	2022		Program Listing II WPBTHC			-		200
ate: 03/27/		01/01/2	2023 - 03/31/2023			Ра	ge 1 of	366
Sun, Jan	01, 2023	Title						
Start		Subtitle		Distrib	Stereo	Сар	AS2	Episo
01:00:00	Health Trends #1142 (Penicillin	Update)		SFPBS	(S)	(CC)	N/A	#1142H
Foc	us: Wilbert Fuerte & Mayret Gonza	lez discuss the history of	on penicillin and the benefit	ts of this medica	tion over the	years.		
02:00:00	All Health Go			SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, subscription plan AllHealthGo has sultations, emotional advice, secor	created to offer users ad	ccess to a number of healt	hcare digital serv	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunc	len		APTEX	(S)	(CC)	N/A	#1802F
	Racial Disparities In Maternal H	ealth						
othe	nant women in the United States and the states of the stat							
03:00:00	Orthopedics (Knee Injury Thera	py)		SFPBS	(S)	(CC)	N/A	#1080F
	on Villegas and Jonathan Scott dis		ter a knee injury.		. /	、 ,		
		5						
04:00:00	Spine & Back Care (Your Achin	o ,	a track the case for a set	SFPBS	(S)	(CC)	N/A	#1315H
Dr. E	Brusovanik discusses spine and ba	ack conditions and how	to treat them for a pain free	e lite				
05:00:00	All Health Go			SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, subscription plan AllHealthGo has sultations, emotional advice, secor	created to offer users ad	ccess to a number of healt	hcare digital ser	iption of the vices includir	different s		included
05:30:00	Second Opinion with Joan Lunc	len		APTEX	(S)	(CC)	N/A	#1802F
	Racial Disparities In Maternal H	ealth						
	•							
othe	nant women in the United States r high-income countries in the wor nen of color.	are more than twice as I						
othe	r high-income countries in the wor nen of color.	are more than twice as I		sparities in the c	are, treatme	nt, and he	ealth out	comes fo
othe	r high-income countries in the wor	are more than twice as I Id. And behind these sta						
othe	r high-income countries in the wor ten of color. Alma's Way	are more than twice as I Id. And behind these sta		sparities in the c	are, treatme	nt, and he	ealth out	comes fo
othe	r high-income countries in the wor ten of color. Alma's Way	are more than twice as I Id. And behind these sta		sparities in the c	are, treatme	nt, and he	ealth out	comes fo
othe wom 06:00:00 06:30:00	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion	are more than twice as I ld. And behind these sta a Train	ttistics lie startling racial di	sparities in the c PBS PBSPL	are, treatme (S) (S)	nt, and he	ealth out DVI	comes fo #125H
othe wom 06:00:00 06:30:00	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls	are more than twice as I ld. And behind these sta a Train	ttistics lie startling racial di	sparities in the c PBS PBSPL	are, treatme (S) (S)	nt, and he	ealth out DVI	comes fo #125H
othe wom 06:00:00 06:30:00	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion	are more than twice as I ld. And behind these sta a Train	ttistics lie startling racial di	sparities in the c PBS PBSPL	are, treatme (S) (S) gown.	nt, and he (CC) (CC)	ealth out DVI	comes fo #125H
othe worr 06:00:00 06:30:00 With	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion ' "Project Runway" fashion designe	are more than twice as I ld. And behind these sta a Train	ttistics lie startling racial di	PBS PBSPL PBSPL	are, treatme (S) (S)	nt, and he	ealth oute DVI N/A	comes fc #125H #107H
othe worr 06:00:00 06:30:00 With 07:00:00 Whill com	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts	are more than twice as I ld. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I	Ilie and her friends wire up ver how animals move arou	PBS PBSPL o an electrifying o PBS und in different en a Polar bear o	are, treatme (S) (S) gown. (S) environments	nt, and he (CC) (CC) (CC) s. Their ne	DVI N/A N/A ew know	#125H #107H #107H ledge
othe worr 06:00:00 06:30:00 With 07:00:00 Whill com	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th	are more than twice as I ld. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I	Ilie and her friends wire up ver how animals move arou	PBS PBSPL o an electrifying o PBS und in different en a Polar bear o	are, treatme (S) (S) gown. (S) environments	nt, and he (CC) (CC) (CC) s. Their ne	DVI N/A N/A ew know	#125H #107H #107H ledge
othe worr 06:00:00 06:30:00 With 07:00:00 Whil com take	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th s to return the baby animals to the	are more than twice as I ld. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I	Ilie and her friends wire up ver how animals move arou	PBS PBSPL o an electrifying o PBS und in different en a Polar bear on.	are, treatme (S) (S) gown. (S) environments cub. The Wild	nt, and he (CC) (CC) (CC) 5. Their ne d Kratts te	DVI N/A N/A ew know eam mus	#125H #107H #107H ledge t do wha
othe worr 06:00:00 06:30:00 With 07:00:00 Whil com take	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th s to return the baby animals to the Doctor Q & A Caring for Your Back Vida Y Salud	are more than twice as I ld. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I	Ilie and her friends wire up ver how animals move arou	PBS PBSPL o an electrifying o PBS und in different en a Polar bear on.	are, treatme (S) (S) gown. (S) environments cub. The Wild	nt, and he (CC) (CC) (CC) 5. Their ne d Kratts te	DVI N/A N/A ew know eam mus	#125H #107H #107H ledge ti do wha #102H
othe worr 06:00:00 06:30:00 With 07:00:00 Whill com take 07:30:00 08:00:00 In ke	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th s to return the baby animals to the Doctor Q & A Caring for Your Back	are more than twice as I Id. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I ir mothers. Science Cor	Illie and her friends wire up ver how animals move arou idnapped a Walrus calf ar iccepts: Buoyancy, Traction	sparities in the c PBS PBSPL o an electrifying o PBS und in different e nd a Polar bear o NETA SFPBS fast-paced, fun a	are, treatme (S) (S) gown. (S) environments cub. The Wild (S) (S) and informati	nt, and he (CC) (CC) (CC) 5. Their ne d Kratts te (CC) (CC) ve Spanis	ealth oute DVI N/A N/A ew know eam muss N/A N/A sh-langu	comes fc #125H #107H #107H ledge ti do wha #102H #4301F age heal
othe worr 06:00:00 06:30:00 With 07:00:00 Whill com take 07:30:00 08:00:00 In ke	r high-income countries in the wor nen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th s to return the baby animals to the Doctor Q & A Caring for Your Back Vida Y Salud Segment 1 eeping with the Health Channel's s	are more than twice as I Id. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I ir mothers. Science Cor	Illie and her friends wire up ver how animals move arou idnapped a Walrus calf ar iccepts: Buoyancy, Traction	sparities in the c PBS PBSPL o an electrifying o PBS und in different e nd a Polar bear o NETA SFPBS fast-paced, fun a	are, treatme (S) (S) gown. (S) environments cub. The Wild (S) (S) and informati	nt, and he (CC) (CC) (CC) 5. Their ne d Kratts te (CC) (CC) ve Spanis	ealth oute DVI N/A N/A ew know eam muss N/A N/A sh-langu	x x x x x x x x x x x x x x x x x x x
othe worr 06:00:00 06:30:00 With 07:00:00 Whil com take 07:30:00 08:00:00 In ke show	r high-income countries in the wor hen of color. Alma's Way Alma Picked A Pepper/The Alm Scigirls High-Tech Fashion "Project Runway" fashion designe Wild Kratts Polar Bears Don't Dance le in the Arctic, Martin and Chris ar es in handy when they discover th s to return the baby animals to the Doctor Q & A Caring for Your Back Vida Y Salud Segment 1 seping with the Health Channel's s w (with English subtitles) featuring Vida Y Salud	are more than twice as I Id. And behind these sta a Train er Diana Eng, SciGirl Ha re on a mission to discov at Zach Varmitech has I ir mothers. Science Cor	Illie and her friends wire up ver how animals move arou idnapped a Walrus calf ar iccepts: Buoyancy, Traction	sparities in the c PBS PBSPL o an electrifying o PBS und in different e nd a Polar bear o NETA SFPBS fast-paced, fun a amilies find solu	are, treatme (S) (S) gown. (S) environments cub. The Wild (S) (S) and informati	nt, and he (CC) (CC) (CC) 5. Their ne d Kratts te (CC) (CC) (CC) ve Spanis ult health	ealth oute DVI N/A N/A w know/ eam muss N/A N/A N/A sh-langua problem	x for the second

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 2 of 366

Sun, Jan 01, 2023

Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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 sho	eeping with the Health Cha	annel's spirit of innovative programming, Vida y Salud is a face eaturing groundbreaking medical breakthroughs that help fan	st-paced, fun a nilies find solu	and informati tions to diffic	ve Spanis ult health	sh-langu problem	age health 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
			SFPBS SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#4507H #4508H
11:14:00 11:25:00 11:37:00	Segment 7 Vida Y Salud						

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 3 of 366

ile. 03/277	01/01/2023 - 03/31/2	2023		Гd	iye s oi	300
Sun, Jan						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
12:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1101H
	Easter 1967 and preparations are underway for a colourful Easter Bonne n routine building work nearby uncovers a terrible secret.	parade outside Nonnatus F	louse. Howe	ever, Trixie	e is left s	hocked
13:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	le Trixie tries to calm an anxious patient, Sister Frances examines a your le mother through her fourth pregnancy and intervenes when authorities	0	0 7 1	s. Lucille I	helps su	pport a
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Focu	us: Skin care, mental health help, stroke					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1136H
Focu	us: Blue zones, water safety, swim safety					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. U	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwil Inderstanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4 betes- 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 ationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick idi 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	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	le Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a dren requiring hospitalization to treat RSV infections, and of course, COV lain why this is happening and what we can do to stay as healthy as poss	ID-19. Infectious disease ex				
18:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
Cha	Mental Health Crisis In Teenagers & Young Adults anges in education and the effects of the pandemic have increased anxiel	v depression and post-trau	imatic stress	in our vo	uth In th	ne Health
Cha	nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis se issues affecting our children and offer practical advice based on resea	in Teenagers & Young Adu				
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 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.

Sun, Jan 01, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 4 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
20:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robo Suza	in The Time of Covid-19 is a documentary about structural econon nomist Heather Boushey, Former President & CEO of the Washing demy of Social Insurance; Max Richtman, President of the Nationa /hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Felle ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the anne Firstenberg and her public art installation "In America How Co nomic inequalities in America and their consequences from Wheelin ick.	ton Center for Equitable Growth; \ I Committee to Preserve Social Se ow Makada HenryNickie; DC Cour Director of Equity, Building Bridge buld this Happen". The film highlig	William Arno ecurity & Me ncilmember es Across th hts powerful	ne, CEO d dicare; Au at Large, I e River. A first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; ıring artist ts of
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	#207H
	Exercises for Better Sex					
	cific exercises that can improve your sex life. Plus which natural test rotect yourself from sexually transmitted infections.	stosterone boosters really work an	id an intervie	ew with an	expert	about ways
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	#101H
	Stomach Pain, Reflux Disease and Ibs					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H

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

_

Mon, Jan 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 5 of 366

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 subscription plan AllHealthGo has created to offer users access to a number of ultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital service	iption of the vices includi	different s	services	included ir
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affers six million people worldwide. The symptoms generally develop slowly over year hand. While tremors are common in Parkinson's, the disease progression is ur ments of Parkinson's Disease, and the search for a cure.	ars, sometimes starting	g with a bare	ely noticea	able tren	nor in just
01:00:00	Staying Healthy (Oral Cancer Issues)	SFPBS	(S)	(CC)	N/A	#1319H
Dr. H	loward Abrahams discusses oral cancer, cosmetic dentistry and general denti-	stry.				
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 ultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital service	ices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of	f work is to stop pre-d	iabetes from	n turning ir	nto full-fl	edged
03:00:00	Health Trends #1106 (Autism Effect On Family)	SFPBS	(S)	(CC)	N/A	#1106H
Focu	is: Carol del Sol and XXXX share their personal stories about autism in childre	n and the ramification	s of this con	dition on t	he famil	у.
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 a	arthritis, gait, balance &	& 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 ubscription plan AllHealthGo has created to offer users access to a number of ultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital service	ices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
othe	Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die from com r high-income countries in the world. And behind these statistics lie startling ra- en of color.		0 7			
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1209H
	eve your back pain instantly with this full-body Classical Stretch Workout. It onl Miranda Esmonde-White for a 23-minute back pain relief workout in Montego E		day to relie	ve and pre	event ba	ck pain -
06:30:00	Wai Lana Yoga Arch and Relax	APTEX	(S)	(CC)	N/A	#102H
07:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any	er women are not statistically "safe," but there are medical spaces that have be other patient. Patient No More explores the barriers LGBTQ+ women navigate ffirming care affects their lives.		y can be tre	ated with	the sam	
08:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
While	e Trixie tries to calm an anxious patient, Sister Frances examines a young wor	nan with some troublir	ng symptom	s. Lucille I	nelps su	pport a

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.

		Daily Program Listing II WPBTHC					
ate: 03/27/2	2023	01/01/2023 - 03/31/2023			Pa	ge 6 of	366
Mon, Jan (02, 2023						
Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give I	Birth					
Prem dorm	ature menopause is triggered by a	doctor and his team is helping women with pr a malfunctioning of the ovaries and affects ev on the method, which has been described by n as those of menopause.	en those in their teen	s. The treati	ment invo	lves acti	vating
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart	Accurately					
math hearl	ematicians cooperated to develop	e the inside of the beating heart in detail with the heart simulator to reproduce each patien (1 billion, to visualize the heart in 3D. It can a ave heart defects.	t's heart. The simulate	or analyzes	the move	ments of	f the
10:00:00	Second Opinion with Joan Lunde The Cancer Spouse	ən	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ional and psychological challenges	cer among women worldwide, and this diagnes, s, as well. It is something no one wants to fac crucial to recovery. The couple goes through	e alone. The spouse	of the cance	er patient	feels the	e impact
10:30:00	Second Opinion with Joan Lunde		APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome e e continue to track "long-haulers," COVID symptoms.	(Pacs) we are learning more about the long-term he	alth effects of the peo	ple who are	suffering	from de	ebilitatinç
11:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model						
eye s away	surgery model recreates a part of a	as been developed called the bionic humanoi a membrane that's just 3 micrometers thick. S es complex structures within the skull to help ice doctors.	surgeons can practice	a difficult su	urgery tha	t involve	es peelin
11:30:00	Medical Frontiers Reawaken The Ovaries to Give I	Birth	APTEX	(S)	(CC)	N/A	#115H
Prem dorm	atment developed by a Japanese o nature menopause is triggered by a	doctor and his team is helping women with pr a malfunctioning of the ovaries and affects ev on the method, which has been described by	en those in their teen	s. The treati	nent invo	lves acti	vating
12:00:00	Call The Midwife Episode 2		PBS	(S)	(CC)	DVI	#1102H
		tient, Sister Frances examines a young wom ancy and intervenes when authorities questio			s. Lucille h	nelps su	pport a
13:00:00	Call The Midwife		PBS	(S)	(CC)	DVI	#1103I
		nd personal views to tackle the issue of methe futures. Trixie and Matthew's friendship blos			oromising	young s	inger wh
14:00:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1055H
Focu	s: The flu, What causes Scoliosis,	Exercise and arthritis					
14:30:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1059F
Focu	s: Reasons to see your primary ca	re doctor, What is a chiropractor, Cerebral Pa	alsy rehab				
15:00:00	Smartlife		SFPBS	(S)	(CC)	N/A	#401H
10.00.00					· · ·		

