pain or neuropathic pain.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
way	number of Americans living with Alzheimer's is growing. So many Americans are incomes they can prevent developing memory issues of any kind. There is a promising body at what we can do to keep our brain healthy.					
06:00:00	Classical Stretch: By Essentrics Glute Toning	APTEX	(S)	(CC)	N/A	#1413H
Υοι	verful glutes play a key role in how efficiently your body moves. Keeping them toned a lill also work on feet and hip alignment, and move in ways to increase your range of n inners, the easy-to-follow full body movements will keep you energized throughout you	notion in this Cla				
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#514H
	Chakra Breathing Lana teaches you to breathe to the navel chakra while balancing in Reverse Arrow. vents disease.	Activating this e	nergy center	purifies th	ne subtle	e body and
07:00:00	Hanny Vaga with Carah Starr	NETA	(8)	(CC)	NI/A	#501LI

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)

#501H

N/A

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Tue, Dec 13, 2022

Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 07:30:00 Doctor Q & A **NETA** (S) (CC) N/A #107H Getting A Good Night's Sleep 08:00:00 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.

09:00:00 Medical Frontiers **APTEX** 

(S)

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N/A #107H

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.

09:30:00 Medical Frontiers **APTEX** 

(S)

(S)

(S)

N/A #108H

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.

10:00:00 Second Opinion with Joan Lunden **APTEX** 

(CC) N/A

#1702H

Racial Disparities In Health

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

10:30:00 Second Opinion with Joan Lunden **APTEX** 

(CC)

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N/A #1703H

Alzheimer's: A Public Health Crisis

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

11:00:00 Innovations In Medicine

**NFTA** 

(S)

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 **NETA** 

(S)

(CC) N/A #105H

**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.

12:00:00 Medical Frontiers **APTEX** 

(S)

N/A

#111H

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.

12:30:00 Medical Frontiers **APTEX** 

(S)

N/A #112H

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.

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Tue, Dec 13, 2022

Title

Start	l itle Subtitle	Distrib	Stereo	Сар	AS2	Episode					
13:00:00	Polio Crusade: American Experience	PBS	(S)	(CC)	DVI	#2102					
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.											
14:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H					
Why	"wake-up" sex can be a great start to the day plus some tips on how to keep men	opause and its afte	ermath from	ruining yo	ur sex li	fe.					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H					
	us - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting renting infection during surgery	goals for exercise	3. DR. GOSI	HA BRUS	OVANIK	(					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H					
Cau	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					
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H					
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H					
	Smartlife us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fe Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life				N/A . Ask the	#1205H Experts,					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H					
16:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H					
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H					
17:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others	SFPBS	(S)	(CC)	N/A	#0H					
	COVID-19 virus has been the most concerning infection for more than two years, I ing fear and confusion in our communities. In COVID & Monkeypox: The Facts Tox										
18:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yar dreams. A front yard deck surrounded by Florida Friendly plants is built and a new to improper stormwater runoff.										
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H					
raisi	Emily Bennett Taylor  y Bennett Taylor and her husband Miles were newlyweds with a bright future planr  ng a family Emily received the news that she had stage 4 lung cancer. She and he  rmination to live life to its fullest while fighting for the chance to have children desp	r husband recall th	neir cancer jo								
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H					
	All About Your Skin		. ,								

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23:30:00

Second Opinion with Joan Lunden

Racial Disparities In Health

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 20:00:00 PBS (CC) DVI #2102H Polio Crusade: American Experience (S) 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 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #204H Benefits of Morning Sex Why "wake-up" sex can be a great start to the day plus some tips on how to keep menopause and its aftermath from ruining your sex life. 22:30:00 **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 **NETA** (S) (CC) N/A #108H All About Your Skin

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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Wed, Dec 14, 2022

·	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	gnant women in the United States are more than twice as likely to die from complications or high-income countries in the world. And behind these statistics lie startling racial dispatenen of color.					
01:00:00	Mental Health (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1291H
Eve	rything you need to know to enjoy life - from balancing activities and efforts - to achieving	g psychologi	cal and emot	ional well	ness.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	ription of the vices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
serv Nev	die sooner than white people. Compared with whites, members of racial and ethnic min- rices and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pandem parities that exist in health and healthcare in the U.S.	nportant as c	our population	n become	s more	diverse.
03:00:00	Men's Health (Exercise & Goals)	SFPBS	(S)	(CC)	N/A	#1066H
In-d	epth exploration of a wide variety of issues that affect men's health.					
04:00:00	Pain Management #1312 (Latest Updates)	SFPBS	(S)	(CC)	N/A	#1312H
Lea	rn from the experts about approaches for controlling chronic pain to improve quality of lif	e.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	ription of the vices including	different s		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Nev	decross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic minimizes and often receive lower-quality care. Addressing health disparities is increasingly in er has the disparity in access to healthcare become more obvious than with the pandem arities that exist in health and healthcare in the U.S.	orities are les nportant as c	ss likely to re our population	ceive pre	ventive les more	nealth diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1414H
	Hip Strengthening					
mus	rn to exercise slowly yet powerfully to strengthen your entire body! In this all-standing words cle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to reat for those who want to improve their strength and overall health.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#515H
	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.

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Wed, Dec 14, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:00:00	Speaking Grief	APTEX	(S)	(CC)	DVI	#0H
fron stor	EAKING GRIEF explores why the pain of losing a loved one can be so difficult to m across the U.S., whose losses range from stillbirth to suicide, to address comr ries and conversations with experts in the grief field, the film also presents ideas bugh loss.	mon misconceptions a	bout grief. T	hrough ca	andid pe	rsonal
08:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	N/A	#1007H
	nnatus. House struggles to come to terms with Nancy's revelation. Poplar's hous change. The birth of a very special baby leads many people to count their blessi		ving the No	nnatus tea	am vowir	ng to fight
09:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d	APTEX	(S)	(CC)	N/A	#109H
reco tran	ew technology can capture clear images of tiny blood vessels using light and ult onstructive surgery for patients who have had a part of their head, neck or breas insplant skin flaps containing blood vessels from a different area of the body, decualize transparent, thin lymph vessels, and improve the treatment of lymphedem	st removed due to can creasing the burden on	cer. Doctors	can safel	y cut an	d
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
bles fern	part 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts of ssings of Lake Biwa. The lake is home to several indigenous species, many of we mented dish Funazushi, which contains a lactic bacterium that boosts the body's okes. We introduce recipes using these fish.	which are used in Shiga	a's traditiona	al dishes.	They inc	lude the
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the ey make up the greatest percentage of the population and the labor force. They experiencing declining health faster than any other recent generation before the ermine the overall health of America. This episode discusses the issue of Millen	are also the least heal em. How their health p	thy generati	on in rece	nt times	and they
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	ult obesity is associated with a decrease in life expectancy for both men and wor t 163 million adults in the U.S. are overweight or obese - two thirds of men, and ggering, but people still struggle every day to drop the pounds. Everyone has differenced episode discusses the challenges and solutions for sustained weight loss.	more than 60% of wor	nen. The da	mage to h	nealth is	
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#101
parl crea	Busting Loose In Berlin ten Tag! Take a walk on the mindful side of one of the most eclectic cities in Eur k just steps from the Brandenburg gate, to incredible back alley vegan street eat ates a beautiful tapestry of diverse cultures and experiences, from pop up ethical rmany's beloved Currywurst, join us as we train, bike and walk our way through	ts, Berlin's the gift that al fashion runway show	keeps on g vs to a tasty	iving. Its c	omplex	history
11:30:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	#202H
thei	sode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida ir dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1007H
	Episode 7					
	nnatus House struggles to come to terms with Nancy's revelation. Poplar's hous change. The birth of a very special baby leads many people to count their blessi		ving the No	nnatus tea	am vowir	ng to fight
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1008H
	Special Delivery					
<b>.</b>	and a laboratory labely back at 40 years of CALL THE MIDWIFF in this commitation	6 11 61:11 1 11		6		

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.

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Wed, Dec 14, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:00:00 Health Insiders **SFPBS** (S) (CC) N/A #1069H Focus: Sunscreen and sun safety, Women & heart disease, Menopause 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1070H Focus: Teeth grinding, Workplace stress, Products to relieve Sunburn 15:00:00 **SFPBS** (S) (CC) N/A #1301H Focus: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, Dr. Gosha Brusovanik 3. Baptist Home Health Care, Tina Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraham **SFPBS** 15:15:00 Smartlife (CC) N/A #1302H (S) 15:36:00 Smartlife **SFPBS** (CC) #1303H (S) N/A **SFPBS** 15:48:00 Smartlife (S) (CC) N/A #1304H (S) 16:01:00 Smartlife **SFPBS** (CC) N/A #1305H Focus: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Exum, psychotherapist 3. Ask the Experts, Dr. Robert Feldman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernadett Oli 16:16:00 **SFPBS** Smartlife (S) (CC) N/A #1306H **SFPBS** 16:31:00 Smartlife (S) (CC) N/A #1307H Smartlife **SFPBS** 16:48:00 (S) (CC) N/A #1308H APTEX 17:00:00 Speaking Grief (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. **PBS** 18:00:00 Polio Crusade: American Experience (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. 19:00:00 **NETA** (S) (CC) N/A #109H Dealing with Mental Health Issues In Children **APTEX** (S) 19:30:00 Second Opinion with Joan Lunden (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."

(S)

(CC)

N/A

#0H

20:00:00 Art + Medicine: Speaking of Race APTEX

The Cancer Spouse

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.

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Wed, Dec 14, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
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 Medical Frontiers APTEX (S) (CC) N/A #109H

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.

22:30:00 Medical Frontiers APTEX (S) (CC) N/A #110H 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.

Doctor Q & A 23:00:00 **NETA** (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 23:30:00 **APTEX** #1703H Second Opinion with Joan Lunden (S) (CC) N/A 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.

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Thu, Dec 15, 2022

Title

Start		Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:0	00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.							
00:30:0	00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
		valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	a very comr	mon procedu	re. This p	rocedur	e is 94-
01:00:0	00	Plastic/Cosmetic Surgery (Cell Phone Neck)	SFPBS	(S)	(CC)	N/A	#1293H
1	Dr. Ja	acob Steiger discusses text neck.					
02:00:0	00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.							
02:30:0	00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
		Alzheimer's: A Public Health Crisis					
(	other cost t	imer's Disease is an under-recognized public health crisis. And while the word Alzheim word, globally the number of people diagnosed is expected to double every 20 years. It our healthcare system, it takes an emotional toll on families as they care for their lovesses Alzheimer's Disease from a caregiver and a public health perspective.	Not only does	s Alzheimer's	s come wi	th a trer	nendous
03:00:0	00	Dermatology (Skincare Help!)	SFPBS	(S)	(CC)	N/A	#1067H
		s: Dr. Judith Crowell shares advice and information about the best treatments and care the superficial to the in-depth.	of diseases	dealing with	the skin,	nails, ar	d hair,
04:00:0	00	Dermatology (Tanning Bed Dangers)	SFPBS	(S)	(CC)	N/A	#1294H
		Il Waibel and Melissa Valenzuela discuss the safety of spray tanning over tanning beds er and the resulting aging of the skin. Focus: Treatments that help those conditions, su		thing, reveali	ng the da		
05:00:0	00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
1	the si	80-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includir	ng teleme		included in
05:30:0	00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
		Alzheimer's: A Public Health Crisis					
(	other cost t	imer's Disease is an under-recognized public health crisis. And while the word Alzheim word, globally the number of people diagnosed is expected to double every 20 years. It our healthcare system, it takes an emotional toll on families as they care for their lovesses Alzheimer's Disease from a caregiver and a public health perspective.	Not only does	s Alzheimer's	s come wi	th a trer	nendous
06:00:0	00	Classical Stretch: By Essentrics Zero Impact Cardio	APTEX	(S)	(CC)	N/A	#1415H
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.							
06:30:0	00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#516H
		D    D					

Use your breath to achieve peace of mind after an invigorating exercise session that includes yoga splits.

**Bellows Breath** 

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Thu, Dec 15, 2022

12:00:00

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	 N/A	#202H
	Anfuso-Greene Family - Jacksonville		` ,	` ,		
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard cred dreams. A front yard deck surrounded by Florida Friendly plants is built and a new per to improper stormwater runoff.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
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.						onals and ases. g medical es in their vith ding
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
patie one	ng cancer surgery, it's common practice worldwide to remove a large area of the organ nt's quality of life post-surgery. Japanese doctors have developed a procedure that invocase, the surgery took an hour and less than a spoonful of blood was lost. The patient c. We report on the innovative method and its potential.	olves removi	ng only a sm	all amour	nt of the	lung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
01	Exploring The Mystery of Good Sleep				to the second	
globa sleep	p is said to be the biggest black box of modern science. The International Institute for la contributions to uncovering the mysteries of sleep. It developed a device that can be a and analyze sleep quality. Research has revealed the importance of REM sleep, during this associated with a higher risk of dementia and obesity.	used at hom	e to easily m	easure br	ain wav	es during
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	81 the term "sandwich generation" was coined to describe a group of Americans who ves at the same time. Today, millions of families are facing the dual challenge of sand laving children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episodoe treated.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#403H
Sten Can	n Cell Therapy, Innovation: Cancer Treatment, HCG Diet Plan, So Clean CPAP, Fecal cer.	Transplantati		, ,	rain, Pro	ostate
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor		* *			
raisir	y Bennett Taylor and her husband Miles were newlyweds with a bright future planned. ng a family Emily received the news that she had stage 4 lung cancer. She and her hust mination to live life to its fullest while fighting for the chance to have children despite a	sband recall t	heir cancer jo			

Medical Frontiers APTEX (S) (CC) 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.

Thu, Dec 15, 2022

Thu, Dec								
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode		
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#112H		
	Japan's Best Hospital for Parkinson's Disease							
patie The	inson's disease is a progressive neurological disorder for which there is no cure. W nts' quality of life. It is developing a system to remotely diagnose patients who find plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder inson's disease by analyzing sebum.	it difficult to visit t	he hospital b	oecause o	f their sy	mptoms.		
13:00:00	American Experience	PBS	(S)	(CC)	DVI	#1904H		
	Test Tube Babies							
Brita of a story	was described in the press as the "Baby of the Century." When Louise Brown, the vin on July 25, 1978, the event was heralded as the beginning of a technological rev decade-long effort, involving scientists on both sides of the Atlantic, to help a woma of two doctors - New York gynecologist Landrum Shettles and British physiologist te over the limits of science and a precursor of the current debate over cloning and	olution in human in conceive throug Robert Edwards	reproductior gh in vitro fe - whose wor	n. It was a rtilization,	lso the o	culmination This is the		
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H		
	Helping Women Improve The Sexual Experience							
	t to do when stress is getting in the way of romance. And can CBD oil improve your se to women and their partners to help improve the sexual experience.	love life? And a	woman's sex	xual healtl	h coach	offers		
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H		
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		
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1403H		
15:48:00	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		
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H		
16:49:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H		
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H		
17.00.00	Preventing Disease and Staying Healthy Town Hall	01120	(0)	(00)	1477	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
18:00:00	Polio Crusade: American Experience	PBS	(S)	(CC)	DVI	#2102		
	over the story of the dreaded disease that gripped the nation in fear, leaving thousa survivors with the story of the ardent crusader who tirelessly fought against it.	ınds paralyzed. T	he film weav	es persor	nal acco	unts of		
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H		
. 5.55.66	Heart Attacks and Strokes	.,	(5)	(30)	14/11			
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H		
	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.

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23:30:00

Second Opinion with Joan Lunden

Millennial Health II

Title Subtitle Episode Start Distrib Stereo Cap AS2 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 Art + Medicine: Speaking of Race **APTEX** (S) (CC) N/A #0H 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. 22:00:00 Sex Talk with Dr. Lia **SFPBS** #201H (S) (CC) N/A 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. Health Insiders **SFPBS** 22:30:00 #1009H (S) (CC) N/A 23:00:00 Doctor Q & A **NETA** (S) (CC) N/A #111H Heart Attacks and Strokes

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

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar e subscription plan AllHealthGo has created to offer users access to a number of health onsultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
ca	ne diagnosis and treatment of lung cancer has been one of the most hopeful advances ancer screening guidelines allow for the screening for younger individuals with less of a blonger a death sentence.					
01:00:00	Health Trends (Hernia Help)	SFPBS	(S)	(CC)	N/A	#1295H
Di	r. Gonzalez Ramos discusses minimally invasive and robotic surgery treatment options	for hernias.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar e subscription plan AllHealthGo has created to offer users access to a number of health onsultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
Th ar	illennials were born between the years 1981 and 1996. At 73 million, they are the largest ney make up the greatest percentage of the population and the labor force. They are also be experiencing declining health faster than any other recent generation before them. However, the extermine the overall health of America. This episode discusses the issue of Millennial However.	so the least hea ow their health p	Ithy generati	on in rece	ent times	and they
03:00:00	Health Trends #1068 (Teeth Issues)	SFPBS	(S)	(CC)	N/A	#1068H
	ocus: Dr. Leslie Haller discusses tongue -tie beyond infants to kids and adults. She also omote healthier airways in kids without braces is important.	explains why e	arly interven	tion in ort	hodontio	cs to
04:00:00	Orthopedics (Fracture Care)	SFPBS	(S)	(CC)	N/A	#1296H
Di	r. Luis Rodriguez discusses fracture care. Focus: Common types, risks, symptoms, trea	tment and prog	nosis.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar e subscription plan AllHealthGo has created to offer users access to a number of health onsultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
Th ar	illennials were born between the years 1981 and 1996. At 73 million, they are the largest ney make up the greatest percentage of the population and the labor force. They are also e experiencing declining health faster than any other recent generation before them. Ho etermine the overall health of America. This episode discusses the issue of Millennial Ho	so the least hea ow their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1416H
	Hip & Glute Strengthening					
23 to	oin Miranda for this targeted no-impact workout designed to stretch and strengthen the gaminutes, you will learn to decompress the hip joints by releasing chronically tight hip flunce the largest muscle group in the body (which will help burn more calories!) Easy to foo entered workout will leave you feeling strengthened, freer in the joints, while improving paps.	exors - allowing	you to prope ately paced,	erly activa this stand	ate, strer ding and	ngthen and floor glute-
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#517H
	The Thigh Bone's Connected to the Hip Bone		` '	` ,		
	The strength of the strength o		ith D	-:- 0	D	_

Use your legs in different ways to loosen your hips and massage your spine. Then strengthen your thighs with Dynamic Squatting Pose.

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Fri, Dec 16, 2022

Title Subtitle Distrib Stereo Cap AS2 Start Episode 07:00:00 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. 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #1007H 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. 09:00:00 Medical Frontiers **APTFX** (S) (CC) N/A #109H 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. 09:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #110H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1708H Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 10:30:00 **APTEX** Second Opinion with Joan Lunden (S) (CC) N/A #1709H Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. **SFPBS** 11:00:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #202H 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. **APTEX** 11:30:00 (S) (CC) #112H Medical Frontiers N/A

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.

12:00:00 Call The Midwife **PBS** N/A #1007H (S) (CC) Fpisode 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.

13:00:00 Call The Midwife **PBS** (S) (CC) N/A #1008H

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.

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00 Focu	Health Insiders us: Swim safety, blue zones, stress	SFPBS	(S)	(CC)	N/A	#1100H
	Smartlife us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Juliody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna		(S) Factors for D	(CC) viabetes -	N/A Lois Ex	#1101H elbert, RN
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
	Smartlife us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understandin ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and D	•				
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 Host	Art + Medicine: Speaking of Race led by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING C	APTEX	(S)	(CC)	N/A althcare	#0H through
	power of storytelling. In this one-hour special, physicians share their experiences with racesentation, and anti-racist efforts in the medical community.	ce, racism, c	lisparities in I	nealth car	e and	· ·
cour their Thoi treat com Harv med	Trauma Healers  UMA HEALERS focuses on the devastating impact that road traffic accidents and other ntries, who often lack access to adequate surgical care. This hour-long documentary film patients, shedding light on their experiences with trauma, how they cope with it, and ultiusands of surgeons around the world have made a passionate commitment to working woment free of charge to the patient, the doctors' care allows these individuals to avoid life munities. TRAUMA HEALERS profiles the work of some of these top medical profession yard's Global Surgery and Social Change program, and Partners in Health, another Bost ical solutions. An engaging and educational documentary, TRAUMA HEALERS explores in the patients around the world from Liganda to the Philippings Learn shout the world.	features into mately how with people li- long disabil als, includin on-based or is the practice	erviews with they overcon ving in pover ity and return g four physic ganization coes employed	medical p ne it in the ty. Often p to produ- ians conn immitted to to heal tra	profession be best cap providing ctive live nected we to provida auma fo	onals and ases. g medical es in their vith ding r

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.

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

20:00:00 American Experience **PBS** DVI #1904H (S) (CC) **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.

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Fri, Dec 16, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	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	APTEX	(S)	(CC)	N/A	#110H			
	Superfoods In Shiga - Blessings of Lake Biwa								
bless ferme	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	NETA	(S)	(CC)	N/A	#101H			
	Stomach Pain, Reflux Disease and Ibs								
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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Sat, Dec 17, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1805H 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. 01:00:00 **SFPBS** (S) (CC) N/A #1297H Sports Medicine (Shoulder Issues) Dr. Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendinopathy/bursitis, calcific tendinitis, rotator cuff tears & arthritis. **SFPBS** 02:00:00 All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden (CC) N/A #1705H (S) 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

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.

03:00:00 Pain Management#1072 (Chronic Pain Help) SFPBS (S) (CC) N/A #1072H Focus: Dr. Jose Mena talks about approaches for controlling chronic pain to improve quality of life.

04:00:00 Maternity Care #1041 (Perimenopause) SFPBS (S) (CC) N/A #1041H

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.

05:00:00 All Health Go SFPBS (S) (CC) N/A #0H

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.

05:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1705H
Conquering Obesity

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

06:00:00 Alma's Way **PBS** (S) (CC) DVI #101H No-Go Mofongo/Alma Vs. Eddie **PBSPL** 06:30:00 Scigirls (S) (CC) N/A #102H **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.

07:00:00 Wild Kratts PBS (S) (CC) N/A #129H Seasguatch

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.

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Sai, Dec	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep		. ,	, ,		
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2501H
	Segment 1					
	eeping with the Health Channel's spirit of innovative programmin v (with English subtitles) featuring groundbreaking medical break					
08:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2502H
	Segment 2					
08:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2503H
	Segment 3					
08:34:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2504H
	Segment 4					
08:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2505H
	Segment 5					
08:56:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2506H
	Segment 6					
09:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2507H
	Segment 7					
09:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2508H
	Segment 8					
09:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2509H
	Segment 9					
09:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2510H
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2901H
In ke	Segment 1 septing with the Health Channel's spirit of innovative programming	g, Vida y Salud is a fast-paced, fun a	and informati	ve Spanisl	h-langu	age health
shov	v (with English subtitles) featuring groundbreaking medical break	throughs that help families find solu	tions to diffic	ult health ¡	problem	is.
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
	Segment 2					
10:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2903H
	Segment 3					
10:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2904H
	Segment 4					
10:54:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2905H
	Segment 5					
11:05:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2906H
	Segment 6					

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**Test Tube Babies** 

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:18:00	Vida Y Salud	SFPBS	(2)	(CC)	N/A	#2907H
11.16.00	Segment 7	SFFBS	(S)	(CC)	IN/A	#2907日
11:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H
	Segment 8					
11:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2910H
	Segment 10					
12:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
13:00:00	Covid & Monkeypox: The Facts Town Hall Ask The Experts:Including Dr.Anthony Fauci+Others	SFPBS	(S)	(CC)	N/A	#0H
	COVID-19 virus has been the most concerning infection for more than two years, but no no fear and confusion in our communities. In COVID & Monkeypox: The Facts Town Ha					
14:00:00	Sex Talk with Dr. Lia Benefits of Morning Sex	SFPBS	(S)	(CC)	N/A	#204H
Why	'wake-up" sex can be a great start to the day plus some tips on how to keep menopaus	se and its afte	ermath from	ruining yo	ur sex li	fe.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	s - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals enting infection during surgery	for exercise	3. DR. GOSI	HA BRUS	OVANIP	(
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H
	s: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fractures es, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5.					
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	SFPBS	(S)	(CC)	N/A	#1205H
	s: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility eepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Bala				. Ask the	e Experts,
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	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.

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Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:00:00 Hope Is Here **NETA** (S) (CC) N/A #105H **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. 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #202H Anfuso-Greene Family - Jacksonville Episode #202 ANFUSO-GREENE FAMILY - JACKSONVILLE The Flip My Florida Yard crew gives the 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. Doctor Q & A #108H 19:00:00 **NETA** (S) (CC) N/A All About Your Skin 19:30:00 **APTEX** (CC) Second Opinion with Joan Lunden (S) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 20:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. **SFPBS** 21:00:00 Finding Hope-Town Hall (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) #204H N/A 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.