Start

Mon, Jan 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Distrib

Stereo

Title Subtitle Page 7 of 366

AS2 Episode

Сар

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
Carc	ıs: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Sex a liovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovskiy 5 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	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
ecor Musi 18:00:00	anne Firstenberg and her public art installation "In America How Could this Hap iomic inequalities in America and their consequences from Wheeling, West VA ck. 7 Days: The Opioid Crisis takes for someone to become dependent on opioids is seven days of use. Leg	A activist Amy Jo Hutchis NETA	son and J (S)	ackson, OF (CC)	H Judge N/A	#0H
plag Taki	uing a macro perspective on the issue, the film explores how addiction is rarely a underserved.	dividuals who have beco	ome the fa	ace of this r	national	tragedy.
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	#1709H
than one	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affe six million people worldwide. The symptoms generally develop slowly over ye hand. While tremors are common in Parkinson's, the disease progression is un ments of Parkinson's Disease, and the search for a cure.	ars, sometimes starting	with a ba	rely noticea	able trer	nor in just
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any	er women are not statistically "safe," but there are medical spaces that have be other patient. Patient No More explores the barriers LGBTQ+ women navigate ffirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
	S Your Story Making You Sick?" cameras roll as eight people from all walks of sses. All eight had used prescription drugs to try to cure their illnesses, but to r					

	Daily Program Listing II WPBTHC					
Date: 03/27/2	2023 01/01/2023 - 03/31/2023			Pa	ge 8 of	366
Mon, Jan (02, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
	nant primordial follicles. We focus on the method, which has been described by TIME N s that can alleviate symptoms such as those of menopause. Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	global break (S)	(CC)	vve also N/A	#116H
math hear	mpossible even for surgeons to see the inside of the beating heart in detail with the nal rematicians cooperated to develop the heart simulator to reproduce each patient's hear t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre to save the lives of infants who have heart defects.	t. The simulat	or analyzes	the move	ments o	f the
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 Brain Health	APTEX	(S)	(CC)	N/A	#1810H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 9 of 366

					.ge e e	000
Tue, Jan (03, 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 ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this diagnosis r tional and psychological challenges, as well. It is something no one wants to face alo diagnosis, and their support can be crucial to recovery. The couple goes through can cer Spouse."	ne. The spouse	e of the canc	er patient	feels the	e impact of
01:00:00	Orthopedics (Kids Sports Injuries)	SFPBS	(S)	(CC)	N/A	#1333H
Alys	sa Jarquin & Jessica Hixon discuss common summer sports injuries and injury preve	ention. Focus: O		es/pain in	ı kids.	
~~ ~~ ~~		05550		(2.2.)		
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 ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress sequences. Stress in all ages, as well as pandemic-related stress, affects our overall as depression and anxiety.					issues
03:00:00	Nutrition & Health (Reduce Digestive Problems)	SFPBS	(S)	(CC)	N/A	#1107H
Susa	an Nowrouzi discusses how to eat healthy to reduce digestive problems.					
04:00:00	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.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work etes.	is to stop pre-c	liabetes from	ı turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics Endurance and Power	APTEX	(S)	(CC)	N/A	#1210H
	d endurance and power with this full-body strengthening Classical Stretch Workout. J Jamaica for a workout that leaves every muscle feeling stronger and more powerful.		monde-White	e in breath	ntaking N	Montego
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#103H
	Upside Down & Rock'n Roll					
07:00:00	Happy Yoga with Sarah Starr Sunflower Glo	NETA	(S)	(CC)	N/A	#504H
and	k in the golden sunflower glo as you enjoy a modified yoga session using a chair for s mobility in the shoulders and upper back, and a standing sequence linking breath wit and hamstrings while building strength, balance and focus.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keening Bones Healthy & Strong					

Keeping Bones Healthy & Strong

		Daily Program Listing II WPBTHC					
ate: 03/27/2	2023	01/01/2023 - 03/31/2023			Pag	e 10 of	366
Tue, Jan (03, 2023				Ū		
,	Tit	le					
Start	Sub	title	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Gini in the Time of Covid-19		NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robo Suza	in The Time of Covid-19 is a documentary al nomist Heather Boushey, Former President & lemy of Social Insurance; Max Richtman, Pro- hill, Adam Cohen, Peter Edelman & Carol Gr ert Egger, Founder of DC Central Kitchen an anne Firstenberg and her public art installatic iomic inequalities in America and their conse ck.	CEO of the Washington Center for esident of the National Committee raham; Brookings Fellow Makada I d Vaughn Perry of the Director of I on "In America How Could this Hap	or Equitable Growth; W to Preserve Social Sec HenryNickie; DC Coun Equity, Building Bridges pen". The film highligh	'illiam Arno curity & Me cilmember s Across th ts powerfu	one, CEO o dicare; Au at Large, I le River. A I first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artist ts of
09:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine						
num symj	po is a Japanese traditional medicine that is erous medicinal properties and is effective for otoms. We look at how Kampo formulations a ow Kampo can prevent depressive symptom	or many symptoms. This makes Ka are prescribed, through 1 patient w	mpo suitable for treatir ho was cured. We also	ng long CC	VID, whicl	n has va	rious
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health						
disea US\$	n has a unique system of preventive healthor ases that are difficult to detect in their early s 1,000. A new type of Ningen Dock helps sub recipes that are effective against lifestyle dis-	tages. It's becoming popular amon jects to lead a healthier lifestyle by	g foreign visitors as the	ey can hav	e the chec	kup for	about
10:00:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1802H
_	Racial Disparities In Maternal Health						
othe	nant women in the United States are more the r high-income countries in the world. And bear en of color.						
10:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement						
	t valve replacement is an area in medicine w effective and can drastically increase the life		ts and is a very comm	on procedu	ure. This p	rocedure	e is 94-
11:00:00	Innovations In Medicine		NETA	(S)	(CC)	N/A	#406H
Hip r	eplacement, Innovations in Kidney disease t	reatment, TeethXPress - One Day	Smile, Coury and Beu	hler Physio	cal Therap	y, Atrial	Fibrillatio
11:30:00	Hope Is Here (Sfpbs/Health Channel Loca Jill Costello	l)	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking i ent, 21-year-old Jill Costello. Jill's fighting spi ase would eventually define her legacy.						
12:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model			. ,	. ,		
eye awa	nnovative surgical training model has been d surgery model recreates a part of a membrai /. The brain surgery model replicates comple els could transform training for novice doctor	ne that's just 3 micrometers thick. Sex structures within the skull to help	Surgeons can practice	a difficult s	urgery tha	t involve	es peeling
12:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife			. ,	. /		
Cybe	erKnife is non-invasive, painless radiosurgery	y for treating cancer. Even cancers	that are difficult to trea	at with con	ventional s	urgery o	can be

CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 11 of 366

				i ug	0 11 01	000
Tue, Jan (
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
13:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Robo Suza	in The Time of Covid-19 is a documentary about structural economic inequalitie nomist Heather Boushey, Former President & CEO of the Washington Center for demy of Social Insurance; Max Richtman, President of the National Committee 'hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Makada H ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Director of E anne Firstenberg and her public art installation "In America How Could this Hap nomic inequalities in America and their consequences from Wheeling, West VA ick.	or Equitable Growth; \ to Preserve Social Se HenryNickie; DC Cour Equity, Building Bridge pen". The film highlig	Villiam Arno ecurity & Meancilmember as Across the hts powerful	ne, CEO d dicare; Au at Large, I e River. A first hand	of the Na ithors Isa Robert V Iso featu I accoun	ational abel Vhite; uring artist ts of
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
	Exercises for Better Sex					
	cific exercises that can improve your sex life. Plus which natural testosterone bo rotect yourself from sexually transmitted infections.	posters really work an	d an intervie	w with an	expert a	about way
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1060H
Focu	us: Herniated disks, Alcohol and effects on health, Oral cancer					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
Focu	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childhood Obe lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station 5. Bad B	sity - Dr. Scarlet Con	stant 3. Won	. ,		
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
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services z-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer					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	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety, depinnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Tee e issues affecting our children and offer practical advice based on research.	ression, and post-trau enagers & Young Adu	matic stress Its Town Ha	in our you II, medical	uth. In th I experts	ne Health tackle
18:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always al gatherings, and even weddings. This time the community and the flip crew te level by turning the Johnson's existing party pad into a beautiful Florida-friendly	ams up to return the f	avor and tak	by offering te this big	g their ba backyar	ackyard for rd to the
18:30:00	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 ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure ase would eventually define her legacy.	t that didn't intimidate e and eradicate the st	the athletic igma that on	and coura Ily smoker	igeous lu rs contra	ung cancel acted the
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H

 19:00:00
 Doctor Q & A
 NETA
 (S)
 (CC)
 N/A
 #107H

 Getting A Good Night's Sleep
 Getting A Good Night's Sleep
 Getting A Good Night's Sleep
 Getting A Good Night's Sleep

		Daily Program Listing II WPBTHC					
Date: 03/27/	2023	01/01/2023 - 03/31/2023			Page	e 12 of	366
Tue, Jan	03, 2023						
Start		tle otitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	Second Opinion with Joan Lunden The Cancer Spouse		APTEX	(S)	(CC)	N/A	#1710H
emo the	est cancer is the most common cancer amor tional and psychological challenges, as well diagnosis, and their support can be crucial to cer Spouse."	. It is something no one wants to face	alone. The spouse	of the canc	er patient f	feels the	e impact of
20:00:00	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 a nomist Heather Boushey, Former President demy of Social Insurance; Max Richtman, Pi hill, Adam Cohen, Peter Edelman & Carol G ert Egger, Founder of DC Central Kitchen ar anne Firstenberg and her public art installati- nomic inequalities in America and their const ick.	& CEO of the Washington Center for E resident of the National Committee to iraham; Brookings Fellow Makada Her nd Vaughn Perry of the Director of Equ on "In America How Could this Happe	Equitable Growth; W Preserve Social Se nryNickie; DC Coun uity, Building Bridge n". The film highligh	Villiam Arno curity & Me cilmember s Across th its powerful	ne, CEO c dicare; Aut at Large, F e River. Al first hand	of the Na thors Isa Robert V so featu accoun	ational abel White; uring artist ts of
21:00:00	7 Days: The Opioid Crisis		NETA	(S)	(CC)	N/A	#0H
plag Tak	takes for someone to become dependent o uing the United States. 7 DAYS is an empat ng a macro perspective on the issue, the filr underserved.	hic, delicate look at some of the individ	duals who have bed	come the fa	ce of this r	national	tragedy.
22:00:00	Sex Talk with Dr. Lia Exercises for Better Sex		SFPBS	(S)	(CC)	N/A	#207H
	cific exercises that can improve your sex life rotect yourself from sexually transmitted infe		sters really work and	d an intervie	ew with an	expert	about ways
22:30:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1060H
Foc	us: Herniated disks, Alcohol and effects on h	ealth, Oral cancer					
23:00:00	Doctor Q & A Getting A Good Night's Sleep		NETA	(S)	(CC)	N/A	#107H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Health cross America. there are large and persister		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.

_

Wed, Jan 04, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 13 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number of the second seco	of healthcare digital service	vices includi	ng teleme		included i
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 -COVID symptoms.	health effects of the pe	ople who are	e suffering	from de	bilitating
01:00:00	Orthopedics (Ankle Fracture Help)	SFPBS	(S)	(CC)	N/A	#1336H
Dr. (Chris Hodgkins discusses mini incision ankle facture surgeries. Focus: Tight	rope surgeries.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number sultations.	of healthcare digital service	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually b cine. Childhood vaccine rates continue to decrease in certain areas of the con beback.					
03:00:00	Plastic/Cosm Surgery (Breast Reconstruction)	SFPBS	(S)	(CC)	N/A	#1108H
pect reco right	us: Dr. Gottenger discusses the different types of breast reconstruction (direct toral vs retro- pectoral breast reconstruction; alloderm and artia tissue for bre instruction before and after. BRAVE DAY is discussed which is a coalition that is to reconstruction when diagnosed with Breast Cancer. BRAVE is about res- rities that focuses on "after the diagnosis").	ast reconstruction; and t at seeks to empower wo	the role of fa men through	tgrafting in educating	n breast g them o	of their
04:00:00	Sports Medicine (Achilles Tendon)	SFPBS	(S)	(CC)	N/A	#1337H
Noe	I Gressner discusses Achilles tendon rehab & injury prevention.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number a number of the subscription of th	of healthcare digital service	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
	ss is a word that people throw around when they are feeling overwhelmed, b sequences. Stress in all ages, as well as pandemic-related stress, affects our n as depression and anxiety.					issues
				$(\mathbf{C}\mathbf{C})$	N/A	#1211H
	Classical Stretch: By Essentrics Arthritis Workout	APTEX	(S)	(CC)	IN/A	<i>"</i> 121111
such 06:00:00 Relie						
such 06:00:00 Relie	Arthritis Workout eve arthritis pain throughout your entire body with Miranda Esmonde-White.					
such 06:00:00 Relie strei	Arthritis Workout eve arthritis pain throughout your entire body with Miranda Esmonde-White. ngthens every muscle to help relieve the pain associated with arthritis.	This Classical Stretch W	orkout lubric	cates all of	f your joi	nts and

Immediately after the earthquake, Kazutaka begins working in a clinic that looks like a field hospital. With a keen sense of inadequacy, he visits evacuation shelters and struggles to do what he can as a psychiatrist. He's asked by an old acquaintance who works as a newspaper reporter to write a serial column on what the aftermath of the disaster looks like from the inside. While Kazutaka grows closer to his suffering patients, his father Tekkel's business begins to falter.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 14 of 366

103/277	2023 01/01/2023 - 03/31/2023			Pag	je 14 01	300
Wed, Jan	04, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1102H
	Episode 2 e Trixie tries to calm an anxious patient, Sister Frances examines a young woman with e mother through her fourth pregnancy and intervenes when authorities question her c			s. Lucille	helps su	oport a
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
Pren dorn	atment developed by a Japanese doctor and his team is helping women with prematu nature menopause is triggered by a malfunctioning of the ovaries and affects even the nant primordial follicles. We focus on the method, which has been described by TIME N s that can alleviate symptoms such as those of menopause.	se in their teer	ns. The treat	ment invo	lves acti	vating
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	mpossible even for surgeons to see the inside of the beating heart in detail with the na nematicians cooperated to develop the heart simulator to reproduce each patient's heart t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pro to save the lives of infants who have heart defects.	rt. The simula	tor analyzes	the move	ements o	f the
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a singer 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 basic sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	/ of antib	iotics.
11:00:00	Conscious Living Vegan Mexican Fiesta	NETA	(S)	(CC)	N/A	#104H
Mich Galle	it spicy? Then get your taste buds ready for this episode, where we're at home prepar- ael and Bianca team up in the kitchen to make her favorite savory sweet potato and bi o with Tortilla chips. Then, Bianca hangs out with a sustainable lifestyle expert for som en, Michael steals the show with a yummy vegan Dulce de Leche flan that tickles the t	ack bean que e eco-chic out	sadillas, spic	cy guacan	nole and	Pico de
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#205H
	Johnson Family - Odessa					
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always been i al gatherings, and even weddings. This time the community and the flip crew teams up level by turning the Johnson's existing party pad into a beautiful Florida-friendly space	to return the f	avor and tak			
12:00:00	Call The Midwife Episode 2	PBS	(S)	(CC)	DVI	#1102H
	e Trixie tries to calm an anxious patient, Sister Frances examines a young woman with e mother through her fourth pregnancy and intervenes when authorities question her c			s. Lucille I	helps su	oport a
13:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	et must balance her professional and personal views to tackle the issue of meths drinke t decide between two very different futures. Trixie and Matthew's friendship blossoms i			oromising	young s	inger who
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	is: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1061H
Foci	is: Vitamin supplements & heart health. Child neglect, CBD oil					

Focus: Vitamin supplements & heart health, Child neglect, CBD oil

Wed, Jan 04, 2023

Page 15 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya lates Reformer - Ginelle Ruffa		andez-Rey	3. Equine		
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
15:42:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	is: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Selucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blance		er 3. Meditati	on - Leslie	e Glickm	an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife Health Effects of Gaming	SFPBS	(S)	(CC)	N/A	#608H
17:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any	er women are not statistically "safe," but there are medical spaces that hav other patient. Patient No More explores the barriers LGBTQ+ women navig ffirming care affects their lives.					
18:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
illnes filmn pains have them	S Your Story Making You Sick?" cameras roll as eight people from all walks sees. All eight had used prescription drugs to try to cure their illnesses, but naker Frances Causey documents the changes participants experience thr stakingly recount their childhood trauma and negative experiences, ranging e families and friends who have struggled with them while trying to support in destroy past beliefs, welcome change and new ideas about themselves, wa hate workshop environment, sharing their pain and helping each other through	to no avail. Over four, 4-croughout the program, follo g from family strife, addicti them. With a variety of too writing a new story for the	ay workshop owing each o on, neglect, ols like mind mselves. The	os spannir character a and assa fulness mo	ng 6-mor as they ult to inc editation	nths, est. They , we see
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
19:30:00	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-ter- COVID symptoms.	rm health effects of the pe	ople who are	e suffering	from de	bilitating
20:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a tri ren requiring hospitalization to treat RSV infections, and of course, COVID ain why this is happening and what we can do to stay as healthy as possib	-19. Infectious disease ex				
		SFPBS	(S)	(CC)	N/A	#102H
expla	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall					
		APTEX	(S)	(CC)	N/A	#115H

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.