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

Racial Disparities In Health

Health Insiders

22:30:00

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

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Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from complica r high-income countries in the world. And behind these statistics lie startling racial of the enion of color.					
01:00:00	Mental Health (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1291H
Ever	rything you need to know to enjoy life - from balancing activities and efforts - to achi	ieving psychologi	cal and emo	tional well	ness.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of the sultations.	Ithcare digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
All o	Racial Disparities In Health cross America, there are large and persistent racial differences in health and acces	asing baalthaara	Doonlo of oo	lar aat aia	le at vari	222 222
and servi Neve	die sooner than white people. Compared with whites, members of racial and access die sooner than white people. Compared with whites, members of racial and atthictives and often receive lower-quality care. Addressing health disparities is increasing er has the disparity in access to healthcare become more obvious than with the pararities that exist in health and healthcare in the U.S.	minorities are les	ss likely to re our populatio	ceive pre n become	ventive I s more	nealth diverse.
03:00:00	Men's Health (Exercise & Goals)	SFPBS	(S)	(CC)	N/A	#1066H
In-de	epth exploration of a wide variety of issues that affect men's health.					
04:00:00	Pain Management #1312 (Latest Updates)	SFPBS	(S)	(CC)	N/A	#1312H
Lear	n from the experts about approaches for controlling chronic pain to improve quality	of life.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of hea sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and access die sooner than white people. Compared with whites, members of racial and ethnic ices and often receive lower-quality care. Addressing health disparities is increasing er has the disparity in access to healthcare become more obvious than with the pararities that exist in health and healthcare in the U.S.	minorities are les	ss likely to re our populatio	ceive pre n become	ventive I s more	nealth diverse.
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#121H
	Checkers Champ/World's Greatest					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#103H
SciC	Dolphin Dive Sirls Serena and Ceci bond with bottlenosed dolphins, exploring their behavior at the	e Dolphins Plus R	Research Ce	nter		
5010	sale corona and occi bona wan botachosca doprims, exploring their behavior at the	c Doiphinia i lua n	Cocaron Oe			
07:00:00	Wild Kratts When Fish Fly	PBS	(S)	(CC)	N/A	#302H
	in and Chris challenge Koki and Aviva to a contest about who has the most challen overs an unlikely animal partner that could ultimately lead either team to victoryor		quest to win	this challe	enge, the	e gang
unce	27-27-2 arr armitory armitral paration that obtain diffractly load officer foam to violoty	aciout.				

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•	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3001H
	Segment 1					
	peping with the Health Channel's spirit of innovative programming, Vida y $v$ (with English subtitles) featuring groundbreaking medical breakthroughs					
08:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3002H
	Segment 2					
08:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3003H
	Segment 3					
08:40:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3004H
	Segment 4					
08:52:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3005H
	Segment 5					
09:02:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3006H
	Segment 6					
09:15:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3007H
	Segment 7		, ,	, ,		
09:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3008H
	Segment 8		, ,	, ,		
09:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
09:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10		, ,	, ,		
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3101H
	Segment 1					
	eping with the Health Channel's spirit of innovative programming, Vida y S $\nu$ (with English subtitles) featuring groundbreaking medical breakthroughs					
10:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3102H
	Segment 2					
10:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3103H
	Segment 3					
10:36:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3104H
	Segment 4					
10:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3105H
	Segment 5					
10:58:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3106H
	Segment 6		. ,	, ,		

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107H
	Segment 7	020	(0)	(00)		
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H
	Segment 8					
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109H
	Segment 9					
11:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1007H
Nam	Episode 7		i.a.a. Alaa Nias			4 - 6 - l-4
	natus House struggles to come to terms with Nancy's revelation. Poplar's housin hange. The birth of a very special baby leads many people to count their blessin		ving the Nor	inatus tea	m vowii	ng to fight
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1008H
	Special Delivery					
	e a celebratory look back at 10 years of CALL THE MIDWIFE in this compilation scenes at Nonnatus House for interviews with the cast and crew in this thank you		love stories	, faith and	tamily.	Go behind
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#201H
	Helping Women Improve The Sexual Experience					
	It to do when stress is getting in the way of romance. And can CBD oil improve you to women and their partners to help improve the sexual experience.	our love life? And a v	woman's sex	kual health	coach	offers
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Foci	us: Teeth grinding, Workplace stress, Products to relieve Sunburn					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Ele Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard A		sovanik 3. B	aptist Hor	ne Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
10.00.00	Girdrane	011 20	(0)	(00)	14// (	<i>"</i> 100011
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
	us: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy man 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bern		pist 3. Ask tl	ne Experts	, Dr. Ro	bert
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:27:00	Cmartifa	CEDDO	(6)	(00)	NI/A	#120711
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	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.

Ask The Experts:Including Dr.Anthony Fauci+Others

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Title

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Subtitle Distrib Stereo Cap AS2 Start Episode 18:00:00 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

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.

19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1804H Lung Cancer

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

20:00:00 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.

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

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

22:00:00 Sex Talk with Dr. Lia SFPBS (S) (CC) N/A #201H
Helping Women Improve The Sexual Experience

What to do when stress is getting in the way of romance. And can CBD oil improve your love life? And a woman's sexual health coach offers advice to women and their partners to help improve the sexual experience.

22:30:00 Health Insiders SFPBS (S) (CC) N/A #1009H

23:00:00 Doctor Q & A
Dealing with Mental Health Issues In Children

23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1703H

Alzheimer's: A Public Health Crisis

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

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Mon, Dec 19, 2022

Title Subtitle

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
T th	his 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar ne subscription plan AllHealthGo has created to offer users access to a number of health consultations, emotional advice, second-opinion consultations, as well as a number of toc	n in-depth desci ncare digital ser	ription of the	different s	services	
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	leart valve replacement is an area in medicine which has made great advancements and 7% effective and can drastically increase the life expectancy of the patient.	d is a very com	mon procedu	re. This p	rocedure	e is 94-
01:00:00	Plastic/Cosmetic Surgery (Cell Phone Neck)	SFPBS	(S)	(CC)	N/A	#1293H
D	r. Jacob Steiger discusses text neck.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	his 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar ne subscription plan AllHealthGo has created to offer users access to a number of health onsultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	ription of the vices including	different s		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
Of Co	Izheimer's Disease is an under-recognized public health crisis. And while the word Alzhe ther word, globally the number of people diagnosed is expected to double every 20 year ost to our healthcare system, it takes an emotional toll on families as they care for their liscusses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe	s Alzheimer's	s come wi	th a tren	nendous
03:00:00	Dermatology (Skincare Help!)	SFPBS	(S)	(CC)	N/A	#1067H
	ocus: Dr. Judith Crowell shares advice and information about the best treatments and ca om the superficial to the in-depth.	are of diseases	dealing with	the skin,	nails, an	d hair,
04:00:00	Dermatology (Tanning Bed Dangers)	SFPBS	(S)	(CC)	N/A	#1294H
D	r. Jill Waibel and Melissa Valenzuela discuss the safety of spray tanning over tanning beancer and the resulting aging of the skin. Focus: Treatments that help those conditions,	eds and sun ba such as resurfa	thing, reveali acing and ph	ng the da otodynam	ngers of iic thera	skin by (PDT).
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
th	his 30-minute informational program, hosted by Sasha Rionda, presents viewers with ar ne subscription plan AllHealthGo has created to offer users access to a number of health onsultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
O	Izheimer's Disease is an under-recognized public health crisis. And while the word Alzhe ther word, globally the number of people diagnosed is expected to double every 20 year ost to our healthcare system, it takes an emotional toll on families as they care for their lescusses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe	s Alzheimer's	s come wi	th a tren	nendous
06:00:00	•	APTEX	(S)	(CC)	N/A	#1417H
_	Improve Your Balance		to detail to the	d. Ol	:! 04	4-1-
e	he importance of aligning and strengthening your hips and feet to improve your balance pisode. Balance can deteriorate as we age but just like muscles, balance can be stimula his workout you'll strengthen your core and hips to improve your balance and posture, where the strength is the strength of t	ited, enhanced	and improve	d through	engage	ment. In
06:30:00	) Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#518H
	Special: Pregnancy - Part 1					
V	/ai Lana shows you poses to keep you strong and flexible while pregnant-or anytime. The	ne Blowing Brea	ath will help y	ou throug	h labor	and

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.

Mon. Dec 19, 2022

Special Delivery

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
				<u> </u>		<u> </u>
07:00:00	American Experience Test Tube Babies	PBS	(S)	(CC)	DVI	#1904F
Brita of a story	was described in the press as the "Baby of the Century." When Louise Brain on July 25, 1978, the event was heralded as the beginning of a techno decade-long effort, involving scientists on both sides of the Atlantic, to he of two doctors - New York gynecologist Landrum Shettles and British phate over the limits of science and a precursor of the current debate over classes.	logical revolution in human lp a woman conceive throu lysiologist Robert Edwards	reproduction gh in vitro fei - whose work	n. It was a rtilization,	lso the o	ulminati This is th
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1008F
	Special Delivery					
	e a celebratory look back at 10 years of CALL THE MIDWIFE in this comp scenes at Nonnatus House for interviews with the cast and crew in this that		love stories	, faith and	I family.	Go behii
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#111H
	Superfoods In Shiga - A Diet Influenced By Buddhism					
diet. dishe	art 2 of a 2-part series on superfoods found in Shiga Prefecture, which bo The area is home to many temples. Buddhism gave rise to Shojin Ryori, es with such ingredients are common in Shiga. Kanpyo prevents lifestyle g. We introduce easy recipes using these foods and soy milk.	a cuisine that uses mainly v	egetables a	nd beans	. As a re	sult,
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#112H
	Japan's Best Hospital for Parkinson's Disease					
The	ents' quality of life. It is developing a system to remotely diagnose patients plan is to collect 3D data on patients' movements to aid AI in diagnosing tinson's disease by analyzing sebum.  Second Opinion with Joan Lunden					
10.00.00	The Cancer Spouse	AFIEA	(3)	(CC)	IN/A	#1710
emo	ast cancer is the most common cancer among women worldwide, and this tional and psychological challenges, as well. It is something no one wants diagnosis, and their support can be crucial to recovery. The couple goes to	s to face alone. The spouse	of the cance	er patient	feels the	impact
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-te- -COVID symptoms.	erm health effects of the pe	ople who are	suffering	from de	bilitating
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine					
num sym	upo is a Japanese traditional medicine that is based on information contain erous medicinal properties and is effective for many symptoms. This mak ptoms. We look at how Kampo formulations are prescribed, through 1 pat ow Kampo can prevent depressive symptoms, and how it can prevent contains.	es Kampo suitable for treat tient who was cured. We als	ing long CO\	VID, whicl	h has va	rious
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health					
disea US\$	an has a unique system of preventive healthcare called the Ningen Dock. asses that are difficult to detect in their early stages. It's becoming popular 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifest recipes that are effective against lifestyle diseases.	among foreign visitors as the	ney can have	e the chec	ckup for	about
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1008l
	Charlet 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.

13:00:00 Call The Midwife PBS (S) (CC) N/A #1101H 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.

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Mon, Dec 19, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 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 **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 Smartlife #2002H 15:13:00 **SFPBS** (S) (CC) N/A 15:27:00 **SFPBS** N/A #2003H Smartlife (S) (CC) 15:47:00 Smartlife **SFPBS** (CC) #2004H (S) N/A 16:00:00 Smartlife **SFPBS** (CC) N/A #2005H (S) 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** 16:13:00 Smartlife (S) (CC) N/A #2006H 16:31:00 Smartlife **SFPBS** (S) (CC) N/A #2007H Focus: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John Martin 9. PVD and Leg Pain - Dr. Bernie Fernandez 10. Importance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment - Dr. Gosha Brusovanik 16:45:00 Smartlife **SFPBS** (S) (CC) N/A #2008H 17:00:00 American Experience **PBS** (S) (CC) DVI #1904H **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. 18:00:00 Alzheimer's: What You Can Do APTEX N/A #0H (S) (CC) 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #102H Caring for Your Back

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

Antibiotic Resistance

Second Opinion with Joan Lunden

19:30:00

**APTEX** (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.

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Title

Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode			
21:00:00	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.									
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#111H			
	Superfoods In Shiga - A Diet Influenced By Buddhism								
diet. dishe	ort 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Jap The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that uses with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, while g. We introduce easy recipes using these foods and soy milk.	ıses mainly v	∕egetables aı	nd beans.	. As a re	sult,			
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#112H			
	Japan's Best Hospital for Parkinson's Disease								
patie The <sub>l</sub>	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.								
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H			
	Caring for Your Back								
23:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H			

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

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Tue, Dec 20, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	his 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir e subscription plan AllHealthGo has created to offer users access to a number of healthca ensultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	ig teleme		included in
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	ases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is abetes.	to stop pre-d	liabetes from	turning in	to full-flo	edged
01:00:00	Health Trends #1082 (Hookah Warnings)	SFPBS	(S)	(CC)	N/A	#1082H
Fo	ocus: Dr. Wasim Maziak discusses his recent research of pictorial warning labels and gen	eral hookah s	studies.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir e subscription plan AllHealthGo has created to offer users access to a number of healthca ensultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	ig teleme		included in
02:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
rel	1981 the term "sandwich generation" was coined to describe a group of Americans who a latives at the same time. Today, millions of families are facing the dual challenge of sandve having children later. This episode focuses on these caregivers.					
03:00:00	Health Trends#1073 (Proper Prescription Dosing)	SFPBS	(S)	(CC)	N/A	#1073H
ра	ocus:Wilbert Fuerte & Mayret Gonzalez discuss the dangers of mixing medications; how p tients; the importance of properly disposing prescription medications; dangers of taking m escription medications, etc. in support of National Prescription Drug Take Back Day on Ap	nedications th				
04:00:00	Maternity Care #1301	SFPBS	(S)	(CC)	N/A	#1301H
Ev	verything you need to know about pregnancy, childbirth and post-partum care with Dr. Sch	nwartzbard				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	nis 30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir e subscription plan AllHealthGo has created to offer users access to a number of healthca insultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
In	Caregiving: The Sandwich Generation  1981 the term "sandwich generation" was coined to describe a group of Americans who a	are caring for	children unde	er the age	e of 18 a	ind older
rel	latives at the same time. Today, millions of families are facing the dual challenge of sandve having children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics Waist Toning	APTEX	(S)	(CC)	N/A	#1418H
ind	nhance your sense of body awareness and work at your own pace as you dynamically strected for ease flexibility in your legs, hips and spine. This full-body workout loosens and lubricated beginners and veteran Classical Stretch students- no matter what age.					
06:30:00	Wai Lana Yoga Special: Pregnancy - Part 2	APTEX	(S)	(CC)	N/A	#519H
	omplete Yoga Breathing helps you relax, an essential skill both before and after giving birt illdbirth, and Aswini Mudra keeps your internal organs toned.	h. Restrained	d Angle Pose	prepares	the gro	in for
07:00:00	Happy Yoga with Sarah Starr Cascading River	NETA	(S)	(CC)	N/A	#502H
	low the resplendent river energy to recharge your body as we explore a modified yoga pra- llutations along with easy to follow yoga moves to create more ease in the hands, neck, sl				uding ge	entle sun

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Tue, Dec 20, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	American Experience	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.

09:00:00 Medical Frontiers APTEX (S) (CC) N/A #109H

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.

09:30:00 Medical Frontiers APTEX (S) (CC) N/A #110H 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.

10:00:00 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

10:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1803H

Heart Valve Replacement

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

11:00:00 Innovations In Medicine NETA (S) (CC) N/A #404H

Alzheimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Gluten Free Diet, Testosterone Therapy, Pediatric cancer Research.

11:30:00 Hope Is Here NETA (S) (CC) N/A #106H

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 devasting news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.

12:00:00 Medical Frontiers APTEX (S) (CC) N/A #113H

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.

12:30:00 Medical Frontiers APTEX (S) (CC) N/A #114H

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.

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Tue, Dec 20, 2022

Title Subtitle

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
	_					<u> </u>
heal as a throi intim	No Evidence of Disease  EVIDENCE OF DISEASE follows a unique rock band made up of six gynecologic oncoloring and the arts to a new level (the band's name comes from the four words every patie cover band to entertain their peers at a medical conference, the members soon saw though music. What started as a novelty turned into an awareness movement to give a voice tate, humorous and inspiring documentary interweaves the remarkable courage and hardedicated doctors fighting cancer.	nt prays to he e potential to ce to women	ear, "No Evid reach wome affected by g	ence of D n in a pov ynecolog	isease" verful water ic cance	). Created ay - ers. The
	Sex Talk with Dr. Lia  Making 'sexy Time' Last Longer  for delaying orgasm in both men and women, is there really a " male menopause" and a ng it to the Streets segment.	SFPBS advice for ke	(S) eping romand	(CC)	N/A ver time	#205H in our
44.00.00	Health Institute	OFFINA	(0)	(00)	N1/A	#405011
14:30:00 Focu	Health Insiders us: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy reh	SFPBS ab	(S)	(CC)	N/A	#1059H
	Smartlife us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ram ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - L			(CC) drome of I	N/A Menopa	#1901H use - Dr.
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
Dr. c	Smartlife us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Luc lane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Ad ey Epstein					
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
slee and	Alzheimer's: What You Can Do HEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into the rese p patterns, exercise, stress levels, and other daily health habits have dramatic effects or personal stories about holistic treatment approaches, the film explores the discoveries t entia.	n our cognitiv	e abilities as	we age.	eractions With sci	entific data
battl	Flip My Florida Yard (Sfpbs)  Beth Reynolds - St. Petersburg  ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersbu  ing weeds and sandspurs in her front yard. The team of landscape professionals work to will serve as an example for her friends and neighbors to follow.					
seco neve	Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a ond child. Yet within months of giving birth Lisa was told the devasting news; she had sta er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full act astating cancer.	age 4 lung ca	ancer. For an	athletic, y	oung w	oman who

NETA

(S)

(CC)

N/A #104H

Doctor Q & A

19:00:00

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Title

Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab

Tue, Dec 20, 2022

Taking it to the Streets segment.

A Plastic Surgeon Answers Your Questions

Health Insiders

can be treated

22:30:00

23:00:00

Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1806H Pre-Diabetes Cases of, and morbidity from, diabetes continues to rise. One of the critical areas of work is to stop pre-diabetes from turning into full-fledged diabetes. PBS 20:00:00 American Experience (S) (CC) DVI #1904H **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. 21:00:00 Downwinders and the Radioactive West (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 **SFPBS** N/A #205H (S) (CC) 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

23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1707H

Anxiety

Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to

new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it

**SFPBS** 

**NETA** 

(S)

(S)

(CC)

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N/A

N/A

#1059H

#104H

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Wed, Dec 21, 2022

Title

	ı itie					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
	Stress					
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress sequences. Stress in all ages, as well as pandemic-related stress, affects our overall as depression and anxiety.					issues
01:00:00	Kids & Teens (Infant Heart Help)	SFPBS	(S)	(CC)	N/A	#1302H
Dr. I	Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focu	ıs: Common pec	liatric heart c	onditions	·	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	30-minute informational program, hosted by Sasha Rionda, presents viewers with a		` '	` ,		
the	subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		moduce m
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	research, millennials have become the most anxious generation in history. This epis be treated.					
03:00:00	Heart Health (Heart Disease Prevention)	SFPBS	(S)	(CC)	N/A	#1074H
Dr.	Garcia discusses the role of diet and exercise in heart disease prevention.					
04:00:00	Nutrition & Health (Healthy Living Goals)	SFPBS	(S)	(CC)	N/A	#1303H
Amy	Kimberlain revisit trends for 2019 to evaluate where we're at with those original goa	ıls.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, affecting nearly research, millennials have become the most anxious generation in history. This epis be treated.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1201H
	Plantar Fasciitis Release r feet are the foundation for your body. Join Miranda Esmonde-White for a full-body and calves, leaving you flexible and pain free.	relaxation worko	out that stretc	hes and s	strengthe	ens your
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#520H
	Special: Pregnancy - Part 3					
	Lana shows you how to use a wall and a chair to stretch and strengthen your body ving process.	without losing yo	our balance.	The hip op	eners w	vill ease the
07:00:00	Covid & Monkeypox: The Facts Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Ask The Experts:Including Dr.Anthony Fauci+Others					
The	COVID 40 views has been the most concerning infaction for more than two vectors by	. 4			D	10 - 1 -

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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Title Subtitle Cap Start Distrib Stereo AS<sub>2</sub> Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #1008H 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. 09:00:00 **APTEX** Medical Frontiers (S) (CC) N/A #111H 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. 09:30:00 Medical Frontiers **APTEX** (S) (CC) N/A #112H 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. 10:00:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1804H Lung Cancer The diagnosis and treatment of lung cancer has been one of the most hopeful advances in medicine over the past several years. The new lung cancer screening guidelines allow for the screening for younger individuals with less of a smoking history - making lung cancer a disease that is no longer a death sentence. 10:30:00 Second Opinion with Joan Lunden **APTEX** #1805H (S) (CC) N/A 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. 11:00:00 Conscious Living NFTA (S) (CC) N/A #102H Escape to Bali It's no wonder millions of tourists each year visit the 17,000 island archipelago of Indonesia, the most popular of which is the island of Bali. From its crystal blue waters and white sand beaches, to an indigenous culture that's remained intact for thousands of years and some of the world's spiritual workshop to manifest your wildest dreams. **SFPBS** N/A #203H

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

11:30:00 Flip My Florida Yard (Sfpbs) (S) (CC) 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.

12:00:00 Call The Midwife **PBS** (CC) N/A #1008H (S) 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.

13:00:00 Call The Midwife PBS (S) (CC) N/A #1101H 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.

14:00:00 Health Insiders **SFPBS** #1024H (S) (CC) N/A 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1102H

Focus: Swim safety, blue zones, addiction

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Wed, Dec 21, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 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 **SFPBS** Smartlife (CC) N/A #1802H (S) 15:30:00 Smartlife **SFPBS** (CC) #1803H (S) N/A 15:43:00 Smartlife **SFPBS** (S) (CC) N/A #1804H 16:00:00 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** (CC) N/A #1806H (S) 16:29:00 Smartlife **SFPBS** (S) (CC) N/A #1807H **SFPBS** 16:46:00 Smartlife (S) (CC) N/A #1808H 17:00:00 **SFPBS** (CC) Finding Hope-Town Hall (S) N/A #103H Mental Health Crisis In Teenagers & Young Adults Changes in education and the effects of the pandemic have increased anxiety, depression, and post-traumatic stress in our youth. In the Health Channel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers & Young Adults Town Hall, medical experts tackle these issues affecting our children and offer practical advice based on research. PBS 18:00:00 American Experience (S) (CC) DVI #1904H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #105H The Truth About Prostate Cancer **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1807H Stress Stress is a word that people throw around when they are feeling overwhelmed, but stress comes with real physical and mental health consequences. Stress in all ages, as well as pandemic-related stress, affects our overall health, and contributes to other mental health issues such as depression and anxiety. APTEX 20:00:00 (CC) N/A #0H

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.

21:00:00 **APTEX** 4 Wheel Bob (CC) DVI

4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to becone 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.

22:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #111H

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.

Title

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Start

22:30:00

Subtitle Distrib Stereo Cap AS2 Episode

Medical Frontiers APTEX (S) (CC) N/A #112H

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.

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	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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Title

	Litle					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthco sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vac	ccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this cine. Childhood vaccine rates continue to decrease in certain areas of the country, settineback.					
01:00:00	Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H
Dr.	Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Trea	ating the whol	e patient.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthconsultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
maj 3 w	art Disease is the leading cause of death and disability for women in the United States. Yor women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heard omen every year. That's more than all cancers combined. But 80% of cardiac and stroke the of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 in
03:00:00	Spine & Back Care (Car Accidents/Common Pain)	SFPBS	(S)	(CC)	N/A	#1075H
Dr.	Brusovanik discusses car accidents and common back pain problems.					
04:00:00	Mental Health (After Baby Blues)	SFPBS	(S)	(CC)	N/A	#1305H
Dr.	Rachel Rohaidy and Graciela Jimenez discuss postpartum depression.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthco sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
maj 3 w	art Disease is the leading cause of death and disability for women in the United States. You women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear omen every year. That's more than all cancers combined. But 80% of cardiac and strokers of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	e the de	eath of 1 in
06:00:00	Classical Stretch: By Essentrics Hip Pain Relief and Stretch	APTEX	(S)	(CC)	N/A	#1202H
	n Miranda Esmonde-White seaside for an episode of Classical Stretch that relieves pain ne muscles and joints that surround your hips and glutes.	and stretches	s your hips. T	his episo	de re-ba	alances all
06:30:00	Wai Lana Yoga Special: Recovery from Childbirth - Part 1	APTEX	(S)	(CC)	N/A	#521H
	ctice these poses to get your abs back in shape and tighten up the pelvic muscles. Wai can do alongside your baby.	Lana will also	show you a	deep bre	athing te	echnique
07:00:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
Epis	sode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersbu	urg where hor	neowner Bet	h Reynolo	ds has b	een

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.