Wed, Jan 04, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 16 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
	rt's molecules, numbering 1 billion x 1 billion, to visualize the 2 to save the lives of infants who have heart defects.		crative conditi	ono. On ne		
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	#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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 17 of 366

				i ug	0 17 01	000
Thu, Jan (
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 health sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	iption of the vices includi	different s		included ir
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dist then of color.					
01:00:00	Heart Health (Female Heart Issues)	SFPBS	(S)	(CC)	N/A	#1338H
Dr. A	Alvaro Gomez discusses heart disease in women.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of to	n in-depth descr hcare digital ser	iption of the vices includi	different s	services	
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 hai es and is one of the most requested topics from viewers every year.	ir loss. It affects	roughly 6.8	million pe	ople in tł	ne United
03:00:00	Nutrition & Health #1109 (Healthy Eating)	SFPBS	(S)	(CC)	N/A	#1109H
	us: Angie Placeres & Terry Ochoa discuss Earth Day nutrition initiatives – purchasing ting tips & carbon footprint.	g from local farm	ier's markets	s, seasona	al eating	, healthy
04:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
Mica	h Kurtz discusses youth strength and conditioning.					
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 health sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital ser	iption of the vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing to ine. Childhood vaccine rates continue to decrease in certain areas of the country, se eback.			•		
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 back legs, bum, and back. Strengthen and stretch your hamstrings and full body with Mira			can actua	ally caus	e pain in
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#105H
	Alternat Nostril Breathing					
07:00:00	Flip My Florida Yard (Sfpbs) Johnson Family - Odessa	SFPBS	(S)	(CC)	N/A	#205H
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has always beer al gatherings, and even weddings. This time the community and the flip crew teams of level by turning the Johnson's existing party pad into a beautiful Florida-friendly spa	up to return the f	favor and tak			
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children					

Dealing with Mental Health Issues In Children

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 18 of 366

10. 00/211				i ag		500
Thu, Jan (05, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any	er women are not statistically "safe," but there are medical spaces that have been crafte other patient. Patient No More explores the barriers LGBTQ+ women navigate across h ffirming care affects their lives.					
09:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
num sym	po is a Japanese traditional medicine that is based on information contained in an ancie erous medicinal properties and is effective for many symptoms. This makes Kampo suit ptoms. We look at how Kampo formulations are prescribed, through 1 patient who was o ow Kampo can prevent depressive symptoms, and how it can prevent coronavirus infec	able for treat cured. We als	ting long CO	VID, whic	h has va	arious
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health					
dise US\$	an has a unique system of preventive healthcare called the Ningen Dock. The examinati ases that are difficult to detect in their early stages. It's becoming popular among foreigr 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changin recipes that are effective against lifestyle diseases.	n visitors as t	hey can have	e the che	ckup for	about
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 areas of work is etes.	to stop pre-d	liabetes from	ı turning iı	nto full-fl	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress co sequences. Stress in all ages, as well as pandemic-related stress, affects our overall hea as depression and anxiety.					issues
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#406H
Hip ı	replacement, Innovations in Kidney disease treatment, TeethXPress - One Day Smile, C	Coury and Be	uhler Physic	al Therap	oy, Atrial	Fibrillatio
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. But that did ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and er ase would eventually define her legacy.					
12:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
eye awa	nnovative surgical training model has been developed called the bionic humanoid, conta surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons y. The brain surgery model replicates complex structures within the skull to help surgeon els could transform training for novice doctors.	s can practice	e a difficult s	urgery tha	at involve	es peeling
12:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
remo requ	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are oved without damaging surrounding tissue by applying low-dose X-rays at different angle ire a hospital stay. The technology originated in the US and was improved by a Japanes among the highest in the world.	es. One treat	tment takes j	ust 30 mi	nutes ar	nd doesn't
13:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: ind Iren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infectiou ain why this is happening and what we can do to stay as healthy as possible.					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#208H
	Focusing On Foreplay					
How	to get your partner more excited about foreplay, plus what to do when you have misma	tched sex dr	ives. Also is	there a s	pecial di	iet that ca

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

Thu, Jan 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 19 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H
Focu	s: Diabetes, Pregnancy myths, Primary care-diabetes			()		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	us: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Compressio ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Childr amar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver	n Fracture and Kyphoplasty en's Hospital 5. Getting the N	- Dr. Jose Me Nost out of ye	ena 3. Sle our Office	ep Apne Visit - D	ea - Dr.)r. Perry
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
	is: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tany		appily Marrie	d - Jasmi	n Terrar	ni 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	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plag Taki	takes for someone to become dependent on opioids is seven days of us uing the United States. 7 DAYS is an empathic, delicate look at some of ng a macro perspective on the issue, the film explores how addiction is in underserved.	the individuals who have be	come the fac	e of this r	national	tragedy.
18:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
Whe	Scattering Cj n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle	beloved elder son, the loss o		• •		
Whe Scat	n a heartbroken mom asked the world to help honor the memory of her	beloved elder son, the loss o	of one becam	• •		
Whe Scat	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle	beloved elder son, the loss c ashes the innate goodness (of one becam of humanity.	e the jour	mey of n	nany.
Whe Scat 19:00:00	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A	beloved elder son, the loss c ashes the innate goodness (of one becam of humanity.	e the jour	mey of n	nany.
Whe Scat 19:00:00 19:30:00	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health	beloved elder son, the loss of ashes the innate goodness of NETA	of one becam of humanity. (S) (S)	(CC)	ney of n N/A N/A	many. #110H #1802H
Whe Scat 19:00:00 19:30:00 Preg othe	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden	beloved elder son, the loss of ashes the innate goodness NETA APTEX m complications related to p	of one becam of humanity. (S) (S) regnancy or	(CC) (CC) (CC)	ney of n N/A N/A than tho	many. #110H #1802H ose in mos
Whe Scat 19:00:00 19:30:00 Preg othe	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start	beloved elder son, the loss of ashes the innate goodness NETA APTEX m complications related to p	of one becam of humanity. (S) (S) regnancy or	(CC) (CC) (CC)	ney of n N/A N/A than tho	many. #110H #1802H ose in mos
Whe Scat 19:00:00 19:30:00 Preg othe wom 20:00:00 COV view	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start en of color.	beloved elder son, the loss of ashes the innate goodness of NETA APTEX m complications related to p ling racial disparities in the c NETA loss, lessons and looking for , law enforcement and enter	of one becam of humanity. (S) (S) regnancy or are, treatmen (S) ward. Three	(CC) (CC) (CC) childbirth nt, and he (CC) US-based	N/A N/A than tho alth outo N/A d hosts t	many. #110H #1802H ose in mos comes for #0H take
Whe Scat 19:00:00 19:30:00 Preg othe wom 20:00:00 COV view	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start en of color. Covid Lost and Learned ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental health	beloved elder son, the loss of ashes the innate goodness of NETA APTEX m complications related to p ling racial disparities in the c NETA loss, lessons and looking for , law enforcement and enter	of one becam of humanity. (S) (S) regnancy or are, treatmen (S) ward. Three	(CC) (CC) (CC) childbirth nt, and he (CC) US-based	N/A N/A than tho alth outo N/A d hosts t	many. #110H #1802H ose in mos comes for #0H take
Whe Scat 19:00:00 19:30:00 Preg othe wom 20:00:00 COV view 10 g 21:00:00 Thirt Thre	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start en of color. Covid Lost and Learned 'ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental health lobal contributors, each with a unique perspective from their part of the v	beloved elder son, the loss of ashes the innate goodness NETA APTEX m complications related to p ling racial disparities in the c NETA loss, lessons and looking for , law enforcement and enter vorld. NETA tually no impact on breast ca	of one becam of humanity. (S) (S) regnancy or are, treatmen (S) ward. Three tainment/spo (S) ancer surviva	(CC) (CC) (CC) childbirth nt, and he (CC) US-based orts. The h (CC) I rates sir	N/A N/A N/A than tho balth out N/A d hosts t costs are N/A N/A	many. #110H #1802H ose in mos comes for #0H take e joined by #1 1980s.
Whe Scat 19:00:00 19:30:00 Preg othe wom 20:00:00 COV view 10 g 21:00:00 Thirt Thre	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start en of color. Covid Lost and Learned ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental health lobal contributors, each with a unique perspective from their part of the v The Cure y years of mammograms and trillions of dollars of research have had vir e courageous women navigate their way through medical fact and fiction	beloved elder son, the loss of ashes the innate goodness NETA APTEX m complications related to p ling racial disparities in the c NETA loss, lessons and looking for , law enforcement and enter vorld. NETA tually no impact on breast ca	of one becam of humanity. (S) (S) regnancy or are, treatmen (S) ward. Three tainment/spo (S) ancer surviva	(CC) (CC) (CC) childbirth nt, and he (CC) US-based orts. The h (CC) I rates sir	N/A N/A N/A than tho balth out N/A d hosts t costs are N/A N/A	many. #110H #1802H ose in mos comes for #0H take e joined by #1 1980s.
Whe Scat 19:00:00 19:30:00 Preg othe wom 20:00:00 COV view 10 g 21:00:00 Thirt Thre find 22:00:00	n a heartbroken mom asked the world to help honor the memory of her tering CJ is the story of how one mother's unexpected effort to heal unle Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die fro r high-income countries in the world. And behind these statistics lie start en of color. Covid Lost and Learned 'ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental health lobal contributors, each with a unique perspective from their part of the v The Cure y years of mammograms and trillions of dollars of research have had vir e courageous women navigate their way through medical fact and fiction their way to health, hope, and healing.	beloved elder son, the loss of ashes the innate goodness of NETA APTEX m complications related to pi ling racial disparities in the construction NETA loss, lessons and looking for , law enforcement and enter vorld. NETA tually no impact on breast can n while challenging the multi- SFPBS	of one becam of humanity. (S) (S) regnancy or are, treatmen (S) ward. Three tainment/spo (S) uncer surviva billion dollar (S)	(CC) (CC) (CC) childbirth nt, and he (CC) US-based rts. The h (CC) I rates sir cancer in (CC)	N/A N/A N/A than tho halth out N/A d hosts t hosts are N/A ce the 1 dustrial N/A	many. #110H #1802H ose in mos comes for #0H take e joined by #1 1980s. complex t #208H

Thu, Jan 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 20 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1062H
Focu	is: Diabetes, Pregnancy myths, Primary care-diabetes					
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 21 of 366

					• = • •	
Fri, Jan 0	6, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with 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 includi	ng teleme		included i
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 com	non procedu	re. This p	rocedur	e is 94-
01:00:00	Nutrition & Health (Maxing Flavor & Benefits)	SFPBS	(S)	(CC)	N/A	#1343H
Chef	Adrianne Calvo and Cathy Clark-Reyes discuss maximizing flavor and health benefits	with meals a	nd foods you	ı eat.		
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 ser	vices includii	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increas they can prevent developing memory issues of any kind. There is a promising body of ng at what we can do to keep our brain healthy.					
03:00:00	Healthy Living (Hyperbaric Medicine)	SFPBS	(S)	(CC)	N/A	#1110H
Focu	s: Henry Guzman & Scott Fowler discuss hyperbaric medicine and the conditions you to	reat with this	type of equi	pment.		
04:00:00	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.	made, ready	/-to-cook me	als. Focu	s: The s	kinny on
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 ser	vices includii	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
•	Alopecia Areata ecia areata is a common autoimmune disorder that often results in unpredictable hair lo as and is one of the most requested topics from viewers every year.	ss. It affects	roughly 6.8 ı	million pe	ople in t	he United
	Classical Stretch: By Essentrics		(6)		NI/A	#1012U
06:00:00	Toning The Waist	APTEX	(S)	(CC)	N/A	#1213H
	y's episode is set in a villa that is rumored to have once been graced by the infamous d e for an episode of Classical Stretch that tones and strengthens every muscle in your w		ar Hammerst	ein. Join I	Miranda	Esmonde
06:30:00	Wai Lana Yoga Cats and Fish	APTEX	(S)	(CC)	N/A	#106H
07:00:00	To Heal The Heart Our Work	APTEX	(S)	(CC)	N/A	#102H
evac write	ediately after the earthquake, Kazutaka begins working in a clinic that looks like a field h uation shelters and struggles to do what he can as a psychiatrist. He's asked by an old a serial column on what the aftermath of the disaster looks like from the inside. While k r Tekkei's business begins to falter.	acquaintanc	e who works	as a new	spaper	reporter to
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#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.