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Thu, Dec	22, 2022					
	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
08:00:00	Alzheimer's: What You Can Do	APTEX	(S)	(CC)	N/A	#0H
slee and	HEIMER'S: WHAT YOU CAN DO is an hour-long documentary that de p patterns, exercise, stress levels, and other daily health habits have d personal stories about holistic treatment approaches, the film explores entia.	ramatic effects on our cognitiv	e abilities as	we age.	With sci	entific data
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d					
reco trans	we technology can capture clear images of tiny blood vessels using light nstructive surgery for patients who have had a part of their head, neck splant skin flaps containing blood vessels from a different area of the brailize transparent, thin lymph vessels, and improve the treatment of lym	or breast removed due to can ody, decreasing the burden or	cer. Doctors	can safel	ly cut an	d
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
ferm	sings of Lake Biwa. The lake is home to several indigenous species, mented dish Funazushi, which contains a lactic bacterium that boosts these. We introduce recipes using these fish.					
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical etes.	areas of work is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwheln sequences. Stress in all ages, as well as pandemic-related stress, affect as depression and anxiety.					issues
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#404H
Alzh	eimers, Corneal Implants for Presbyopia, Sleep Apnea treatment, Glut	en Free Diet, Testosterone Th	erapy, Pedia	atric cance	er Resea	arch.
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H
	Lisa Briggs					
seco neve	can be full of hope and dreams. Lisa Briggs was enjoying a successful and child. Yet within months of giving birth Lisa was told the devasting rear smoked, the diagnosis seemed unreal. After the shock wore off, Lisa astating cancer.	news; she had stage 4 lung ca	ıncer. For an	athletic,	young w	oman who
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine		\-/	( - /		
Kam	po is a Japanese traditional medicine that is based on information con	tained in an ancient Chinese o	classic. A Ka	mpo form	ulation h	ias

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.

12:30:00 Medical Frontiers APTEX (S) (CC) N/A #114H

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.

13:00:00 Finding Hope: SFPBS (S) (CC) N/A #101H

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Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #206H I'm Jealolus 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 Health Insiders **SFPBS** 14:30:00 (S) (CC) N/A #1104H Focus: Behavior changes, PPD, chiropractic care 15:00:00 **SFPBS** Smartlife (S) (CC) N/A #1701H Focus: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for Seniors with Alzheimer's - Andraya Brennan, iMatter 3. Melanoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. HPV and Oral Cancer - Dr. Noah Kalman 15:15:00 Smartlife **SFPBS** (S) (CC) N/A #1702H Smartlife **SFPBS** 15:34:00 (S) (CC) N/A #1703H 15:47:00 Smartlife **SFPBS** (CC) N/A #1704H (S) 16:00:00 Smartlife **SFPBS** (S) (CC) N/A #1705H Focus: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa 16:14:00 Smartlife **SFPBS** #1706H (S) (CC) N/A 16:26:00 Smartlife **SFPBS** (S) (CC) N/A #1707H Smartlife **SFPBS** 16:45:00 (S) (CC) N/A #1708H PBS (CC) 17:00:00 Man Who Tried to Feed The World: American Experience DVI #3203H (S) 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. 18:00:00 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #107H Getting A Good Night's Sleep 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy

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 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

Thu, Dec 22, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode	
21:00:00	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.							
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H	
	I'm Jealolus of My Wife's Vibrator!						
	t to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spic it how to stay physically and emotionally healthy.	e things up p	lus a health	and welln	ess phy	sician talks	
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H	
Focu	s: Behavior changes, PPD, chiropractic care						
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H	
	Getting A Good Night's Sleep						
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H	
	Parkinson's Disease						

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

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Special Delivery

Fri, Dec 23, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 00:00:00 All Health Go **SFPBS** (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 00:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 01:00:00 **SFPBS** (S) (CC) N/A #1306H Living Well (Wellness Trends) Jasmine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfulness & Meditation. 02:00:00 All Health Go **SEPRS** (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 02:30:00 Second Opinion with Joan Lunden **APTEX** #1709H (S) (CC) N/A Parkinson's Disease Parkinson's Disease is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and more than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor in just one hand. While tremors are common in Parkinson's, the disease progression is unique to each person. This episode looks at the causes and treatments of Parkinson's Disease, and the search for a cure. 03:00:00 Men's Health (Testicular Cancer) **SFPBS** (CC) N/A #1076H Dr. Daniel Martinez discusses the treatments options for a testicular cancer diagnosis in honor of April which is Testicular Cancer Awareness Month. 04:00:00 **SFPBS** Mental Health (Add Issues) (S) (CC) N/A #1307H Amy Exum & Martin Lopez discuss how the summer schedule can impact kids with ADD. 05:00:00 **SEPRS** All Health Go (S) (CC) N/A #0H This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. 05:30:00 Second Opinion with Joan Lunden **APTEX** (CC) N/A #1709H (S) 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. 06:00:00 Classical Stretch: By Essentrics **APTEX** (S) (CC) N/A #1203H 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. 06:30:00 **APTEX** Wai Lana Yoga (S) (CC) N/A #522H Special: Recovery from Childbirth - Part 2 07:00:00 **SFPBS** (CC) Finding Hope: (S) N/A #101H Preventing Disease and Staying Healthy Town Hall 08:00:00 Call The Midwife **PBS** (CC) N/A #1008H (S)

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.

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Fri, Dec 23, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 09:00:00 Medical Frontiers **APTEX** (S) (CC) N/A #111H 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. 09:30:00 Medical Frontiers APTEX (S) (CC) N/A #112H 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 Al 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 **APTEX** (S) (CC) N/A #1808H Vaccine Hesitancy Vaccine hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback 10:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1809H Alopecia Areata Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. It affects roughly 6.8 million people in the United States and is one of the most requested topics from viewers every year. 11:00:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #203H 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. **Medical Frontiers** #114H 11:30:00 **APTEX** (S) (CC) N/A 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. 12:00:00 Call The Midwife **PBS** (S) (CC) N/A #1008H 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. 13:00:00 Call The Midwife **PBS** (S) (CC) N/A #1101H 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.

(cosmetic procedures) 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1010H 15:00:00 Smartlife **SFPBS** (CC) N/A #1601H

Focus- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter medication safety 3. Dr. John Martin: Types of fillers

**SFPBS** 

(S)

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(CC)

N/A

#1001H

14:00:00

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

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Fri, Dec 2	3, 2022					
Start	Title Subtitle	Distrib	Stereo	Сар	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
	Smartlife is: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The F ard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS Power of Maco	(S) ca - Dr. Lia J	(CC) iannine 4.	N/A Dental	#1605H Myths - Dr.
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
deca THE	Downwinders and the Radioactive West e 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevaldes-long debate over cancer rates, the costs of patriotism, and the responsibility of a r RADIOACTIVE WEST chronicles the history of the testing program, and shares the st In reporting on these ongoing issues, the documentary explores how the legacy of nuc	nation to prote ories of Utaha	ct its citizens	s. DOWN\ d downwir	WINDEF	RS AND the Nevada

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

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.

Doctor Q & A 19:00:00 **NFTA** (S) (CC) N/A #108H All About Your Skin 19:30:00 Second Opinion with Joan Lunden **APTEX** #1809H (S) (CC) N/A Alopecia Areata

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

20:00:00 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 injuried 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 APTEX (S) (CC) N/A #111H

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.

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Fri, Dec 23, 2022

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H
patie The	kinson's disease is a progressive neurological disorder for which there is no cure. We fo ents' quality of life. It is developing a system to remotely diagnose patients who find it dit plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. T kinson's disease by analyzing sebum.	ficult to visit t	he hospital b	ecause o	f their s	ymptoms.
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

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

Sat, Dec 24, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthcoult ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	g teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So many Americans are increase they can prevent developing memory issues of any kind. There is a promising body or ng at what we can do to keep our brain healthy.					
01:00:00	Kids & Teens (Kids Physical Therapy)	SFPBS	(S)	(CC)	N/A	#1310H
The e	experts discuss PediaSuit-a holistic approach to treating neurological disorders.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an iubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	g teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
_	The Cancer Spouse					
emot the d	st cancer is the most common cancer among women worldwide, and this diagnosis no iional and psychological challenges, as well. It is something no one wants to face alone iiagnosis, and their support can be crucial to recovery. The couple goes through cance cer Spouse."	e. The spouse	of the cance	r patient	feels the	e impact of
03:00:00	Plastic/Cosmetic Surgery (Breast Implants)	SFPBS	(S)	(CC)	N/A	#1077H
Focu	s: Dr. Max Polo discusses breast implant safety.					
04:00:00	Staying Healthy #1022 (Reducing Stress at Work)	SFPBS	(S)	(CC)	N/A	#1022H
Focu	s: Teba Orueta discusses methods to help reduce stress in the workplace.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an iubscription plan AllHealthGo has created to offer users access to a number of healthcultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includin	g teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
emot the d	The Cancer Spouse st cancer is the most common cancer among women worldwide, and this diagnosis no ional and psychological challenges, as well. It is something no one wants to face alone iagnosis, and their support can be crucial to recovery. The couple goes through canceter Spouse."	e. The spouse	of the cance	r patient	feels the	e impact of
06:00:00	Alma's Way Steggie Rescue/Alma Hits The Right Note	PBS	(S)	(CC)	DVI	#122H
06:30:00	Scigirls Digging Archaeology	PBSPL	(S)	(CC)	N/A	#104H
SciG	irls Jazzy and Gates unearth the past, uncovering thousand-year-old Native American	artifacts at a	Utah dig site.			
07:00:00	Wild Kratta	DDC	(6)	(00)	NI/A	#24411
07:00:00	Wild Kratts Rainforest Stew	PBS	(S)	(CC)	N/A	#211H
	n Chris and Martin go in search of an obscure rainforest creature to add to their Life Lisonships of a tropical rainforest.	sts, the Wild h	Kratts become	es embro	iled in th	ne complex
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future		. ,	, ,		

Sat, Dec 24, 2022

Date: 12/30/2022

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Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode		
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		
	reping with the Health Channel's spirit of innovative programming, Vida $ u$ (with English subtitles) featuring groundbreaking medical breakthrough							
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		

Sat, Dec 24, 2022

Start	Title Subtitle	Distrib	Stereo	Cap	AS2	Episode				
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H				
	Segment 8		(-)	()						
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109H				
	Segment 9									
11:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110H				
	Segment 10		(-)	(,						
12:00:00	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.										
13:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H				
	Managing The Mental Health Crisis Town Hall		(-)	()						
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#205H				
Tino f	Making 'sexy Time' Last Longer	duina far ka	oning roman	aa aliya a	uar tima	in our				
	or delaying orgasm in both men and women, is there really a " male menopause" and a g it to the Streets segment.	dvice for ke	eping romani	ce alive o	ver time	in our				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1059H				
Focus	s: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy reha	ıb								
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H				
	s: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ramo									
Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - Lia Jiannine, PHD										
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H				
15:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1903H				
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H				
16:00:00	Smartlifa	SFPBS	(8)	(CC)	NI/A	#10051				
	Smartlife s: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Factors for Stroke - Dr. Luci		(S) Arenas 3 Δ	(CC) sk the Ev		#1905H				
Dr. Ja	ane Mendez 4. Caring for the Caregivers of Alzheimer's - Andraya Brennan, iMatter Adu y Epstein									
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H				
40.00.00	0 486	05550	(0)	(00)		#400 <del>7</del> 11				
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H				
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H				
		- · - <b>- ·</b>	(-/	()		3 <del> · ·</del>				
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H				
	Managing The Mental Health Crisis Town Hall									
10.00.00	Hono la Horo	NICTA	(6)	(00)	NI/A	#10611				
18:00:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H				
Lifo	on he full of hone and dreams. Lies Briggs was enjoying a suppossful husiness, and a s	laaa kait far	mily while sel	abratina t	ho orriva	al of hor				

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 devasting news; she had stage 4 lung cancer. For an athletic, young woman who never smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full action ahead as her will to live proved stronger than her devastating cancer.

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Sat, Dec 24, 2022

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 18:30:00 Flip My Florida Yard (Sfpbs) **SFPBS** (S) (CC) N/A #203H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions 19:30:00 Second Opinion with Joan Lunden **APTEX** (CC) #1810H (S) N/A 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. 20:00:00 APTEX (S) Alzheimer's: What You Can Do (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 21:00:00 **PBS** Man Who Tried to Feed The World: American Experience (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. 22:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #205H 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** 22:30:00 Health Insiders (S) (CC) N/A #1059H Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy rehab 23:00:00 **NETA** (CC) Doctor O & A (S) N/A #104H A Plastic Surgeon Answers Your Questions 23:30:00 Second Opinion with Joan Lunden **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.

Post-Acute Covid-19 Syndrome (Pacs)

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Sun, Dec 25, 2022

Title

	Title										
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode					
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.											
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H					
cons	ess is a word that people throw around when they are feeling overwhelmed, but stress of sequences. Stress in all ages, as well as pandemic-related stress, affects our overall here as depression and anxiety.					issues					
01:00:00	Kids & Teens (Infant Heart Help)	SFPBS	(S)	(CC)	N/A	#1302H					
Dr. I	Madaleen Mas discusses the fetal cardiology program at South Miami Hospital. Focus:	Common ped		onditions.							
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
the	This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H					
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episoc be treated.										
03:00:00	Heart Health (Heart Disease Prevention)	SFPBS	(S)	(CC)	N/A	#1074H					
Dr. 0	Garcia discusses the role of diet and exercise in heart disease prevention.										
04:00:00	Nutrition & Health (Healthy Living Goals)	SFPBS	(S)	(CC)	N/A	#1303H					
Amy	Kimberlain revisit trends for 2019 to evaluate where we're at with those original goals.										
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H					
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.											
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H					
Anxiety  Anxiety is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes it, and how it can be treated.											
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#105H					
	Alma's Nochebuena/Three Kings Day Do-Over										
06:30:00	Scigirls Horsing Around	PBSPL	(S)	(CC)	N/A	#105H					
SciO	Sirl Zoe and her friends pony up some science to select the best horse for a riding com	petition.									
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#219H					
	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.										
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H					
	Keeping Bones Healthy & Strong		` '	. ,							

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Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode			
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#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.									
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3302H			
08:25:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3303H			
08:37:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3304H			
08:48:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3305H			
09:00:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3306H			
09:12:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3307H			
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3308H			
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3309H			
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3310H			
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H			
In ke show	eping with the Health Channel's spirit of innovative programming, $\nu$ (with English subtitles) featuring groundbreaking medical breakthr	/ida y Salud is a fast-paced, fun a oughs that help families find solut	ind informative ions to difficitions to difficitions.	ve Spanis ult health	h-langua problem	age health is.			
10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#3602H			
10:27:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#3603H			
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#3604H			
10:50:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#3605H			
11:02:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#3606H			
11:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3607H			

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Sun, Dec 25, 2022

Sull, Dec						
Start	Title Subtitle	Distrib	Stereo	Сар	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
	e a celebratory look back at 10 years of CALL THE MIDWIFE in this c scenes at Nonnatus House for interviews with the cast and crew in thi		love stories	, iaitii aiid	i iaiiiiy.	Go benina
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	N/A	#1101H
	Easter 1967 and preparations are underway for a colourful Easter Bor n routine building work nearby uncovers a terrible secret.	nnet parade outside Nonnatus F	louse. Howe	ver, Trixie	e is left s	shocked
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Foci	us: Swim safety, blue zones, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Liter					sha
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
	us: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. gnosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo		gment - Dr.	Scarlet Co	onstant 4	4.
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.

Distrib

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AS2 Episode

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Start

Title Subtitle

18:00:00	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.										
19:00:00	Doctor Q & A	NETA	(S) (CC)	N/A	#105H					
	The Truth About Prostate Cancer									
19:30:00 Case	Second Opinion with Joan Lunden Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the critical are	APTEX	(S) (CC)	N/A	#1806H ledaed					
diabe										
20:00:00	Downwinders and the Radioactive West	APTEX	(S) (CC)	N/A	#0H					
deca THE	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.									
21:00:00	4 Wheel Bob	APTEX	(S) (CC)	DVI	#0					
Kear	HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who set sarge Pass in the Sierra Nevada of California. The one-hour documentary at our own self-imposed limitations and perhaps reach beyond what we the	y follows the inspirational journe								
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S) (CC)	N/A	#206H					
	I'm Jealolus of My Wife's Vibrator!									
	t to do when your partner is "intimidated" by a sex toy. Then, easy position it how to stay physically and emotionally healthy.	ns to help spice things up plus a	a health and wellr	ess ph	ysician talks					
22:30:00	Health Insiders	SFPBS	(S) (CC)	N/A	#1104H					
Focu	s: Behavior changes, PPD, chiropractic care									
23:00:00	Doctor Q & A	NETA	(S) (CC)	N/A	#105H					
	The Truth About Prostate Cancer		. ,							
23:30:00	Second Opinion with Joan Lunden	APTEX	(S) (CC)	N/A	#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										

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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Mon, Dec 26, 2022

Title

<b>.</b>	Title			_						
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H				
	Racial Disparities In Health									
All across America, there are large and persistent racial differences in health and accessing healthcare. People of color get sick at younger ages and die sooner than white people. Compared with whites, members of racial and ethnic minorities are less likely to receive preventive health services and often receive lower-quality care. Addressing health disparities is increasingly important as our population becomes more diverse. Never has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the racial disparities that exist in health and healthcare in the U.S.										
01:00:00	Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H				
Dr. S	teven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Trea	ting the whol	e patient.							
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine sultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.									
02:30:00	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.										
03:00:00	Spine & Back Care (Car Accidents/Common Pain)	SFPBS	(S)	(CC)	N/A	#1075H				
Dr. B	rusovanik discusses car accidents and common back pain problems.									
04:00:00	Mental Health (After Baby Blues)	SFPBS	(S)	(CC)	N/A	#1305H				
Dr. R	achel Rohaidy and Graciela Jimenez discuss postpartum depression.		. ,	, ,						
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	-depth descr re digital ser	ription of the o	different s	ervices					
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H				
majo 3 woi	Heart Disease In Women  It Disease is the leading cause of death and disability for women in the United States. Ye women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke combi	ned caus	e the de	ath of 1 in				
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1204H				
	Weight Loss and Calorie Burn Miranda Esmonde-White in beautiful Montego Bay, Jamaica. Today's episode of Class ies and melt fat.	ical Stretch g	jets your heai	t racing,	helping	you to burn				
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#523H				
	Upside Down Flow		-	•						
07:00:00	Man Who Tried to Feed The World: American Experience	PBS	(S)	(CC)	DVI	#3203H				
	ore the life of 1970 Nobel Peace Prize winner Norman Borlaug, who tried to solve world	hunger. He	, ,	` ,	evere fa	mine and				

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.

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Mon, Dec	26, 2022					
044	Title	Distrib	04	0	4.00	Cais and
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1101H
	Episode 1					
	Easter 1967 and preparations are underway for a colourful Easter Bon routine building work nearby uncovers a terrible secret.	onnet parade outside Nonnatus F	louse. Howe	ver, Trixie	e is left s	hocked
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine					
num sym <sub>l</sub>	npo is a Japanese traditional medicine that is based on information of erous medicinal properties and is effective for many symptoms. This ptoms. We look at how Kampo formulations are prescribed, through low Kampo can prevent depressive symptoms, and how it can preven	s makes Kampo suitable for treat 1 patient who was cured. We als	ing long CO	ID, which	n has va	rious
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health					
disea US\$	an has a unique system of preventive healthcare called the Ningen E ases that are difficult to detect in their early stages. It's becoming po 1,000. A new type of Ningen Dock helps subjects to lead a healthier recipes that are effective against lifestyle diseases.	pular among foreign visitors as the	ney can have	the chec	kup for	about
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many A s they can prevent developing memory issues of any kind. There is a ing at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	kinson's Disease is the fastest growing neurological disorder in the was in six million people worldwide. The symptoms generally develop slow hand. While tremors are common in Parkinson's, the disease progretments of Parkinson's Disease, and the search for a cure.	vly over years, sometimes startin	g with a bare	ly noticea	ible trem	or in just
11:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1101H
	Episode 1					
	Easter 1967 and preparations are underway for a colourful Easter Bo n routine building work nearby uncovers a terrible secret.	onnet parade outside Nonnatus F	louse. Howe	ver, Trixie	is left s	hocked
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#1102H
	Episode 2					
	le Trixie tries to calm an anxious patient, Sister Frances examines a le mother through her fourth pregnancy and intervenes when author			s. Lucille h	nelps sup	oport a
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1105H
Focu	us: Compression socks, PPD, stress					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Foci	us: Teeth grinding, Workplace stress, Products to relieve Sunburn					
1 000						
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H

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(CC)

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N/A

N/A

(S)

(S)

#2102H

#2103H

15:15:00

15:31:00

Smartlife

Smartlife

# Daily Program Listing II **WPBTHC**

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Mon, Dec 26, 2022

Title Subtitle Start Distrib Stereo Cap AS<sub>2</sub> Episode 15:44:00 Smartlife **SFPBS** (S) (CC) N/A #2104H **SFPBS** 15:59:00 Smartlife (S) (CC) N/A #2105H 16:15:00 Smartlife **SFPBS** (S) (CC) N/A #2106H Smartlife 16:31:00 **SFPBS** (S) (CC) N/A #2107H 16:48:00 Smartlife **SFPBS** (S) (CC) N/A #2108H 17:00:00 **PBS** Man Who Tried to Feed The World: American Experience (CC) DVI #3203H (S) 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. **SFPBS** (S) (CC) N/A #103H

18:00:00 Finding Hope-Town Hall

Mental Health Crisis In Teenagers & Young Adults

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

19:00:00 **NETA** (S) (CC) N/A #109H Doctor Q & A Dealing with Mental Health Issues In Children 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #1702H Racial Disparities In Health

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 **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

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.

22:00:00 Medical Frontiers **APTEX** (S) (CC)

(S)

**APTEX** 

**APTFX** 

#113H N/A

(CC)

(CC)

N/A

N/A

#0H

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.

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Mon, Dec 26, 2022

23:30:00

Second Opinion with Joan Lunden

Heart Valve Replacement

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode			
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H			
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.									
23:00:00	Doctor Q & A  Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H			

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

APTEX

(S)

(CC)

N/A #1803H

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Tue, Dec 27, 2022

The Battle Against Breast Cancer

Title

	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	with an in-depth descri healthcare digital serv	iption of the	different s	services	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	neimer's Disease is an under-recognized public health crisis. And while the worker word, globally the number of people diagnosed is expected to double every 2 to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective.	0 years. Not only does	Alzheimer's	come wi	ith a tren	nendous
01:00:00	Pain Management #1312 (Latest Updates)	SFPBS	(S)	(CC)	N/A	#1312H
Lear	rn from the experts about approaches for controlling chronic pain to improve qu	ality of life.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
	30-minute informational program, hosted by Sasha Rionda, presents viewers			` ,		
the s	subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital serv	ices includir	ng teleme		moladed in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term h c-COVID symptoms.	ealth effects of the peo	ople who are	suffering	from de	bilitating
03:00:00	Women's Health (Breast Cancer Update)	SFPBS	(S)	(CC)	N/A	#1079H
diag	us: Dr. Katherine Lampen-Sachar discusses breast diagnostic radiology: scree inostic mammogram; when is 3D technology utilized; screenings with dense breanted; what does a suspicious image look like; when is a biopsy warranted.					
04:00:00	Heart Health (Mri Imaging)	SFPBS	(S)	(CC)	N/A	#1313H
Dr. F	Ricardo Cury & Dr. Constantino Pena discuss the landmark new MRI technolog	gy. Focus: The benefits	s of this type	of imagir	ng for pa	tients.
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital serv	ices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term h c-COVID symptoms.	ealth effects of the peo	ople who are	suffering	from de	bilitating
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1205H
	beginner's workout is perfect for relieving back pain. Join Miranda Esmonde-Vates your entire back, leaving your pain free.	Vhite for a standing an	d barre work	out that lo	oosens a	and
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#524H
	Crane Balance					
07:00:00	Happy Yoga with Sarah Starr Lace Meadow	NETA	(S)	(CC)	N/A	#503H
the s	by the peaceful summer meadow as we focus on a modified yoga practice using shoulders while lengthening the spine in a full range of motion; combined with ser body.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Pattle Against Preast Cancer					

# Daily Program Listing II **WPBTHC**

Date: 12/30/2022 10/01/2022 - 12/31/2022 Page 333 of 353

Tue Dec 27, 2022

rue, Dec	21, 2022					
Start	Title Subtitle	Distrib	Stereo	Сар	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
diet. dish	art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Ja The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that es with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, whilg. We introduce easy recipes using these foods and soy milk.	uses mainly \	∕egetaḃles a	ind beans	. As a re	esult,
09:30:00	Medical Frontiers Japan's Best Hospital for Parkinson's Disease	APTEX	(S)	(CC)	N/A	#112H

Parkinson's disease by analyzing sebum. 10:00:00 Second Opinion with Joan Lunden

**APTEX** (S) (CC) N/A #1702H

Racial Disparities In Health

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

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

10:30:00 Second Opinion with Joan Lunden **APTEX** 

(CC) N/A

#1703H

Alzheimer's: A Public Health Crisis

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

11:00:00 Innovations In Medicine

Bonnie J. Addario

**NETA** 

(CC)

N/A #405H

CBD & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD and Pain management, Potbotics.

11:30:00 Hone Is Here NETA

(S)

(S)

(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 **APTEX** 

(S)

N/A

(CC)

#115H

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.

12:30:00 Medical Frontiers **APTEX** 

(S)

(S)

(CC) N/A #116H

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.