		Daily Program Listing II WPBTHC					
ate: 03/27/2	2023	01/01/2023 - 03/31/2023			Pag	e 22 of	366
Fri, Jan 0	6, 2023						
Start		Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Bir	th	, u · <u>-</u> , ·	(0)	(00)		
Pren dorm	nature menopause is triggered by a m	ctor and his team is helping women with pro- nalfunctioning of the ovaries and affects even the method, which has been described by s those of menopause.	en those in their teen	s. The treat	ment invo	lves acti	vating
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Ac	curately					
math hear	ematicians cooperated to develop the	he inside of the beating heart in detail with e heart simulator to reproduce each patient billion, to visualize the heart in 3D. It can a e heart defects.	's heart. The simulat	or analyzes	the move	ments of	f the
10:00:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1808H
	Vaccine Hesitancy			D ()			
vacc		e in the U.S., with COVID continually bring to decrease in certain areas of the country					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata		APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune is and is one of the most requested to	e disorder that often results in unpredictable opics from viewers every year.	e hair loss. It affects i	roughly 6.8 r	nillion peo	ople in th	e United
11:00:00	Flip My Florida Yard (Sfpbs)		SFPBS	(S)	(CC)	N/A	#205H
socia	I gatherings, and even weddings. Th	ODESSA The Johnson family has always is time the community and the flip crew tea g party pad into a beautiful Florida-friendly	ms up to return the fa	avor and tak			
11:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife						
remo	ved without damaging surrounding ti	surgery for treating cancer. Even cancers t ssue by applying low-dose X-rays at differe iginated in the US and was improved by a v	nt angles. One treati	ment takes j	ust 30 mir	nutes an	d doesn't
12:00:00	Call The Midwife Episode 2		PBS	(S)	(CC)	DVI	#1102H
		nt, Sister Frances examines a young woma cy and intervenes when authorities question			s. Lucille ł	nelps sup	oport a
13:00:00	Call The Midwife Episode 3		PBS	(S)	(CC)	DVI	#1103H
	t must balance her professional and	personal views to tackle the issue of meths tures. Trixie and Matthew's friendship blos			oromising	young s	inger who
14:00:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1058H
Focu	s: Mediterranean diet, Cancer screer	nings, Neck pain and cell phones					
14:30:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1063H
Focu	s: Living greener-"food prints"; Food	and your mood; Dawn phenomenon-diabet	es				
15:00:00	Smartlife		SFPBS	(S)	(CC)	N/A	#801H

Start

Fri, Jan 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Distrib

Stereo

Title

Subtitle

Page 23 of 366

AS2 Episode

Сар

15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#805H
	us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Scho afacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmo		nent - Dr. N	Michael Go	nzalez	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	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental health lobal contributors, each with a unique perspective from their part of the version of the store	n, law enforcement and enterta				
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had vir e courageous women navigate their way through medical fact and fictio their way to health, hope, and healing.					
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	#1803H
	Heart Valve Replacement			- 1 ·		
	rt valve replacement is an area in medicine which has made great advar effective and can drastically increase the life expectancy of the patient.		on proced	ure. This p	rocedui	e is 94-
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any o	er women are not statistically "safe," but there are medical spaces that hother patient. Patient No More explores the barriers LGBTQ+ women na ffirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
illnes filmn pains have them	S Your Story Making You Sick?" cameras roll as eight people from all was sees. All eight had used prescription drugs to try to cure their illnesses, to naker Frances Causey documents the changes participants experience stakingly recount their childhood trauma and negative experiences, range families and friends who have struggled with them while trying to support destroy past beliefs, welcome change and new ideas about themselve nate workshop environment, sharing their pain and helping each other the	but to no avail. Over four, 4-da throughout the program, follo ging from family strife, addiction ort them. With a variety of tool s, writing a new story for them	ay worksho wing each on, neglect is like mind iselves. Th	ps spannir character a , and assau fulness me	ng 6-mo as they ult to inc editation	onths, cest. They n, we see
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth		()	~ /		
Prem dorm	atment developed by a Japanese doctor and his team is helping women nature menopause is triggered by a malfunctioning of the ovaries and at nant primordial follicles. We focus on the method, which has been descr s that can alleviate symptoms such as those of menopause.	fects even those in their teens	s. The trea	tment invo	lves act	tivating

Fri, Jan 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 24 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately impossible even for surgeons to see the inside of the beating heart in detail with the nal					•
hear	nematicians cooperated to develop the heart simulator to reproduce each patient's hear t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre 2 to save the lives of infants who have heart defects.		,			
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	#1705H

23:30:00 Second Opinion with Joan Lunden

Conquering Obesity

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

Sat, Jan 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 25 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advacer screening guidelines allow for the screening for younger individuals with lest onger a death sentence.					
01:00:00	Health Trends (Emergency Aid)	SFPBS	(S)	(CC)	N/A	#1346H
	Yvonne Johnson & Grace Meinhofer discuss the merits of their programs and k flooding.	kits for emergency prep	aredness. F	Focus: Ho	me fire,	hurricane
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ption of the vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
Neve	ices and often receive lower-quality care. Addressing health disparities is increater has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.					
03:00:00	Health Trends (Alcohol Abuse Help)	SFPBS	(S)	(CC)	N/A	#1111H
Focu	us: Dr. Michelle Brewster and Dr. Salman Ali discuss health problems caused I	by alcohol abuse in su	oport of Alco	hol Aware	eness M	onth.
04:00:00	Health Trends(Tattoo Correct./Fillers/Injections)	SFPBS	(S)	(CC)	N/A	#1347H
	ical experts share advice and information about the best treatments and care or erficial to the in-depth.Caleb McGrew	of diseases dealing wit	h the skin, n	ails, and ł	nair, fror	n the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans a s they can prevent developing memory issues of any kind. There is a promising ing at what we can do to keep our brain healthy.					
06:00:00	Alma's Way Basketball Birds/Looking for Litter	PBS	(S)	(CC)	DVI	#111H
Alma frien	en Alma and Rafia find a bird's nest in the park's basketball hoop, they recruit the a tries to think of a way to protect the nest, even when her friends aren't around ds are surprised to find it full of litter again the next day! Alma and her friends on is coming from.	d. After cleaning up the	playground	l, Alma, he	er family	, and
06:30:00	Scigirls Science Cooks!	PBSPL	(S)	(CC)	N/A	#108H

SciGirl Claire and her friends make comfort foods more nutritious (without sacrificing the delicious).

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 26 of 366

Sat, Jan 07, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	Wild Kratts	PBS	(S)	(CC)	 N/A	#126H
	Caracal-Minton					
no oi how this A	Wild Kratts crew is are playing badminton on the African dinary birdie - it is Aviva's precious family heirloom. As the caracal's musculature is specifically designed stalki Aviva perfects the caracal power for the Creature Powe get into trouble along the way.	they rush to get back the treasure from an el ng and leaping- a perfect example of the con	usive, leapir cept of "form	ng Caraca	l cat, the	ey learn pired by
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4301H
	Segment 1					
	eping with the Health Channel's spirit of innovative prog ((with English subtitles) featuring groundbreaking medi					
08:11:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4302F
	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
	Segment 1					

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

Page 27 of 366

Sat.	Jan	07.	2023
- σαι,	0011	•••,	2020

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	#4507F
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4508H
	Segment 8					
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4509H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4510H
	Segment 10					
12:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
13:00:00	Inderserved.	SFPBS	(S)	(CC)	N/A	#103H
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SEPBS	(S)	(CC)	N/A	#103H
Cha	nges in education and the effects of the pandemic have increased nnel's one-hour virtual town hall, Finding Hope: The Mental Health e issues affecting our children and offer practical advice based on	Crisis in Teenagers & Young Adu				
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
-	Exercises for Better Sex					
	cific exercises that can improve your sex life. Plus which natural terrorect yourself from sexually transmitted infections.	stosterone boosters really work an	id an intervie	ew with an	expert a	about wa
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1060H
Foci	us: Herniated disks, Alcohol and effects on health, Oral cancer					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Ch lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire sta			nen and H	eart Dis	ease - E
		SFPBS	(S)	(CC)	N/A	#502H
15:12:00	Smartlife					
	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:27:00		SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#503H #504H
15:12:00 15:27:00 15:44:00 15:58:00	Smartlife					

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Focus: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy Services - Vickie Zamora 3. Ask the Expert Segment - Dr. Ileana Perez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Alzheimer's? - Michael Pearson, Alzheimer's Association

Sat, Jan 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 28 of 366

0 1 <i>i</i>	Title		<i></i>	6		_
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Hope Is Here Jill Costello	NETA	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a ase would eventually define her legacy.					
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#205H
	Johnson Family - Odessa					
socia	ode #205 THE JOHNSON FAMILY – ODESSA The Johnson family has all al gatherings, and even weddings. This time the community and the flip cre level by turning the Johnson's existing party pad into a beautiful Florida-fri	w teams up to return the f	avor and tak			
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 Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	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.					
20:00:00	Gini in the Time of Covid-19	NETA	(S)	(CC)	N/A	#0H
Ecor Acad Saw Rob Suza	in The Time of Covid-19 is a documentary about structural economic inequinomist Heather Boushey, Former President & CEO of the Washington Cen demy of Social Insurance; Max Richtman, President of the National Commi/hill, Adam Cohen, Peter Edelman & Carol Graham; Brookings Fellow Maka ert Egger, Founder of DC Central Kitchen and Vaughn Perry of the Directo anne Firstenberg and her public art installation "In America How Could this nomic inequalities in America and their consequences from Wheeling, Wes ick.	ter for Equitable Growth; \ ttee to Preserve Social Se ada HenryNickie; DC Cour r of Equity, Building Bridge Happen". The film highlig	William Arnor ecurity & Mec ncilmember a es Across the hts powerful	ne, CEO d dicare; Au at Large, I e River. A first hand	of the Na thors Isa Robert V Iso featu accoun	ational abel Vhite; uring artist ts of
21:00:00	7 Days: The Opioid Crisis	NETA	(S)	(CC)	N/A	#0H
plag Taki	takes for someone to become dependent on opioids is seven days of use. uing the United States. 7 DAYS is an empathic, delicate look at some of thing a macro perspective on the issue, the film explores how addiction is rare underserved.	e individuals who have be	come the fac	ce of this i	national	tragedy.
	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#207H
22:00:00	Exercises for Better Sex					
		ne boosters really work an	id an intervie	w with an	expert a	about way
Spee	cific exercises that can improve your sex life. Plus which natural testosteron rotect yourself from sexually transmitted infections.					
Spec to pr		SFPBS	(S)	(CC)	N/A	#1060H
to pr 22:30:00	rotect yourself from sexually transmitted infections.	SFPBS	(S)	(CC)	N/A	#1060H
Spec to pr 22:30:00	rotect yourself from sexually transmitted infections. Health Insiders	SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1060H #107H

Date: 03/27/2	WPBTHC 023 01/01/2023 - 03/31/2023			Pag	e 29 of	366
Sat, Jan 0	7, 2023			Ū		
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H

Daily Program Listing II

Caregiving: The Sandwich Generation

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 30 of 366

10. 00/21/2				i ug	0000	000
Sun, Jan C						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital serv	ices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant sidered the next pandemic, antibiotic resistance is a threat to global health and food		dangering th	e efficacy	of antib	piotics.
01:00:00	Orthopedics (Ankle Fracture Help)	SFPBS	(S)	(CC)	N/A	#1336H
Dr. C	Chris Hodgkins discusses mini incision ankle facture surgeries. Focus: Tight rope sur	rgeries.		, ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of healt ultations, emotional advice, second-opinion consultations, as well as a number of to	hcare digital serv	ices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacci	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing to ine. Childhood vaccine rates continue to decrease in certain areas of the country, see back.					
03:00:00	Health Trends #1103 (Autism Update)	SFPBS	(S)	(CC)	N/A	#1103H
Focu	is: Maria Rodaz and First Words experts discuss autism in kids.			, ,		
04:00:00	Sports Medicine (Achilles Tendon)	SFPBS	(S)	(CC)	N/A	#1337H
Noel	Gressner discusses Achilles tendon rehab & injury prevention.					
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 serv	ices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and o 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 r ices and often receive lower-quality care. Addressing health disparities is increasingle er has the disparity in access to healthcare become more obvious than with the pane arities that exist in health and healthcare in the U.S.	minorities are les ly important as o	s likely to re ur populatio	ceive pre n become	ventive l s more o	health diverse.
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#138H
	Trick Or Treatasaurus/The Haunted Hallway					
fright	n Junior accidentally ruins his dinosaur Halloween costume, Alma, Mami, and T'a Gi t-night delight. It's Halloween at the community center, and Alma, Rafia, and Lucas a when Alma decides that she wants to make the Hallway even spookier than before, p	are determined to	o have the b	est Haunt		
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#109H
SciG	Underwater Eco-Adventure Sirls Elle and Meg scuba dive to protect the biodiversity of their favorite Catalina reefs	S.				
			(c)			
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#307H
07:00:00	Wild Kratts Osprey ny accidentally drops the keys to the Tortuga into the ocean. Chris, Martin and Aviva			. ,		

Sun, Jan 08, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 31 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H

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

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
09:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H

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

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 32 of 366

Sun, Jan 08, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7607H
	Segment 7					
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)	DVI	#1102H
\\/bil	Episode 2	a a vouna woman with some troubli	na overstore			oport o
	e Trixie tries to calm an anxious patient, Sister Frances examine: le mother through her fourth pregnancy and intervenes when aut			s. Lucille i	leips su	рропа
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1103H
	Episode 3					
	et must balance her professional and personal views to tackle the totackle the totackle between two very different futures. Trixie and Matthew's			promising	young s	inger who
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	us: Heart disease myths, Living with Arthritis, Psychotherapy for o	chronic pain				
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1061H
Focu	us: Vitamin supplements & heart health, Child neglect, CBD oil					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Sur Horses - Stable Place 4. Contouring Chin and Jawline with Filler lates Reformer - Ginelle Ruffa					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
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. Boxir ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jo		er 3. Meditati	on - Leslie	e Glickm	an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
10.40.00	Health Effects of Gaming					
17:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
				(00)		

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.

Sun, Jan 08, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 33 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	#108H
	All About Your Skin					
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 sidered the next pandemic, antibiotic resistance is a threat to global health		dangering th	e efficacy	of antib	iotics.
20:00:00	Patient No More	NETA	(S)	(CC)	N/A	#0
any	eer women are not statistically "safe," but there are medical spaces that hav other patient. Patient No More explores the barriers LGBTQ+ women navig affirming care affects their lives.					
21:00:00	Is Your Story Making You Sick?	NETA	(S)	(CC)	N/A	#0H
illne filmr pain have then	s Your Story Making You Sick?" cameras roll as eight people from all walks sesses. All eight had used prescription drugs to try to cure their illnesses, but maker Frances Causey documents the changes participants experience thr istakingly recount their childhood trauma and negative experiences, ranging e families and friends who have struggled with them while trying to support in destroy past beliefs, welcome change and new ideas about themselves, w nate workshop environment, sharing their pain and helping each other through	to no avail. Over four, 4-d oughout the program, follo g from family strife, addicti them. With a variety of too writing a new story for ther	ay workshop owing each c on, neglect, ols like mindf nselves. The	s spannir haracter a and assau ulness me	ng 6-mor as they ult to inc editation	nths, est. They , we see
22:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	v to get your partner more excited about foreplay, plus what to do when you			there a s	pecial di	et that ca
	rove your love life? And an interview with a men's sexual health expert who	highlights E-D treatments				
	rove your love life? And an interview with a men's sexual health expert who Health Insiders	highlights E-D treatments	(S)	(CC)	N/A	#1062H
impi 22:30:00				(CC)	N/A	#1062H
impi 22:30:00	Health Insiders			(CC) (CC)	N/A N/A	#1062H #108H
impi 22:30:00 Foci	Health Insiders us: Diabetes, Pregnancy myths, Primary care-diabetes	SFPBS	(S)	. ,		
impi 22:30:00 Foci	Health Insiders us: Diabetes, Pregnancy myths, Primary care-diabetes Doctor Q & A	SFPBS	(S)	. ,		

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

Mon, Jan 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 34 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	ices includi	ng teleme		included
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 aretes.	reas of work is to stop pre-d	iabetes from	turning in	nto full-fl	edged
01:00:00	Heart Health (Female Heart Issues)	SFPBS	(S)	(CC)	N/A	#1338H
Dr. A	Alvaro Gomez discusses heart disease 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 vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	ices includi	ng teleme		included
02:30:00	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.	dictable hair loss. It affects	roughly 6.8 i	million peo	ople in th	ne United
03:00:00	Mental Health #1104 (Mental Health Issues)	SFPBS	(S)	(CC)	N/A	#1104H
Eve	rything you need to know to enjoy life - from balancing activities and effor	ts - to achieving psychologic		ional well	ness.	
04:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
	ah Kurtz discusses youth strength and conditioning.			()		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	ices includi	ng teleme		included
05:30:00	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 continual cine. Childhood vaccine rates continue to decrease in certain areas of the leback.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1214H
	Spine Strengthening need a strong back to be active and independent. Strengthen your spine rts center in Montego Bay, Jamaica.	with this episode of Classic	al Stretch se	et in front o	of the qu	uaint wate
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#107H
	Balance Your Buttocks					
07:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	le Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a dren requiring hospitalization to treat RSV infections, and of course, COVI ain why this is happening and what we can do to stay as healthy as poss	D-19. Infectious disease ex				
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1103H

Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper.

	Daily Program Listing II WPBTHC					
ate: 03/27/2023 01/01/2023 - 03/31/2023				Pag	je 35 of	366
Mon, Jan	09, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
09:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
eye s away	inovative surgical training model has been developed called the bionic humanoid, cont surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeon /. The brain surgery model replicates complex structures within the skull to help surgeo els could transform training for novice doctors.	s can practice	a difficult s	urgery that	at involve	es peeling
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
remo requi	Treating Cancer with Cyberknife erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are oved without damaging surrounding tissue by applying low-dose X-rays at different ang ire a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.	les. One treat	ment takes j	ust 30 mi	nutes ar	nd doesn't
10:00:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increases they can prevent developing memory issues of any kind. There is a promising body of ng at what we can do to keep our brain healthy.					
10:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
Neve dispa	ces and often receive lower-quality care. Addressing health disparities is increasingly i er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	nic of COVID-	19. This epi			e racial
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
Pren dorm	Reawaken The Ovaries to Give Birth atment developed by a Japanese doctor and his team is helping women with prematur nature menopause is triggered by a malfunctioning of the ovaries and affects even thos nant primordial follicles. We focus on the method, which has been described by TIME N s that can alleviate symptoms such as those of menopause.	se in their teer	s. The treat	ment invo	lves act	vating
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
math hear	Visualizing Each Patient's Heart Accurately mpossible even for surgeons to see the inside of the beating heart in detail with the na iematicians cooperated to develop the heart simulator to reproduce each patient's hear t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre- t to save the lives of infants who have heart defects.	rt. The simulat	or analyzes	the move	ements o	f the
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	et must balance her professional and personal views to tackle the issue of meths drinke a decide between two very different futures. Trixie and Matthew's friendship blossoms in			promising	young s	inger who
13:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
	atwave descends over Poplar and Sister Monica Joan struggles. An angel comes in th nues to search for a new job, Lucille comes to terms with unexpected news.	e form of Fred	l, who has a	sneaky p	lan. Wh	ile Cyril
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1064H
Focu	s: Chronic back pain, Mindful eating, Aneurysms					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1067H
	is: Stigma of mental illness, Weight loss and vegetables, Heart health		(3)		IN/A	#100/N
15:00:00	Smartlife Is: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena	SFPBS	(S)	(CC)	N/A	#901H

Focus: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - Carla Duena, RD 3. Hip Pain - Dr. Gosha Brusovanik 4. Appendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths - Lia Jiannine, PHD

Mon, Jan 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Title

Page 36 of 366

Start	l itle Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:23:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	s: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Janette Janero ub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Healthy Choice		herapy for K	nee Oste	oarthritis	- Ron
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#101H
with a	The Stars & The Ospreynone 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile b of atoms and molecules.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	liabetes from	ı turning ir	nto full-fle	edged
20:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
coun their Thou treati comr Harv medi marg	JMA HEALERS focuses on the devastating impact that road traffic accidents and other tries, 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 ult sands of surgeons around the world have made a passionate commitment to working v ment free of charge to the patient, the doctors' care allows these individuals to avoid life nunities. TRAUMA HEALERS profiles the work of some of these top medical profession ard's Global Surgery and Social Change program, and Partners in Health, another Bost cal solutions. An engaging and educational documentary, TRAUMA HEALERS explore inalized patients around the world, from Uganda to the Philippines. Learn about the wa nts with devastating injuries and conditions, despite having limited resources to care for	features int imately how vith people li -long disabil nals, includin on-based or s the practice ys internation	erviews with they overcor ving in pover ity and returr g four physic ganization co es employed nal medical p	medical p me it in the ty. Often p to produ- cians conr pommitted to to heal tra- profession	professio e best ca providing ctive live hected w to provid auma fo	nals and ases. g medical es in their ith ling r
21:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#101H
with a	The Stars & The Ospreynone 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile d of atoms and molecules.					
22:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
eye s away	novative surgical training model has been developed called the bionic humanoid, conta surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons 7. The brain surgery model replicates complex structures within the skull to help surgeon els could transform training for novice doctors.	can practice	e a difficult si	urgery tha	t involve	s peeling

Mon, Jan 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 37 of 366

(S)

(CC)

N/A

#1708H

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo requi	rKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are ved without damaging surrounding tissue by applying low-dose X-rays at different angl re a hospital stay. The technology originated in the US and was improved by a Japane mong the highest in the world.	es. One treatr	ment takes j	ust 30 mir	utes an	d doesn't
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

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.

_

Tue, Jan 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 38 of 366

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 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	iption of the vices includi	different s		included in
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	equences. Stress in all ages, as well as pandemic-related stress, affects our overall as depression and anxiety.					issues
01:00:00	All About Cancer (Blood Cancers)	SFPBS	(S)	(CC)	N/A	#1348H
Dr. N	larco Ruiz discusses hematologic cancers, those cancers combined with HIV and tr	eatments such a	is bone mari	row transp	olantatio	n.
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 healt ultations, emotional advice, second-opinion consultations, as well as a number of to	n in-depth descr hcare digital ser	iption of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzh word, globally the number of people diagnosed is expected to double every 20 yea to our healthcare system, it takes an emotional toll on families as they care for their usses Alzheimer's Disease from a caregiver and a public health perspective.	irs. Not only doe	s Alzheimer'	s come wi	ith a trer	nendous
03:00:00	Health Trends #1106 (Autism Effect On Family)	SFPBS	(S)	(CC)	N/A	#1106H
Focu	s: Carol del Sol and XXXX share their personal stories about autism in children and	the ramification	s of this con	dition on t	he famil	у.
04:00:00	Healthy Living (Pregnancy Recovery)	SFPBS	(S)	(CC)	N/A	#1350H
Henr	y Guzman & Melanie Rinaldi discuss exercise and well-being before, during and after	er pregnancy.				
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 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 includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othei cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzh word, globally the number of people diagnosed is expected to double every 20 yea to our healthcare system, it takes an emotional toll on families as they care for their usses Alzheimer's Disease from a caregiver and a public health perspective.	irs. Not only doe	s Alzheimer'	s come wi	ith a trer	nendous
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1215H
	Shoulder Pain Relief					
	episode of Classical Stretch targets shoulder pain and provides instant relief. Join M ning workout in Montego Bay, Jamaica.	/liranda Esmond	e-White for a	a pictureso	que and	pain
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#108H
	Stretch Those Strings					
07:00:00	Happy Yoga with Sarah Starr Waves	NETA	(S)	(CC)	N/A	#505H
Allov	v the powerful ocean energy to recharge your body as we explore an invigorating mo	odified voga prac	rtice using a	chair for	sunnort	Including

Allow the powerful ocean energy to recharge your body as we explore an invigorating modified yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to stretch and lengthen the spine in a full range of motion, creating more ease in the back, shoulders and hips.

Tue, Jan 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 39 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
	en a heartbroken mom asked the world to help honor the memory of her beloved eld ttering CJ is the story of how one mother's unexpected effort to heal unleashes the i			ne the jour	ney of n	nany.
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
usec Tech	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, d in Japan for liver cancer surgery. Cancer cells glow, showing the size and location nology is being developed for its use on other cancers such as breast cancer. It wil le during an operation if any cancer cells remain in the body.	of tumors and m	aking precis	e surgery	possible	Э.
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	impossible even for surgeons to see the inside of the beating heart in detail with the nematicians cooperated to develop the heart simulator to reproduce each patient's heart's nolecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also 2 to save the lives of infants who have heart defects.	neart. The simulat	or analyzes	the move	ments o	f the
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
cost	er word, globally the number of people diagnosed is expected to double every 20 year to our healthcare system, it takes an emotional toll on families as they care for their usses Alzheimer's Disease from a caregiver and a public health perspective. Second Opinion with Joan Lunden					
10.30.00				1001		
	Millennial Health II			()		
They are e	•	est, most educate Iso the least heal low their health p	ed, and most thy generati	connecte on in rece	ed gener nt times	ation eve and they
They are e	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H	est, most educate Iso the least heal low their health p	ed, and most thy generati	connecte on in rece	ed gener nt times	ation eve and they
They are e dete 11:00:00	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rmine the overall health of America. This episode discusses the issue of Millennial H	est, most educate Ilso the least heal How their health p Health. NETA	ed, and most thy generati lays out in th	connecte on in rece ne years a	ed gener nt times ahead wi	ation eve and they ill
They are e dete 11:00:00	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here	est, most educate Ilso the least heal How their health p Health. NETA	ed, and most thy generati lays out in th	connecte on in rece ne years a (CC)	ed gener nt times ahead wi	ation eve and they III #407H
They are e dete 11:00:00 Mod 11:30:00 Hanl he w	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine Jular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla	est, most educate ilso the least heal low their health p Health. NETA ation. NETA . At the time his t ly and learn how l	ed, and most thy generati lays out in th (S) (S) houghts wer	connecte on in rece ne years a (CC) (CC) e not of h	ed gener nt times head wi N/A N/A imself bu	ation eve and they ill #407H #103H ut of how
They are e dete 11:00:00 Mod 11:30:00 Hanl he w	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago yas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil	est, most educate ilso the least heal low their health p Health. NETA ation. NETA . At the time his t ly and learn how l	ed, and most thy generati lays out in th (S) (S) houghts wer	connecte on in rece ne years a (CC) (CC) e not of h	ed gener nt times head wi N/A N/A imself bu	ation eve and they ill #407H #103H ut of how
They are e dete 11:00:00 Mod 11:30:00 Hanl he w heal	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rrmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago yas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil th with a hopeful attitude and mission that his cancer journey would be, in his words	est, most educate lso the least heal low their health p Health. NETA ation. NETA . At the time his t ly and learn how l s, "a joyful one."	ed, and mosi thy generati lays out in th (S) (S) houghts wer he was able	connecte on in rece ne years a (CC) (CC) e not of h to push fo	nt times nt times head wi N/A N/A imself bo	ation eve and they ill #407H #103H ut of how owards
They are e dete 11:00:00 Mod 11:30:00 Hanl he w heal 12:00:00 The usec Tech	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rrmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil th with a hopeful attitude and mission that his cancer journey would be, in his words Medical Frontiers	est, most educate lso the least heal low their health p Health. NETA ation. NETA b. At the time his t ly and learn how l b, "a joyful one." APTEX , which causes ca of tumors and m	ed, and most thy generati lays out in th (S) (S) houghts wer he was able (S) uncer cells to aking precis	connecte on in rece ne years a (CC) (CC) e not of h to push fo (CC) light up. e surgery	ed gener nt times head wi N/A N/A imself bo orward to N/A It's now possible	ation eve and they ill #407H #103H ut of how owards #119H widely
They are e dete 11:00:00 Mod 11:30:00 Hanl he w heal 12:00:00 The usec Tech	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. Is rmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil th with a hopeful attitude and mission that his cancer journey would be, in his words Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, d in Japan for liver cancer surgery. Cancer cells glow, showing the size and location mology is being developed for its use on other cancers such as breast cancer. It will e during an operation if any cancer cells remain in the body. Medical Frontiers	est, most educate lso the least heal low their health p Health. NETA ation. NETA b. At the time his t ly and learn how l b, "a joyful one." APTEX , which causes ca of tumors and m	ed, and most thy generati lays out in th (S) (S) houghts wer he was able (S) uncer cells to aking precis	connecte on in rece ne years a (CC) (CC) e not of h to push fo (CC) light up. e surgery	ed gener nt times head wi N/A N/A imself bo orward to N/A It's now possible	ation eve and they ill #407H #103H ut of how owards #119H widely
They are e dete 11:00:00 Mod 11:30:00 Hanl he w heal 12:00:00 The used Tech mad 12:30:00 It is i math hear	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the large y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H rrmine the overall health of America. This episode discusses the issue of Millennial H Innovations In Medicine lular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil th with a hopeful attitude and mission that his cancer journey would be, in his words Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, d in Japan for liver cancer surgery. Cancer cells glow, showing the size and location mology is being developed for its use on other cancers such as breast cancer. It will e during an operation if any cancer cells remain in the body.	est, most educate liso the least heal low their health p Health. NETA ation. NETA META META META META META META META M	ed, and most thy generati lays out in th (S) (S) houghts wer he was able (S) incer cells to aking precis is to tell simp (S) nese doctor or analyzes	connecte on in rece ne years a (CC) (CC) e not of hi to push fo (CC) e surgery ly by look (CC) s, mechar the move	ed gener nt times shead wi N/A N/A N/A imself bu orward to N/A It's now possible ing at ar N/A nical engments o	ation eve and they ill #407H #103H ut of how owards #119H widely 2. n incision #116H gineers ar f the
They are e dete 11:00:00 Mod 11:30:00 Hanl he w heal 12:00:00 The used Tech mad 12:30:00 It is i math hear	Millennial Health II Innials 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 a experiencing declining health faster than any other recent generation before them. I mine the overall health of America. This episode discusses the issue of Millennial I Innovations In Medicine Iular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrilla Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his famil th with a hopeful attitude and mission that his cancer journey would be, in his words Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, in Japan for liver cancer surgery. Cancer cells glow, showing the size and location nology is being developed for its use on other cancers such as breast cancer. It wil e during an operation if any cancer cells remain in the body. Medical Frontiers Visualizing Each Patient's Heart Accurately impossible even for surgeons to see the inside of the beating heart in detail with the mematicians cooperated to develop the heart simulator to reproduce each patient's ht's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also	est, most educate lso the least heal low their health p lealth. NETA ation. NETA META META META META META META META M	ed, and most thy generati lays out in th (S) (S) houghts wer he was able (S) incer cells to aking precis is to tell simp (S) nese doctor or analyzes	connecte on in rece ne years a (CC) (CC) e not of hi to push fo (CC) e surgery ly by look (CC) s, mechar the move	ed gener nt times shead wi N/A N/A N/A imself bu orward to N/A It's now possible ing at ar N/A nical engments o	ation eve and they ill #407H #103H ut of how owards #119H widely 2. n incision #116H gineers an f the