13:00:00 Finding Hope-Town Hall **SFPBS** 

(CC)

N/A #103H

Mental Health Crisis In Teenagers & Young Adults

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

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Tue, Dec 27, 2022 Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #206H I'm Jealolus 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. Health Insiders **SFPBS** 14:30:00 (S) (CC) N/A #1114H Focus: Autism, brain cancer, skin care 15:00:00 SEPRS Smartlife (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** (CC) N/A #2204H (S) 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 **SFPBS** 16:15:00 Smartlife (S) (CC) N/A #2206H (CC) 16:33:00 Smartlife **SFPBS** (S) N/A #2207H 16:46:00 Smartlife **SFPBS** (S) (CC) N/A #2208H 17:00:00 Finding Hope-Town Hall **SFPBS** (S) (CC) N/A #102H Managing The Mental Health Crisis Town Hall **SFPBS** 18:00:00 Flip My Florida Yard (Sfpbs) (S) (CC) N/A #204H 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. 18:30:00 Hope Is Here **NETA** (CC) N/A #101H (S) Bonnie J. Addario

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

19:00:00 Doctor Q & A **NETA** (CC) N/A #111H (S) Heart Attacks and Strokes **APTEX** 19:30:00 Second Opinion with Joan Lunden (S) (CC) N/A #1703H Alzheimer's: A Public Health Crisis

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

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.

# Daily Program Listing II **WPBTHC**

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Tue, Dec 27, 2022

Start

Title Subtitle

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-								
open	ing interviews with former professional players, including women's soccer l	egend and two-time World Cup Champ	ion Mich	elle Ak	ers and			
three-time Super Bowl Champion Monte Coleman (both of whom suffered multiple concussions during their careers), as well as medical experts								
and r	renowned researchers, the documentary examines the short-term effects at	nd long-term risks of concussions, raise	es aware	ness of	the issu	e,		
and c	discusses the hest ways to prevent them altogether RELL RINGER: THE II	NVISIRI E RRAIN IN ILIRY dives into th	e comple	vities (	of the			

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.

Distrib

Stereo

Cap

AS2 Episode

22:00:00 **SFPBS** #206H Sex Talk with Dr. Lia (CC) N/A I'm Jealolus 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.

22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1114H
Focu	is: Autism, brain cancer, skin care					
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	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.

Wed, Dec 28, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H				
	Millennial Health II									
They are 6	nnials were born between the years 1981 and 1996. At 73 million, they are the larges make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. However, the overall health of America. This episode discusses the issue of Millennial Health of America.	o the least hea w their health p	Ithy generation	on in rece	nt times	and they				
01:00:00	Health Trends #1242 (Critical Care Update)	SFPBS	(S)	(CC)	N/A	#1242H				
CME	Guests Discussion: Critical Care Best Practices									
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telemedicine consultations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs.										
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H				
	Racial Disparities In Maternal Health									
othe	nant women in the United States are more than twice as likely to die from complication high-income countries in the world. And behind these statistics lie startling racial dispen of color.									
03:00:00	Orthopedics (Knee Injury Therapy)	SFPBS	(S)	(CC)	N/A	#1080H				
Aaro	n Villegas and Jonathan Scott discuss physical therapy after a knee injury.									
04:00:00	Spine & Back Care (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1315H				
Dr. E	Brusovanik discusses spine and back conditions and how to treat them for a pain free	life								
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H				
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includir	ng teleme		included in				
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H				
_	Racial Disparities In Maternal Health									
othe	nant women in the United States are more than twice as likely to die from complicatio r high-income countries in the world. And behind these statistics lie startling racial disp en of color.									
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1206H				
	Full Body Strengthening									
	Miranda Esmonde-White in beautiful Montego-Bay, Jamaica for a full-body workout the stronger, longer, and energized.	nat strengthens	s and stretch	es all 650	-muscle	s, leaving				
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#525H				
	Exercise Your Eyes									
07:00:00	To Heal The Heart	APTEX	(S)	(CC)	N/A	#101H				
	Kobe, City of Our Youth									
An K	azutaka, an avid reader who loves to play jazz piano, grapples with his identity after l	earning that his	s narents we	re horn in	Korea	⊢nterina				

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.

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Wed, Dec 28, 2022 Title Cap Start Subtitle Distrib Stereo AS<sub>2</sub> Episode 08:00:00 Call The Midwife **PBS** (S) (CC) N/A #1101H 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. **APTEX** 09:00:00 Medical Frontiers (S) (CC) N/A #113H 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

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 APTEX (S) (CC) N/A #114H
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.

10:00:00 Second Opinion with Joan Lunden 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 APTEX (S) (CC) N/A #1705H Conquering Obesity

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

11:00:00 Conscious Living NETA (S) (CC) N/A #103H

The Many Faces of the Divine

Millennial Health II

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) SFPBS (S) (CC) N/A #204H 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.

12:00:00 Call The Midwife 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 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

Episode 1

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Wed, Dec 28, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1136H Focus: Blue zones, water safety, swim safety 15:00:00 **SFPBS** (S) (CC) N/A #101H Focus: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse therapy to work through relationships - Dr. Shelley Green 3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks 15:15:00 Smartlife **SFPBS** (S) (CC) N/A #102H 15:26:00 Smartlife **SFPBS** (CC) #103H (S) N/A 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** (CC) N/A #106H (S) 16:20:00 Smartlife **SFPBS** #107H (S) (CC) N/A 16:42:00 Smartlife **SFPBS** (CC) #108H (S) N/A Man Who Tried to Feed The World: American Experience **PBS** DVI 17:00:00 (S) (CC) #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. 18:00:00 **APTEX** 4 Wheel Bob DVI #0 (S) (CC) 4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to becone 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.

19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs					
19:30:00	Second Opinion with Joan Lunden 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 Gerda That Remains APTEX (S) (CC) N/A #0H

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.

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Title Subtitle

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0
nurso choid threa	INING HOPE is an award-winning film that captures people who are weighing what ma es who guide them and help carry out their decisions. The documentary follows eight p ces about how they want to live, how much medical technology they can accept, what t attened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film to be define what makes life worth living.	atients with life hey hope for,	e-threatening and how tha	g illness a t hope ev	s they rolves w	nake hen life is
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine					
num symp	po is a Japanese traditional medicine that is based on information contained in an anci erous medicinal properties and is effective for many symptoms. This makes Kampo sui otoms. We look at how Kampo formulations are prescribed, through 1 patient who was ow Kampo can prevent depressive symptoms, and how it can prevent coronavirus infer-	table for treati cured. We als	ng long CO\	√ID, which	n has va	ırious
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health					
disea US\$	In has a unique system of preventive healthcare called the Ningen Dock. The examinat ases that are difficult to detect in their early stages. It's becoming popular among foreig 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changing recipes that are effective against lifestyle diseases.	n visitors as th	ey can have	e the chec	kup for	about
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs					
23:30:00	Second Opinion with Joan Lunden 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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Thu, Dec 29, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Cap	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng telemed		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more that gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to h	nealth is	
01:00:00	Staying Healthy (Oral Cancer Issues)	SFPBS	(S)	(CC)	N/A	#1319H
Dr. I	Howard Abrahams discusses oral cancer, cosmetic dentistry and general dentistry.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcastlations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng telemed		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
Haa	Heart Valve Replacement		nan nraaaduu	ro Thio n	ro o o di un	n in 04
	rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	s a very com	non procedui	ie. Tilis pi	rocedure	3 15 94-
03:00:00	Plastic/Cosmetic Surgery #1081 (Nose Job Update)	SFPBS	(S)	(CC)	N/A	#1081H
Foci	us: Dr. Anthony Bared discusses rhinoplasty, when its appropriate and how to heal after	wards.				
04:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
Ron	Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis, g	gait, balance a	& flexibility.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an insubscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng telemed		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement			<b>-</b>		
	rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	s a very comr	non procedui	re. This pi	rocedure	e is 94-
06:00:00	Classical Stretch: By Essentrics Posture	APTEX	(S)	(CC)	N/A	#1207H
	ay's episode is set in one of the most beautiful locations yet, Montego Bay, Jamaica. Joure workout. Good posture is the key to looking and feeling youthful and vibrant.	in Miranda Es	smonde-Whit	e today fo	or a full-l	body
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#526H
	Spinal Spiral		(-)	()		
07:00:00	Flip My Florida Yard (Sfpbs)  Mcdonald Family - Pensacola	SFPBS	(S)	(CC)	N/A	#204H
land	ode #204 THE MCDONALD FAMILY – PENSACOLA The McDonald family is in for the scape that's not only good for Florida but safe for their two dogs as well. In the episode scape, how to protect the waterfront, and techniques on how to keep a yard pet friendly	, the team als				
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H
	Caring for Your Back		ν - /	()	-	

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Thu, Dec 29, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	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	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

**APTEX** 

(S) (CC)

(S)

(S)

N/A #112H

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.

10:00:00 Second Opinion with Joan Lunden

**APTEX** 

(CC) N/A

4 #1706H

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.

10:30:00 Second Opinion with Joan Lunden

APTEX

(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

Anxiety

NETA

(CC)

N/A #405H

CBD & Tourette's syndrome, CURE Film, Cannakids, Endocannibial deficiency, CBD and Pain management, Potbotics.

11:30:00 Hope Is Here

NETA

(S)

(S)

(CC) N/A

(CC)

(CC)

'A #101H

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.

12:00:00 Medical Frontiers

**APTEX** 

(S)

N/A #

#115H

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.

12:30:00 Medical Frontiers

APTEX

(S)

N/A

#116H

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.

13:00:00 Finding Hope-Town Hall

**SFPBS** 

(S)

(CC) N/A #1

#103H

Mental Health Crisis In Teenagers & Young Adults

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

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Thu, Dec 29, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:00:00 Sex Talk with Dr. Lia **SFPBS** (S) (CC) N/A #206H I'm Jealolus 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. 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1117H Focus: Stroke, teens and mental health, bladder pain syndrome 15:00:00 **SFPBS** #201H Smartlife (S) (CC) N/A Focus: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2. Fertility Preservation - Dr. Armando Hernandez-Rey 3. Illegal Fillers - Dr. John Martin and patient Tracy 4. OTC Treatments for Hair Restoration - Dr. Alan Bauman 5. Making Food Taste Good - Jerome Turner 15:14:00 Smartlife **SFPBS** (S) (CC) N/A #202H 15:26:00 Smartlife **SFPBS** (S) (CC) N/A #203H 15:45:00 Smartlife **SFPBS** (CC) N/A #204H (S) 15:57:00 Smartlife **SFPBS** (S) (CC) N/A #205H 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 16:12:00 Smartlife **SFPBS** (CC) N/A #206H (S) 16:30:00 Smartlife **SFPBS** (S) (CC) N/A #207H Smartlife **SFPBS** #208H 16:44:00 (S) (CC) N/A 17:00:00 **SFPBS** Triple Threat Town Hall (CC) N/A #0H (S)

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.

**APTEX** 

#0H

N/A

(CC)

#### 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.

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	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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Thu, Dec 29, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode			
20:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0			
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.									
21:00:00	Man Who Tried to Feed The World: American Experience	PBS	(S)	(CC)	DVI	#3203			
	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.								
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#206H			
	I'm Jealolus of My Wife's Vibrator!								
	t to do when your partner is "intimidated" by a sex toy. Then, easy positions to help spint how to stay physically and emotionally healthy.	ce things up p	lus a health	and welln	ess phy	/sician talks			
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H			
Focu	us: Stroke, teens and mental health, bladder pain syndrome								
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H			
	Alzheimer's Disease: Hope for the Future								
23:30:00	Second Opinion with Joan Lunden 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.

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Fri, Dec 30, 2022

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital services	iption of the vices including	different s		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
rela	981 the term "sandwich generation" was coined to describe a group of Amer tives at the same time. Today, millions of families are facing the dual challen having children later. This episode focuses on these caregivers.					
01:00:00	Healthy Living (After Baby Fitness)	SFPBS	(S)	(CC)	N/A	#1324H
Jan	ette discusses increasing muscle mass on her post-pregnancy fitness journe	ey.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital services	iption of the vices including	different s		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
can	diagnosis and treatment of lung cancer has been one of the most hopeful a cer screening guidelines allow for the screening for younger individuals with onger a death sentence.					
03:00:00	Health Trends #1082 (Hookah Warnings)	SFPBS	(S)	(CC)	N/A	#1082H
Foc	us: Dr. Wasim Maziak discusses his recent research of pictorial warning lab	els and general hookah s	tudies.			
04:00:00	Primary Care (Flu Shot Update)	SFPBS	(S)	(CC)	N/A	#1325H
Dr. '	Vazquez explains the importance of getting vaccinated . Focus: Protecting y	ourself during flu season				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	s 30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a num	of healthcare digital services	vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
can	diagnosis and treatment of lung cancer has been one of the most hopeful a cer screening guidelines allow for the screening for younger individuals with onger a death sentence.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1208H
	Long Adductor					
	ir long adductors are the muscles of your inner thighs. This Classical Stretch ger and leaner. Join Miranda Esmonde-White in Montego Bay, Jamaica for a		ites these m	uscles lea	aving yo	ur legs
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#101H
	Anyone Can Do It					
07:00:00	To Heal The Heart	APTEX	(S)	(CC)	N/A	#101H
	Kobe, City of Our Youth	- Physical and the second second			IZ -	Ft
An l	Kazutaka, an avid reader who loves to play jazz piano, grapples with his ider	ntity after learning that his	s parents we	re born in	Korea.	∟ntering

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.