Tue, Jan 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 40 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia Focusing On Foreplay	SFPBS	(S)	(CC)	N/A	#208H
	to get your partner more excited about foreplay, plus what to do ove your love life? And an interview with a men's sexual health e			there a s	pecial di	et that ca
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Focu	us: Food trends, COPD-daughter's story, Mental Illness First Aid					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract mons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. L					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1002H
15:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1003H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1004H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1005H
Hair	us: 1. Living with a Family Member with Disabilities - Yadira Torre Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose I nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
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	#1008F
17:00:00	Scattering Cj	NETA	(S)	(CC)	N/A	#0H
	en a heartbroken mom asked the world to help honor the memory ttering CJ is the story of how one mother's unexpected effort to he				rney of r	nany.
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#206H
remo	Anchorage - Cocoa Beach ode #206 THE ANCHORAGE - COCOA BEACH The team flips it oved, and a new permeable patio was created, surrounded by na e as a community hangout for residents to relax in nature and obs	tive plants, welcoming butterflies ar	nd birds. This			
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#103H
he w	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer alr vas going to tell his family. In episode 3 of Hope is Here we meet th with a hopeful attitude and mission that his cancer journey wou	Hank and his family and learn how				
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 Stress	APTEX	(S)	(CC)	N/A	#1807H
Stro	ss is a word that people throw around when they are feeling over	wholmod, but stroop componentith ray		nd montal	boolth	

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

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

Page 41 of 366

Tue, Jan 10, 2023

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2 E	Episode

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 The Cure NETA (CC) N/A #1 (S)

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	#208H
	Focusing On Foreplay					
	to get your partner more excited about foreplay, plus what to do when you have mismate we your love life? And an interview with a men's sexual health expert who highlights E-D		. Also is th	nere a sp	ecial di	et that can
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Focu	s: Food trends, COPD-daughter's story, Mental Illness First Aid					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H

23:30:00 Second Opinion with Joan Lunden

Parkinson's Disease

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

Wed, Jan 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 42 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	iption of the vices includi	different s		included
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
01:00:00	Living Well (Swimming Safety)	SFPBS	(S)	(CC)	N/A	#1351H
Mirei	n Oca discusses swimming safety tips.			. ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
They are e	ennials were born between the years 1981 and 1996. At 73 million, they a y make up the greatest percentage of the population and the labor force. experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of the second	They are also the least hea ore them. How their health p	Ithy generati	on in rece	ent times	and they
03:00:00	Nutrition & Health (Reduce Digestive Problems)	SFPBS	(S)	(CC)	N/A	#1107H
Susa	an Nowrouzi discusses how to eat healthy to reduce digestive problems.					
04:00:00	Primary Care (Diabetes Help)	SFPBS	(S)	(CC)	N/A	#1352H
Dr. Y	Yeisel Barquin discusses the relationship between diabetes and hyperten	sion and high cholesterol.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	ennials were born between the years 1981 and 1996. At 73 million, they a y make up the greatest percentage of the population and the labor force. experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of the overall health of America.	They are also the least hea ore them. How their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1216H
	Relieve Neck Pain episode of Classical Stretch liberates all of the joints and muscles in you	r neck and shoulders provid	ling you with	instant re	elief. Joir	n Miranda
	onde-White for a Classical Stretch workout to relieve neck pain.					
	· · · · ·	APTEX	(S)	(CC)	N/A	#109H
Esm	onde-White for a Classical Stretch workout to relieve neck pain. Wai Lana Yoga Neti(Sinus and Nasal Cleaning)	APTEX	(S)	(CC)	N/A	#109H
Esm	Wai Lana Yoga	APTEX APTEX	(S) (S)	(CC) (CC)	N/A N/A	#109H #103H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 43 of 366

Wed, Jan 11, 2023 Title Subtitle Cap Start Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1103H Episode 3 Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper. 09:00:00 APTEX Medical Frontiers (S) (CC)N/A #117H Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eve surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors. APTEX 09:30:00 Medical Frontiers (S) (CC) N/A #118H Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world. 10:00:00 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. 10:30:00 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. 11:00:00 Conscious Living NETA (S) (CC) N/A #105H Ready, Set, Go! Since life is a journey and not a destination, put on your adventure boots, grab your GPS and get ready for for some fun on this episode. Hang ten with us on the legendary North Shore of Oahu where we take surf and yoga lessons with a former competitive surfer turned girl boss. Who needs a fancy hotel room? We relish the great outdoors at a glamping retreat in Ithaca, New York with gourmet s'mores, local foraging and hammock naps under the midnight stars. Finally, we take an inner journey and explore some of the world's greatest art, from the LEED-platinum Chicago Art Institute in the Windy City to the winding canals of the Venice Biennale. 11:30:00 Flip My Florida Yard (Sfpbs) 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. PBS 12:00:00 Call The Midwife (S) (CC) DVI #1103H Episode 3 Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper. 13:00:00 Call The Midwife PBS (CC) DVI #1104H (S) Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 14:00:00 SFPBS Health Insiders (S) (CC)N/A #1065H

Focus: Cell phones and neck pain, Breast cancer and heart disease, Swim safety

Wed, Jan 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 44 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Focu	is: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Cody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for		Factors for D)iabetes -	Lois Ex	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
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	is: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rio ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky					
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	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	ID Lost and Learned explores a post pandemic reset through stories of ers through America, for a look at supply lines, education, mental heal lobal contributors, each with a unique perspective from their part of the	th, law enforcement and enter				
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had v e courageous women navigate their way through medical fact and fict their way to health, hope, and healing.					
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	#1808H
	Vaccine Hesitancy					
vacc	cine hesitancy continues to be an issue in the U.S., with COVID contin ine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
20:00:00	Celiac Project	NETA	(S)	(CC)	N/A	#0H
Froli glute	Celiac Project is a dynamic, first-of-its-kind documentary about life bef chstein was finally diagnosed with a simple blood test after years of di- en-free diet. This moving documentary ultimately explores what we car reness about celiac disease.	smissive doctors, he set out to	separate fa	ct from fic	tion abo	ut the
21:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and i help	in five Americans are physically dependent on, not heroin or cocaine, investigative journalism, MEDICATING NORMAL follows the stories of with familiar problems such as stress, mild depression, sleeplessness can occur when profit-driven medicine intersects with human beings in	five ordinary people whose do , grief, etc. This is the untold s	chiatric drugs	s. Combin ribed psyc	chiatric d	lrugs to

ate: 03/27/2 Wed, Jan 1 Start 22:00:00		23 Distrib		Pag	e 45 of	366
Start	Title	Distrib				
		Distrib				
	Subtitle	Distrib				
22:00:00			Stereo	Сар	AS2	Episode
	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
mode	els could transform training for novice doctors.					
22:30:00		APTEX	(S)	(CC)	N/A	#118H
<u> </u>	Treating Cancer with Cyberknife					
remov requir	rKnife is non-invasive, painless radiosurgery for treating cancer. Even canc ved without damaging surrounding tissue by applying low-dose X-rays at d re a hospital stay. The technology originated in the US and was improved b mong the highest in the world.	ifferent angles. One treat	ment takes j	ust 30 mir	nutes an	d doesn't
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	#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."

_

Thu, Jan 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 46 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital serv	rices includir	ng teleme		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 unpredictables and is one of the most requested topics from viewers every year.	le hair loss. It affects i	oughly 6.8 r	million peo	ople in th	ne United
01:00:00	Living Well (Massage Help)	SFPBS	(S)	(CC)	N/A	#1354H
Gary	v Galasso describes the benefits of massage therapy in the clinical setting and	for overall wellness.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of ultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital serv	rices includir	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stag	t obesity is associated with a decrease in life expectancy for both men and wor 163 million adults in the U.S. are overweight or obese - two thirds of men, and a gering, but people still struggle every day to drop the pounds. Everyone has dif episode discusses the challenges and solutions for sustained weight loss.	more than 60% of wor	nen. The da	mage to h	nealth is	
03:00:00	Staying Healthy (Skin Health)	SFPBS	(S)	(CC)	N/A	#1112H
Foci	is: Victoria Socarras discusses ways that you can get your skin ready for summ	ner and what you need	to do durin	g the sum	imer tim	e.
04:00:00	Spine & Back Care (Common Back/Neck Pain Reflief)	SFPBS	(S)	(CC)	N/A	#1355H
	Brusovanik discusses the different minimally invasive surgery options for spine spine.	& back care, as well a	s the importa	ance of ke	eeping n	notion in
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital serv	rices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stag	Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and wor 163 million adults in the U.S. are overweight or obese - two thirds of men, and gering, but people still struggle every day to drop the pounds. Everyone has dif episode discusses the challenges and solutions for sustained weight loss.	more than 60% of wor	nen. The da	mage to h	nealth is	
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1217H
	Full Body Toning Miranda Esmonde-White in breathtaking Montego, Bay Jamaica for a full body s and strengthens every muscle in your body in minutes.	toning Classical Stret	ch workout.	This all-st	tanding	workout
06:30:00	Wai Lana Yoga Soothe Your Nerves	APTEX	(S)	(CC)	N/A	#110H
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#206H
	Anchorage - Cocoa Beach					
Enia	ada #206 THE ANCHORAGE COCOA REACH The team fling its first condem	vinium in Casaa Daash	. <u>A</u> notine d o		است. م م ام س	

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.

Thu, Jan 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 47 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
00:00:80	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
Pren dorn	eatment developed by a Japanese doctor and his team is helping women with premature nature menopause is triggered by a malfunctioning of the ovaries and affects even thos nant primordial follicles. We focus on the method, which has been described by TIME M s that can alleviate symptoms such as those of menopause.	e in their teer	ns. The treat	ment invo	lves acti	vating
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	mpossible even for surgeons to see the inside of the beating heart in detail with the nat- nematicians cooperated to develop the heart simulator to reproduce each patient's hear t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre- to save the lives of infants who have heart defects.	t. The simula	tor analyzes	the move	ments o	f the
10:00:00	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.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	t Disease is the leading cause of death and disability for women in the United States. Y					
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United States. Y or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke e of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1
majo 3 wo	or 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	disease and	stroke comb	ined caus	se the de	eath of 1
majo 3 wo issue 11:00:00	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and e events can l NETA	stroke comb be prevented	ined caus I. This epi	e the de sode dig	eath of 1 gs into the
majo 3 wo issue 11:00:00	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke e of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine	disease and e events can l NETA	stroke comb be prevented	ined caus I. This epi	e the de sode dig	eath of 1 gs into the
majo 3 wo issue 11:00:00 Mod 11:30:00 Hani he w	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart omen every year. That's more than all cancers combined. But 80% of cardiac and stroke e of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here	disease and e events can b NETA n. NETA the time his t nd learn how	stroke comb be prevented (S) (S) houghts wer	ined caus I. This epi (CC) (CC) e not of h	e the de sode dig N/A N/A imself be	eath of 1 gs into the #407H #103H ut of how
majo 3 wo issue 11:00:00 Mod 11:30:00 Hani he w	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers	disease and e events can b NETA n. NETA the time his t nd learn how	stroke comb be prevented (S) (S) houghts wer	ined caus I. This epi (CC) (CC) e not of h	e the de sode dig N/A N/A imself be	eath of 1 gs into the #407H #103H ut of how
majo 3 wo issue 11:00:00 Mod 11:30:00 Hani he w heal 12:00:00	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett & Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery	disease and e events can l NETA n. NETA the time his t nd learn how joyful one." APTEX	stroke comb be prevented (S) (S) houghts wer he was able (S)	ined caus I. This epi (CC) (CC) e not of h to push fo (CC)	e the de sode dig N/A N/A imself bo orward to N/A	eath of 1 gs into the #407H #103H ut of how owards #119H
majo 3 wc issue 11:00:00 Mod 11:30:00 Hani he w heal 12:00:00 The useo Tech	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers	disease and e events can l NETA n. NETA the time his t nd learn how joyful one." APTEX ich causes ca umors and m	stroke comb be prevented (S) (S) houghts wer he was able (S) ancer cells to aking precis	ined caus I. This epi (CC) (CC) e not of h to push fo (CC) e light up. e surgery	e the de sode dig N/A N/A imself bo orward to N/A It's now possible	eath of 1 gs into th #407H #103H ut of how owards #119H widely e.
majo 3 wc issue 11:00:00 Mod 11:30:00 Hani he w heal 12:00:00 The useo Tech	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart imen 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. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett & Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, wh I in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of t mology is being developed for its use on other cancers such as breast cancer. It will en e during an operation if any cancer cells remain in the body. Medical Frontiers	disease and e events can l NETA n. NETA the time his t nd learn how joyful one." APTEX ich causes ca umors and m	stroke comb be prevented (S) (S) houghts wer he was able (S) ancer cells to aking precis	ined caus I. This epi (CC) (CC) e not of h to push fo (CC) e light up. e surgery	e the de sode dig N/A N/A imself bo orward to N/A It's now possible	#407H #407H #103H ut of how owards #119H widely e.
majo 3 wo issue 11:00:00 Mod 11:30:00 Hani he w heal 12:00:00 The useo Tech mad 12:30:00 It is i math hear	or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart imen 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. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, wh h in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of t mology is being developed for its use on other cancers such as breast cancer. It will en e during an operation if any cancer cells remain in the body.	disease and e events can l NETA NETA the time his t nd learn how joyful one." APTEX ich causes ca umors and m able surgeon APTEX ked eye. Japa t. The simula	stroke comb be prevented (S) (S) houghts wer he was able (S) ancer cells to aking precis- s to tell simp (S) anese doctor tor analyzes	ined caus I. This epi (CC) (CC) e not of h to push fo (CC) e surgery ly by look (CC) s, mechar the move	e the de sode dig N/A N/A imself bo orward to N/A It's now possible ing at ar N/A nical eng ments o	eath of 1 i gs into the #407H #103H ut of how owards #119H widely e. n incision #116H gineers au f the
majo 3 wo issue 11:00:00 Mod 11:30:00 Hani he w heal 12:00:00 The useo Tech mad 12:30:00 It is i math hear	or 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 e of heart disease in women and how we can lower cardiac risk and death. Innovations In Medicine ular farming and clean food, Vaping and Juuling, Stroke, Fibromyalgia, Atrial Fibrillation Hope Is Here Hank Baskett & Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At ras going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery first of two programs on the latest cancer treatments looks at fluorescence imaging, wh I in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of t innology is being developed for its use on other cancers such as breast cancer. It will en e during an operation if any cancer cells remain in the body. Medical Frontiers Visualizing Each Patient's Heart Accurately impossible even for surgeons to see the inside of the beating heart in detail with the nat- ematicians cooperated to develop the heart simulator to reproduce each patient's heart 's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre-	disease and e events can l NETA NETA the time his t nd learn how joyful one." APTEX ich causes ca umors and m able surgeon APTEX ked eye. Japa t. The simula	stroke comb be prevented (S) (S) houghts wer he was able (S) ancer cells to aking precis- s to tell simp (S) anese doctor tor analyzes	ined caus I. This epi (CC) (CC) e not of h to push fo (CC) e surgery ly by look (CC) s, mechar the move	e the de sode dig N/A N/A imself bo orward to N/A It's now possible ing at ar N/A nical eng ments o	eath of 1 i gs into the #407H #103H ut of how owards #119H widely e. n incision #116H gineers ar f the

Thu, Jan 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 48 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia	SFPBS	6 (S)	(CC)	N/A	#209H
The	Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight los	ss supplements and an intervie	w with an expe	ert on ways	to be le	ss lonely.
14:30:00	Health Insiders	SFPBS	6 (S)	(CC)	N/A	#1070H
	us: Teeth grinding, Workplace stress, Products to relieve Sunburn		(0)	(00)		
15:00:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Co ses, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Ya t					
15:13:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1202H
15:32:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1204H
15:56:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1205H
	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kau				. Ask the	e Experts
16:10:00	Smartlife	SFPBS	S (S)	(CC)	N/A	#1206H
16:23:00	Smartlife	SFPBS	6 (S)	(CC)	N/A	#1207H
16:42:00	Smartlife	SFPBS	S (S)	(CC)	N/A	#1208H
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 p pletely re framing the dying process. End of life experiences are inf dying process really entails, and why dying has been misunderstoo	trinsic to the process of dying.				
18:00:00	Searching: Our Quest for Meaning in the Age of Science	ΑΡΤΕΧ	(S)	(CC)	DVI	#101H
with	The Stars & The Ospreynone 1, "The Stars & The Osprey," begins with Lightman's late-night exp a memorable eye-to-eye encounter with a wild creature. Lightman d of atoms and molecules.					
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	ΑΡΤΕΧ	(S)	(CC)	N/A	#1809H
	pecia areata is a common autoimmune disorder that often results in es and is one of the most requested topics from viewers every year	•	cts roughly 6.8	million pe	ople in th	ne United
20:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone	ΑΡΤΕΧ	(S)	(CC)	DVI	#101H
with	1, "The Stars & The Osprey," begins with Lightman's late-night exp a memorable eye-to-eye encounter with a wild creature. Lightman d of atoms and molecules.					
21:00:00	Death Is But A Dream	NETA	(S)	(CC)	N/A	#0
com	uffalo, New York a research team is studying the dreams of dying p pletely re framing the dying process. End of life experiences are inf dying process really entails, and why dying has been misunderstoo	trinsic to the process of dying.	estion "Are you	dreaming		

Thu, Jan 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 49 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
The	impact of loneliness on your mind and lifestyle, a look at weight loss supplements and	an interview v	vith an exper	t on ways	to be le	ess lonely.
22:30:00 Focu	Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn	SFPBS	(S)	(CC)	N/A	#1070H
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H

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

Fri, Jan 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 50 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital service	ices includir	ng teleme		included
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 s they can prevent developing memory issues of any kind. There is a promisi ing at what we can do to keep our brain healthy.					
01:00:00	Living Well (Health and Wellness)	SFPBS	(S)	(CC)	N/A	#1356H
Jasm	nine Terrany discusses Life Therapy, which combines Psychotherapy Coach	ing, Mindfulness & Med	tation.			
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 sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital service	ices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relati	081 the term "sandwich generation" was coined to describe a group of Americ ives at the same time. Today, millions of families are facing the dual challeng having children later. This episode focuses on these caregivers.					
03:00:00	Living Well (Environment Health Benefit)	SFPBS	(S)	(CC)	N/A	#1113 ⊢
	us: Dr. Steve Davis and Jennifer Diaz discuss the importance of educating the glades and our environment and how that links to our health overall.	e next generation of chil	dren on und	erstandin	g the va	ue of the
04:00:00	Sports Medicine (Knee Issues)	SFPBS	(S)	(CC)	N/A	#1357H
Dr. D	DerekPapp and Dr. Harlan Selesnick discuss knee injuries, pain and various	treatments. Focus: Tota	l knee replac	cements.		
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 sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital service	ices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relati	081 the term "sandwich generation" was coined to describe a group of Americ ives at the same time. Today, millions of families are facing the dual challeng naving children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1218H
	Psoas & Hip Strengthening					
	ay's episode of Classical Stretch re-balances, stretches, and strengthens you nery of Montego Bay, Jamaica for an episode of Classical Stretch.	r hips and psoas. Join N	/liranda Esm	onde-Whi	ite in the	e stunning
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#111H
	Dive In!					
07:00:00	To Heal The Heart Invisible Lifeline	APTEX	(S)	(CC)	N/A	#103H
Two	months after the earthquake, Kobe is rapidly rebuilding. And yet, many victir	ns are being left behind	Amona his	emotional	llv traum	atized

Two months after the earthquake, Kobe is rapidly rebuilding. And yet, many victims are being left behind. Among his emotionally traumatized patients, Kazutaka encounters Kataoka Kokoa, who suffers from severe mental illness. After examination, it becomes clear that Kokoa has multiple personalities. Kazutaka does all he can to treat her even as he discovers that his father Tekkei's business has slid into bankruptcy.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 51 of 366

Fri, Jan 13, 2023 Title Subtitle Cap Start Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1103H Episode 3 Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper. 09:00:00 APTEX Medical Frontiers (S) (CC)N/A #117H Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eve surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors. 09:30:00 APTEX Medical Frontiers (S) (CC) N/A #118H Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world. 10:00:00 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. 10:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1710H The Cancer Spouse Breast cancer is the most common cancer among women worldwide, and this diagnosis not only brings physical challenges, but significant emotional and psychological challenges, as well. It is something no one wants to face alone. The spouse of the cancer patient feels the impact of the diagnosis, and their support can be crucial to recovery. The couple goes through cancer together. This episode takes on the topic of "The Cancer Spouse." SFPBS 11:00:00 Flip My Florida Yard (Sfpbs) (CC) (S) 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 #119H Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body. 12:00:00 Call The Midwife PBS (S) (CC) DVI #1103H Episode 3 Violet must balance her professional and personal views to tackle the issue of meths drinkers. Nurse Crane treats a promising young singer who must decide between two very different futures. Trixie and Matthew's friendship blossoms into something deeper. 13:00:00 Call The Midwife PBS (CC) DVI #1104H (S) Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 14:00:00 SFPBS Health Insiders (S) (CC)N/A #1066H

Focus: Interventional back treatments, Measles vaccine safety, Blood cancer

Fri, Jan 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 52 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	#1301H
	is: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderl Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abra		isovanik 3. B	aptist Ho	me Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
Focu	is: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Amy Ex	um, psychothera				
Feld	man 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Bernade	ett Oli				
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Searching: Our Quest for Meaning in the Age of Science The Stars & The Ospreynone	APTEX	(S)	(CC)	DVI	#101H
with	 "The Stars & The Osprey," begins with Lightman's late-night experience alone on a memorable eye-to-eye encounter with a wild creature. Lightman attempts to recor d of atoms and molecules. 					
18:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat ren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infection ain 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	#107H
	Getting A Good Night's Sleep					
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 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.					
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, lesson ers through America, for a look at supply lines, education, mental health, law enforce lobal contributors, each with a unique perspective from their part of the world.	s and looking for ement and enter	ward. Three tainment/spo	US-base orts. The h	d hosts f nosts are	take e joined b
21:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virtually no imp e courageous women navigate their way through medical fact and fiction while chall heir way to health, hope, and healing.					
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model					
eye s away	novative surgical training model has been developed called the bionic humanoid, co surgery model recreates a part of a membrane that's just 3 micrometers thick. Surge /. The brain surgery model replicates complex structures within the skull to help surgels could transform training for novice doctors.	eons can practice	e a difficult su	urgery tha	t involve	es peeling

Fri, Jan 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 53 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers Treating Cancer with Cyberknife	APTEX	(S)	(CC)	N/A	#118H
requ	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that ar oved without damaging surrounding tissue by applying low-dose X-rays at different ang irre a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.	gles. One treat	tment takes j	ust 30 mir	nutes ar	id doesn't
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	#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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 54 of 366

100/277	01/01/2023 - 03/31/2023			гау	e 34 0i	300
Sat, Jan 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and o servi Neve	cross America, there are large and persistent racial differences in health and accessin die sooner than white people. Compared with whites, members of racial and ethnic m ces 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 pand arities that exist in health and healthcare in the U.S.	ninorities are les y important as c	ss likely to re our populatio	ceive pre n become	ventive l s more	nealth diverse.
01:00:00	Plastic/Cosmetic Surgery (Buttocks Update)	SFPBS	(S)	(CC)	N/A	#1358H
	castrellon discusses surgical complications with a focus on butt augmentation, brazili	an butt lift & but		. ,	ons.	
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 ar ubscription plan AllHealthGo has created to offer users access to a number of health ultations, emotional advice, second-opinion consultations, as well as a number of too	ncare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly research, millennials have become the most anxious generation in history. This episode treated.					
03:00:00	Maternity Care (Irregular Periods)	SFPBS	(S)	(CC)	N/A	#1114H
Ever	ything you need to know about pregnancy, childbirth and post-partum care. Dr. Alber	to Sirven dicus				
04:00:00	Staying Healthy (Sleep Benefits)	SFPBS	(S)	(CC)	N/A	#1359H
Nath	an Burandt discusses sleep health.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ar 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	ncare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly research, millennials have become the most anxious generation in history. This epise be treated.					
06:00:00	Alma's Way Alma On Ice/Junior's Lost Tooth	PBS	(S)	(CC)	DVI	#109H
find a But v	Lafia's first time ice skating, and Alma is sure she'll find it easy since she's so good at a way to help her friend learn without making her feel self-conscious. When Junior los vith Junior still bummed out after she gives him all his favorite things, Alma realizes th him find it.	ses his first tool	th, Alma tries	everythir	ng to che	er him up
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#110H
SciC	Robots to the Rescue! irl Abby and her friends give a rescue robot a personality makeover so it can do a be	tter ich when d	isaster etriko	s		
3010	in rubby and her menus give a rescue rubbi a personality makeover so it call up a be		Saster Strike			
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#421H
	This Orca Likes Sharks					

The Kratt Bros discover a message in a bottle telling them about an old wily orca who only eats large sharks. They find this hard to believe, so with the help of Aviva's Dolphin Decoder, modified to speak Orca, the Wild Kratts go in search of the orca who likes sharks! Science Concept : Predator/Prey relationship.

Sat, Jan 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 55 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H

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

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4705H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4706H
09:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4708H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4710H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H

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

10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 56 of 366

Sat,	Jan	14,	2023	

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
11:22:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7608H
	Segment 8					
11:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
	Segmenta					
11:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
	Segment to					
12:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple to Iren requiring hospitalization to treat RSV infections, and of course, COVID-19. ain why this is happening and what we can do to stay as healthy as possible.					
13:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#101H
	The Stars & The Ospreynone					
with	 "The Stars & The Osprey," begins with Lightman's late-night experience alor a memorable eye-to-eye encounter with a wild creature. Lightman attempts to r d of atoms and molecules. 					
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#208H
	Focusing On Foreplay					
	to get your partner more excited about foreplay, plus what to do when you hav ove your love life? And an interview with a men's sexual health expert who high			there a s	pecial di	et that ca
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Focu	us: Food trends, COPD-daughter's story, Mental Illness First Aid					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
Focu	Smartlife us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H	Barry Schechter 3. Ad	ddiction and	Family Co	ounselin	g - Dan
Focu Simr	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr.	Barry Schechter 3. Ad	ddiction and	Family Co	ounselin	g - Dan
Focu Simr 15:14:00	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H	Barry Schechter 3. Ad lealthy Eating on the 0	ddiction and Go - Jerome	Family Co Turner, p	ounselin ersonal	g - Dan trainer
Focu Simr 15:14:00 15:26:00	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H Smartlife	Barry Schechter 3. Ac lealthy Eating on the C SFPBS	ddiction and Go - Jerome (S)	Family Co Turner, p (CC)	ounselin ersonal N/A	g - Dan trainer #1002H
Focu Simr 15:14:00 15:26:00 15:46:00	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H Smartlife Smartlife	Barry Schechter 3. Ad lealthy Eating on the C SFPBS SFPBS	ddiction and Go - Jerome (S) (S)	Family Co Turner, p (CC) (CC)	ounselin ersonal N/A N/A	g - Dan trainer #1002H #1003H
Focu Simr 15:14:00 15:26:00 15:46:00 15:58:00 Focu Hair	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H Smartlife Smartlife Smartlife	Barry Schechter 3. Ad lealthy Eating on the O SFPBS SFPBS SFPBS SFPBS erans Care - Coralie F	ddiction and Go - Jerome (S) (S) (S) (S) Patterson an	Family Co Turner, p (CC) (CC) (CC) (CC) (CC) d Richard	ounselin ersonal N/A N/A N/A N/A Shutes,	g - Dan trainer #1002H #1003H #1004H #1005H JCSFL 3
Focu Simr 15:14:00 15:26:00 15:46:00 15:58:00 Focu Hair Spar	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H Smartlife Smartlife Smartlife us: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Vete Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Under	Barry Schechter 3. Ad lealthy Eating on the O SFPBS SFPBS SFPBS SFPBS erans Care - Coralie F	ddiction and Go - Jerome (S) (S) (S) (S) Patterson an	Family Co Turner, p (CC) (CC) (CC) (CC) (CC) d Richard	ounselin ersonal N/A N/A N/A N/A Shutes,	g - Dan trainer #1002H #1003H #1004H #1005H JCSFL 3
Focu Simr 15:14:00 15:26:00 15:46:00 15:58:00 Focu Hair	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Surgery - Dr. nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa Corsa 5. H Smartlife Smartlife Smartlife us: 1. Living with a Family Member with Disabilities - Yadira Torres, PHD 2. Vete Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Under nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost	Barry Schechter 3. Ad lealthy Eating on the O SFPBS SFPBS SFPBS SFPBS erans Care - Coralie F rstanding Where Eatin	ddiction and Go - Jerome (S) (S) (S) (S) Patterson an ng Disorders	Family Co Turner, p (CC) (CC) (CC) (CC) d Richard	ounselin ersonal N/A N/A N/A N/A Shutes, om - Me	g - Dan trainer #1002H #1003H #1004H #1005H JCSFL 3 lissa

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 57 of 366

100.00/211	2023 01/01/2023 - 03/31/2023			гау	e 57 01	300
Sat, Jan 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
cour their Thou treat com Harv med marg	UMA HEALERS focuses on the devastating impact that road traffic accidents and other tries, who often lack access to adequate surgical care. This hour-long documentary filn patients, shedding light on their experiences with trauma, how they cope with it, and ul isands of surgeons around the world have made a passionate commitment to working v ment 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 professio ard's Global Surgery and Social Change program, and Partners in Health, another Bos ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore jinalized patients around the world, from Uganda to the Philippines. Learn about the wa ents with devastating injuries and conditions, despite having limited resources to care for	n features intr timately how with people lin e-long disabili nals, includin ton-based org the practice hys internation	erviews with they overcor ving in pover ity and return g four physic ganization co es employed nal medical p	medical p me it in the ty. Often in to produ cians conr committed to heal tr profession	profession best can providing ctive live nected w to provid auma fo	nals and ases. g medical es in their rith ling r
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett					
he w	K Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At as going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar the with a hopeful attitude and mission that his cancer journey would be, in his words, "a	nd learn how				
18:30:00	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 condominium in oved, and a new permeable patio was created, surrounded by native plants, welcoming e as a community hangout for residents to relax in nature and observe all the newly attr	butterflies an	nd birds. This			
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	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and accessing die sooner than white people. Compared with whites, members of racial and ethnic 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 nportant as c	ss likely to re our populatio	ceive pre n become	ventive l s more (nealth diverse.
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Chai	nges in education and the effects of the pandemic have increased anxiety, 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	imatic stress Its Town Ha	in our yo II, medical	uth. In th I experts	ne Health tackle
21:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and help	in five Americans are physically dependent on, not heroin or cocaine, but commonly pr investigative journalism, MEDICATING NORMAL follows the stories of five ordinary peo with familiar problems such as stress, mild depression, sleeplessness, grief, etc. This is can occur when profit-driven medicine intersects with human beings in distress.	ople whose d	octors presc	ribed psyc	chiatric c	Irugs to
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#208H
	Focusing On Foreplay					
	to get your partner more excited about foreplay, plus what to do when you have misma ove your love life? And an interview with a men's sexual health expert who highlights E			there a s	pecial di	et that car
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1068H
Focu	is: Food trends, COPD-daughter's story, Mental Illness First Aid					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Value Bankagement					

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.