# Daily Program Listing II WPBTHC

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Fri, Dec 30, 2022

Title Subtitle

Episode 1  It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixle is left showner routine building work nearby uncovers a terrible secret.  99:90:00 Medical Frontiers Fighting Covid-19 with Kampo Medicine Fighting Covid-19 with K	Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
It's Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left showhen routine building work nearby uncovers a terrible secret.  90:00.00 Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo is a Jaganese traditional medicine that is beased on Information contained in an ancient Chinese classic. A Kampo formulation has numerous medicinal argonities and is effective for many symptoms. This mitakes Kampo suitable for trading long of the frait plant of the frait plant of the trading long of the frait plant of the frait p	08:00:00	Call The Midwife	PBS	(S)	(CC)	- —— N/A	#1101H
this Easter 1967 and preparations are underway for a colourful Easter Bonnet parade outside Nonnatus House. However, Trixie is left showner routine building work nearby uncovers a terrible secret.  9.90.00 Medical Frontiers Fighting Covid-19 with Kampo Medicine Kampo las a Jaganese traditional medicine that is desed on information contained in an ancient Chinese classic. A Kampo formulation has been contained in the secret of the contained in the secret of the contained in the contained in the secret of the contained in the con				(-)	()		
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 protecties 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 petient who was curse. We also introduce the latest scientific for on how Kampo can prevent depressive symptoms, and how it can prevent coronavirus infection itself.  99:30:00 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 an diseases that are difficult to detect in their early stages. It's becoming popular among foreign visitors as they can have the checkup for ash US\$1,000. A new type of hingen Dock heiges subjects to lead a healthier lifestyle by changing their mindset. In the TIPS segment, we introtrour recipes that are effective against lifestyle diseases.  10:00:00 Second Opinion with Joan Lunden Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooke 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 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs is 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 is the fastest growing neurological disorder in the world. It affects nearly one million people in the United States and it than six million people worldwide. The symptoms generally develop slowly over years, sometimes starting with a barely noticeable tremor one hand. While temors are common in Parkinson's Biceases progression is unique to each person. This episode looks at th		Easter 1967 and preparations are underway for a colourful Easter Bonnet pa	arade outside Nonnatus H	louse. Howe	ver, Trixie	e is left s	shocked
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Fri, Dec 30, 2022

Title Start Subtitle Distrib Stereo Cap AS<sub>2</sub> Episode 14:30:00 Health Insiders **SFPBS** (S) (CC) N/A #1054H Focus: Food as medicine, Skin cancer safety, How to find a plastic surgeon 15:00:00 **SFPBS** (S) (CC) N/A #301H Focus: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 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** (CC) N/A #303H (S) **SFPBS** 15:44:00 Smartlife (S) (CC) N/A #304H 15:58:00 Smartlife **SFPBS** (CC) N/A #305H (S) 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** (CC) #307H (S) N/A 16:45:00 Smartlife **SFPBS** (CC) N/A #308H (S) 17:00:00 Finding Hope: **SFPBS** (CC) N/A #101H (S) Preventing Disease and Staving Healthy Town Hall **SFPBS** 18:00:00 Triple Threat Town Hall (S) (CC) N/A #0H 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. 19:00:00 Doctor Q & A **NETA** (S) (CC) N/A #104H A Plastic Surgeon Answers Your Questions 19:30:00 Second Opinion with Joan Lunden **APTEX** (S) (CC) N/A #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.

**APTEX** 

N/A

(CC)

#0H

#### 20:00:00 Bell Ringer: The Invisible Brain Injury

Caregiving: The Sandwich Generation

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.

Daily Program Listing II **WPBTHC** 

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Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H

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.

#### 22:00:00 Medical Frontiers

**APTEX** 

(CC)

N/A

#113H

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.

#### 22:30:00 Medical Frontiers

(CC)

(S)

(S)

N/A #114H

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.

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 Stress	APTEX	(S)	(CC)	N/A	#1807H

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

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Sat, Dec 31, 2022

Title

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ıre digital ser	vices includin	ig teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
	Anxiety					
new i	ety is the most common mental-health disorder in the United States, affecting nearly on research, millennials have become the most anxious generation in history. This episodo be treated.					
01:00:00	Emergency Medicine (Holiday Er Injuries)	SFPBS	(S)	(CC)	N/A	#1328H
	ose Portuondo discusses conditions/injuries seen in the ER around July 4th and offers oning, choking, sunburn, heat exhaustion, drinking &driving accidents, water-related inc				ents, foc	od
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includin	ig teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
<del>_</del> .	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba- cidered the next pandemic, antibiotic resistance is a threat to global health and food sec		dangering the	e efficacy	of antib	iotics.
03:00:00	Health Trends #1083 (Autism Update)	SFPBS	(S)	(CC)	N/A	#1083H
Staci	e Rubin Smith & Tania Diaz-Fernandez discuss autism diagnosis and treatmen. Focus	: The latest m	nedical updat	es with a	utism.	
04:00:00	Heart Health (Cardiac Health Update)	SFPBS	(S)	(CC)	N/A	#1330H
Dr. Li	isardo Garcia-Covarrubias discusses atrial valve disease.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includin	ig teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance					
The r Cons	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba- dered the next pandemic, antibiotic resistance is a threat to global health and food sec	cteria and en curity.	dangering the	e efficacy	of antib	iotics.
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#127H
	Alma's Best Friend/Steggie Gets Lost					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#106H
	Blowin' in the Wind		` '	, ,		
SciG	irl Hannah and her friends design and build their own working miniature wind farm.					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#214H
	Aqua Frog		•			
	e the Wild Kratts explore the life cycle of the Bull Frog, they uncover a plot by Zach Var Wild Kratts kids, the team moves quickly to stop Zach.	mitech to des	troy the frogs	s' habitat.	With the	e help of
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer		(-)	(-0)		

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Segment 7

Sat, Dec						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3301H
In ke shov	Segment 1 eeping with the Health Channel's spirit of innovative pro w (with English subtitles) featuring groundbreaking medi	gramming, Vida y Salud is a fast-paced, fun ical breakthroughs that help families find solu	and informati	ve Spanis ult health	h-langu problem	age health
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
	eeping with the Health Channel's spirit of innovative pro w (with English subtitles) featuring groundbreaking med					
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	SFPBS	(S)	(CC)	N/A	#3607H

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Title

Start	Subtitle	Distrib	Stereo	Сар	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	APTEX	(S)	(CC)	DVI	#0

4 WHEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to becone 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.

#### 13:00:00 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 injuried 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.

#### 14:00:00 Sex Talk with Dr. Lia

**SFPBS** 

(S)

(S)

191

(CC) N/A #206H

I'm Jealolus 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.

#### 14:30:00 Health Insiders

SFPBS

(CC) N/A #1114H

Focus: Autism, brain cancer, skin care

#### 15:00:00 Smartlife

**SFPBS** 

(CC) N/A #2201H

15:00:00	Smartine	SEPBS	(5)	(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 How	Smartlife to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, Back	SFPBS Pain Q & A, Ba	(S) nd Habits th	(CC) nat Wreck	N/A k Your T	#2205H 「eeth		
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		

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17:00:00 4 Wheel Bob 4 Wheel Bob 4 Wheel Bob 5 APTEX (S) (CC) DVI #0 40 Wheel Bob 5 AVHEEL BOB Isleit the story of Bob Coomber, an intrepid adventurer who sels out to become the first wheelchart hiker to cross the 11,485 bott Kearsarge Pass in the Silver Pass	Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
## WHEEL BOB letts the story of Bob Coomber, an interjed adventurer who sets out to become the first wheelchaft hister to cross the 11,845 foot Kears**argy Pass in the Sterra Nevada of California. The one-hour documentary follows the inspirational journey of Bob white encouraging us to look at our own self-imposed limitations and perhaps reach beyond what we think is possible.  ### Bonnie J. Addario  A lage 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 girm. Most declores provided title hope, but Bonnie eventually found a thoracic surgeon willing to help, telling him. "If am going to die from this disease, I don't want it to be because us did nothing." After a 14-hour surgery, mutigle rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.  ### Bonnie Bonni	17:00:0	0 4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
Bonnie J. Addanio A age 56. Somie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass ceiling. She also became on of the millions facing a 16% survival rate. Her initial prognosis was grim: Most doctors provided little hope, but Bonnie eventually found a thoracid curagen willing to help, telling him, "If am going to left from this disease, I don't want it to be because I willion." After a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became a survivor with a new purpose in life.  18:30:00 Filip My Florida Yard (Sf)bes) SFPBS (S) (CC) N/A #204H McConnald 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 isnotes. In the case, how to protect the waterfront, and techniques on how to keep a yard pet friendly.  19:30:00 Doctor Q & A HER 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 isnotes instructed.  19:30:00 Doctor Q & A HER MCDONALD FAMILY - PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape. In the property of their lives as their backyard turns into a landscape that the family person of the manual techniques on how to keep a yard pet friendly.  19:30:00 Doctor Q & A S A HER MCDONALD FAMILY - PENSACOLA The McDonald family is in for the surprise of their lives as their backyard turns into a landscape in the family person, but their decisions 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 dis	ŀ	Kearsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the	inspirational jo	neelchair hike	er to cross		
At age 56. Bonnie was a wife, mother, grandmother, president of an oil company, and leader in breaking through the industry's glass celling. She also became one of the million fation; at 16% survival rate, the rinitial prognosis was grim. Most doctors provided the page 14% and 14% of the view of the provided and the provided an	18:00:0	·	NETA	(S)	(CC)	N/A	#101H
Mcdonald Family - Pensacola	6	At age 56, Bonnie was a wife, mother, grandmother, president of an oil company, and lead also became one of the millions facing a 16% survival rate. Her initial prognosis was grim. In eventually found a thoracic surgeon willing to help, telling him, "If I am going to die from this	Most doctors p disease, I do	provided little n't want it to	hope, bu be becau	t Bonnie	,
Episode #204 THE MCDONALD FAMILY - PENSACOLA The McDonald family is in for the surprise of their lives as their backyard burns 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.  19:00:00   Doctor Q & A   Heart Attacks and Strokes    19:30:00   Second Opinion with Joan Lunden   APTEX   (S)   (CC)   N/A   #117H    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.  20:00:00   Defining Hope   APTEX   (S)   (CC)   N/A   #0    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 liness 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 differe what makes life worth living.  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, exemining 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-dime World Cup Champion Michelle Akers and three-lime Super Bowl Champion Michelle Akers and three-lime Supe	18:30:0	0 Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#204H
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.  19:00:00 Doctor Q & A Heart Attacks and Strokes  19:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1171H  Anxiety Is the most common mental-health disorder in the United States, affecting nearly onethird of both adolescents and adults. According to new research, millennials have become the most anxious generation in history. This episode discusses what anxiety is, what causes It, and how it can be treated.  20:00:00 Defining Hope  APTEX (S) (CC) N/A #0  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 a work on a 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.  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, ra		·					
Heart Attacks and Strokes   Second Opinion with Joan Lunden   APTEX   Second Opinion with Joan Lunden   Anxiety   Second Opinion   Anxiety   Second Opinion   Anxiety   Second Opinion   April Market   Second Opinion   Second Opini	I	andscape that's not only good for Florida but safe for their two dogs as well. In the episode	, the team als				
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.  20:00:00 Defining Hope APTEX (S) (CC) N/A #0  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 to primistic 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.  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 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 Monte Coleman (both during a concussion, how researchers are studying physical impact and neurological injuries, and the safe protocols for r	19:00:0		NETA	(S)	(CC)	N/A	#111H
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Focus: Autism, brain cancer, skin care  23:00:00 Doctor Q & A NETA (S) (CC) N/A #111H			ce things up p	lus a health	and welln	ess phy	sician talks
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	23:00:0	0 Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
		Heart Attacks and Strokes					

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Sat, Dec 31, 2022

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

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

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Sun, Jan 01, 2023

Title

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthcasultations, emotional advice, second-opinion consultations, as well as a number of tools	ıre digital ser	vices includii	ng teleme		included in
00:30:00	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.