	Daily Program Listing II WPBTHC					
ate: 03/27/				Pag	e 58 of	366
Sun, Jan						
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 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	re digital ser	vices includi	ng teleme		included ir
00:30:00	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 Alzhein or word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their low usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer'	s come wi	ith a trer	nendous
01:00:00	Living Well (Swimming Safety)	SFPBS	(S)	(CC)	N/A	#1351H
Mire	n Oca discusses swimming safety 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 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	re digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The	ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	the least hea their health p	Ithy generati	on in rece	ent times	and they
03:00:00	Spine & Back Care #1115 (Update)	SFPBS	(S)	(CC)	N/A	#1115H
Spir	e and back conditions and how to treat them for a pain free life. Dr. Gosha Brusovanik	dicsusses.				
04:00:00	Primary Care (Diabetes Help)	SFPBS	(S)	(CC)	N/A	#1352H
	Yeisel Barquin discusses the relationship between diabetes and hypertension and high of			(00)		
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	re digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The	ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal	the least hea their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Alma's Way Alma's Showstopper/Ultimate Helper	PBS	(S)	(CC)	DVI	#107H
whe the	a, Rafia, and Andre want to perform at open mic night, and with Lucas' sa-weet singing an Lucas gets cold feet before the big night, Alma has to find a way to help him get over livet clinic's wall, she is determined to win the title of Ultimate Helper of the Week herself. About what it really means to help others.	his nervousn	ess. When A	lma sees	Safina's	s picture or
06:30:00	Scigirls Going Green	PBSPL	(S)	(CC)	N/A	#111H
SciC	Girl Mackenzie and her friends put a lid on school trash by inventing a new use for recycl	ed yogurt cu	ps.			
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#130H
57.00.00	The Food Chain Game	1 00	(0)	(00)	13/73	#10011

07:00:00 Wild Kratts The Food Chain Game

Aviva wants to build a food web for the African savannah, so she devises a game and Martin and Chris accept her challenge! They will each start as a blade of grass and climb to the top of the food web in a game of "Power Suit Creature Tag." As they play, the brothers boost their knowledge of the complex relationships between predators and prey as well as the differences between herbivores and carnivores.

Sun, Jan 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 59 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Truth About Prostate Cancer	NETA	(S)	(CC)	N/A	#105H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H

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

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
08:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H
09:06:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7807H
09:19:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7808H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7809H
09:45:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7810H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

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

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

Sun, Jan 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 60 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:13:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#507H
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#508H
	Segment 8					
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#509H
	Segment a					
11:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
12:00:00	Call The Midwife Episode 3	PBS	(S)	(CC)	DVI	#1103H
	et must balance her professional and personal views to tackle the issue of meths drinker t decide between two very different futures. Trixie and Matthew's friendship blossoms in			oromising	young s	inger who
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1104H
	Episode 4 atwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the nues to search for a new job, Lucille comes to terms with unexpected news.	form of Free	d, who has a	sneaky p	lan. Whi	ile Cyril
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1065H
Focu	is: Cell phones and neck pain, Breast cancer and heart disease, Swim safety					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Focu	is: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	is: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Jul ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna		Factors for D)iabetes -	Lois Ex	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
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	is: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understandir 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	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#101H
	The Stars & The Ospreynone					

Part 1, "The Stars & The Osprey," begins with Lightman's late-night experience alone on the ocean when he felt connected to the stars, and ends with a memorable eye-to-eye encounter with a wild creature. Lightman attempts to reconcile these transcendent experiences with the material world of atoms and molecules.

Sun, Jan 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 61 of 366

	Title	Dictrib	Stores	Car	400	Enio ada
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	y years of mammograms and trillions of dollars of research have had virt e courageous women navigate their way through medical fact and fiction heir way to health, hope, and healing.					
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	#1703H
	Alzheimer's: A Public Health Crisis					
cost	r word, globally the number of people diagnosed is expected to double ev to our healthcare system, it takes an emotional toll on families as they ca usses Alzheimer's Disease from a caregiver and a public health perspect	re for their loved ones, whil				
20:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a ren requiring hospitalization to treat RSV infections, and of course, COVI ain why this is happening and what we can do to stay as healthy as poss	D-19. Infectious disease ex				
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
	munication throughout cancer care is increasingly important but little unconstrates the power of communicating about illness, a medical team's su		nmunication			
and p	possibilities for improving patient outcomes. This documentary is designed se fields of education, and stimulate critical discussions about the ongoin ase.			innovativ	e resour	ce across
and p diver disea	se fields of education, and stimulate critical discussions about the ongoin			innovativ	e resour	ce across
and j diver	se fields of education, and stimulate critical discussions about the ongoin ase.	ng need for enhanced health	n communica	innovativ ation wher	e resour n facing i	ce across illness and
and diver disea 22:00:00	rse fields of education, and stimulate critical discussions about the ongoin ase. Sex Talk with Dr. Lia	ng need for enhanced health	(S)	innovativ ation when (CC)	e resour n facing i N/A	ce across illness and #209H
and diver disea 22:00:00	rse fields of education, and stimulate critical discussions about the ongoin ase. Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	ng need for enhanced health	(S)	innovativ ation when (CC)	e resour n facing i N/A	ce across illness and #209H
and i diver disea 22:00:00 The i 22:30:00	se fields of education, and stimulate critical discussions about the ongoin ase. Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss supp	ng need for enhanced health SFPBS plements and an interview v	(S) vith an exper	innovativ ation wher (CC) t on ways	e resour n facing i N/A to be le	ce across illness and #209H ss lonely.
and j diver disea 22:00:00 The i 22:30:00 Focu	se fields of education, and stimulate critical discussions about the ongoin ase. Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss sup Health Insiders	ng need for enhanced health SFPBS plements and an interview v	(S) vith an exper	innovativ ation wher (CC) t on ways	e resour n facing i N/A to be le	ce across illness and #209H ss lonely.
and i diver disea 22:00:00 The i 22:30:00	se fields of education, and stimulate critical discussions about the ongoin ase. Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch impact of loneliness on your mind and lifestyle, a look at weight loss supp Health Insiders is: Teeth grinding, Workplace stress, Products to relieve Sunburn	ng need for enhanced health SFPBS olements and an interview v SFPBS	r communica (S) vith an exper (S)	innovativ ation wher (CC) t on ways (CC)	n facing i N/A to be le	ce across illness and #209H ss lonely. #1070H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 62 of 366

					,	
Mon, Jan	Title	Distrib	Charao	Can	400	Taiaad
Start	Subtitle	Distrib	Stereo	Сар	<u></u>	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, 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 Hea	the least hea w their health p	Ithy generati	on in rece	ent times	and they
01:00:00	Living Well (Massage Help)	SFPBS	(S)	(CC)	N/A	#1354H
Gary	Galasso describes the benefits of massage therapy in the clinical setting and for over	rall wellness.		、 <i>,</i>		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	ription of the vices includi	different s		included
02:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more the gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to I	health is	
03:00:00	Maternity Care #1116 (Female Issues)	SFPBS	(S)	(CC)	N/A	#1116H
Focu	s: Dr. Robert Feldman discusses fibroids, polyps and cysts.					
04:00:00	Spine & Back Care (Common Back/Neck Pain Reflief)	SFPBS	(S)	(CC)	N/A	#1355H
	rusovanik discusses the different minimally invasive surgery options for spine & back spine.	care, as well a		. ,	eeping n	notion in
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	ription of the vices includi	different s		included
05:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different r episode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to I	health is	
06:00:00	Classical Stretch: By Essentrics Waist Slenderizing	APTEX	(S)	(CC)	N/A	#1219H
This lean	all-standing Classical Stretch waist slenderizing workout strengthens every muscle ar	ound your cor	e and waist l	eaving yo	u longer	and
06:30:00	Wai Lana Yoga Energy Charge Breathing	APTEX	(S)	(CC)	N/A	#112H
07:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small	APTEX	(S)	(CC)	DVI	#102H
Dort	2 "The Big & The Small " dramatizes the fact that humans are almost exactly the same	o diotonoo ir	tormo of "D	oworo of -	Ton" by	twoon or

Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.

Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 63 of 366 Mon, Jan 16, 2023 Title Cap Start Subtitle Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1104H Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 09:00:00 APTEX Medical Frontiers (S) (CC) N/A #119H Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body. 09:30:00 #118H Medical Frontiers APTEX (S) (CC) N/A Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world. 10:00:00 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. 10:30:00 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. 11:00:00 Medical Frontiers APTEX (S) (CC) N/A #117H Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors. 11:30:00 Medical Frontiers APTEX (S) (CC) N/A #119H Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body. 12:00:00 Call The Midwife PBS (CC) DVI #1104H (S) Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 13:00:00 Call The Midwife PBS (S) (CC) DVI #1105H Episode 5 Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesto for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime. 14:00:00 Health Insiders SFPBS (S) (CC) N/A #1101H Focus: Stress, STI, chiropractic care

(S)

(CC)

N/A

#1106H

SFPBS

Daily Program Listing II WPBTHC

14:30:00 Health Insiders

Focus: Chiropractic care, certifications, PPD

Mon, Jan 16, 2023

Page 64 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	us: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Je ety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressur		Tips, Jenna V	Werner, R	D 4. Hol	iday
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
	us: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Si					
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	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
	Iren requiring hospitalization to treat RSV infections, and of course ain why this is happening and what we can do to stay as healthy a Searching: Our Quest for Meaning in the Age of Science		(S)	(CC)	DVI	#102H
atom	The Big & The Small 2, "The Big & The Small," dramatizes the fact that humans are alr n and a star. But where do we fit in the moral universe? Alan spea sciousness, and the status of future Artificial Intelligences.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
19:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	ennials were born between the years 1981 and 1996. At 73 million, y make up the greatest percentage of the population and the labor experiencing declining health faster than any other recent generati rmine the overall health of America. This episode discusses the is	force. They are also the least heat heat heat heat heat heat heat hea	althy generati	on in rece	nt times	and they
20:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the p	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + ME power of storytelling. In this one-hour special, physicians share the esentation, and anti-racist efforts in the medical community.					through
21:00:00	The Cure	NETA	(S)	(CC)	N/A	#1
Thre	by years of mammograms and trillions of dollars of research have have courageous women navigate their way through medical fact and their way to health, hope, and healing.					
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surger	У				
used Tech	first of two programs on the latest cancer treatments looks at fluor d in Japan for liver cancer surgery. Cancer cells glow, showing the nology is being developed for its use on other cancers such as br e during an operation if any cancer cells remain in the body.	size and location of tumors and n	naking precis	e surgery	possible	e. ,

Mon, Jan 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 65 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
requ	oved without damaging surrounding tissue by applying low-dose X-rays at different angl ire a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
23:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H

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.

_

Tue, Jan 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 66 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view ubscription plan AllHealthGo has created to offer users access to a numb ultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	t obesity is associated with a decrease in life expectancy for both men and 163 million adults in the U.S. are overweight or obese - two thirds of men, gering, but people still struggle every day to drop the pounds. Everyone has episode discusses the challenges and solutions for sustained weight loss.	and more than 60% of wo	men. The da	mage to I	nealth is	
01:00:00	Mental Health (Forced Labor Issues)	SFPBS	(S)	(CC)	N/A	#1361H
Cora	lie Patterson, Kathy Andersen and Marya Meyer discuss human traffickin	g.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view ubscription plan AllHealthGo has created to offer users access to a numb ultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	vices includii	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the Ur r women's health issue. It is the cause of death for 1 in 5 women in the U men every year. That's more than all cancers combined. But 80% of card e of heart disease in women and how we can lower cardiac risk and death	S., and heart disease and ac and stroke events can	stroke comb	ined caus	e the de	eath of 1 ir
03:00:00	Sports Medicine (Exercise Results)	SFPBS	(S)	(CC)	N/A	#1117H
	Papp and Jason Meland discuss exercising/training to meet fat loss goals onal story with his injuries and what his recovery was like.	and build lean muscle. For	us: Charles	Schottlan	d shares	s his
04:00:00	Staying Healthy (Hypothyroidism)	SFPBS	(S)	(CC)	N/A	#1369H
Dr. F	araskos discusses hypothyroidism, what it is, how to diagnose it and bes	treatment options.		、		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view ubscription plan AllHealthGo has created to offer users access to a numb ultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	iption of the vices includir	different s		included ir
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the Ur r women's health issue. It is the cause of death for 1 in 5 women in the U men every year. That's more than all cancers combined. But 80% of card of heart disease in women and how we can lower cardiac risk and death	S., and heart disease and ac and stroke events can	stroke comb	ined caus	e the de	eath of 1 in
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 fenda Esmonde-White for a foot strengthening Classical Stretch workout.	et you cannot achieve a s	trong, health	y, pain-fre	e body.	Join
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#113H
00.00.00	The King of Asanas	AFILA	(3)		11/74	π 11311

Rejuvenate amongst the spectacular desert bloom with a modified yoga practice using a chair for support. Including dynamic seated stretches to open the hips and improve range of motion in the spine along with a balance and strength standing sequence, incorporating gentle side bends to expand the breath, activate the core and bring overall spaciousness to the body.

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 67 of 366 Tue, Jan 17, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 07:30:00 Doctor Q & A NETA (S) (CC) N/A #109H Dealing with Mental Health Issues In Children 08:00:00 APTEX **Trauma Healers** (S) (CC) N/A #0H TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need. 09:00:00 APTEX Medical Frontiers (S) (CC) N/A #117H Lifelike Surgical Training Model An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eve surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors. 09:30:00 Medical Frontiers APTEX (S) (CC)N/A #118H Treating Cancer with Cyberknife CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world. 10:00:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1803H Heart Valve Replacement Heart valve replacement is an area in medicine which has made great advancements and is a very common procedure. This procedure is 94-97% effective and can drastically increase the life expectancy of the patient. 10:30:00 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. 11:00:00 (CC) Innovations In Medicine NETA (S) N/A #408H Longevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology, Immuno-oncology. 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. 12:00:00 Medical Frontiers (CC) APTEX (S) N/A #119H Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body. 12:30:00 APTEX Medical Frontiers (S) (CC) N/A #120H

Daily Program Listing II

Genomic medicine is undergoing rapid change after the Japanese public health insurance system began to cover genetic testing in 2019. Cancer patients who meet certain criteria are able to take these tests for a relatively affordable price, and their genetic information is collected in a massive database and analyzed with the help of around 170 hospitals across the country. But challenges remain, with suitable drugs available for only 10% of patients who undergo testing.

Cutting-Edge Cancer Treatments: Advancing Genomic Medicine

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 68 of 366

10. 00/21/				i ug		000
Tue, Jan						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
3:00:00	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, depressior nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenager e issues affecting our children and offer practical advice based on research.					
14:00:00	Sex Talk with Dr. Lia Importance of Cuddling and Physical Touch	SFPBS	(S)	(CC)	N/A	#209H
The	impact of loneliness on your mind and lifestyle, a look at weight loss supplements and	an interview v	with an expe	rt on ways	s to be le	ess lonely.
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1107H
Focu	us: Running, autoimmune disease, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
Stab	us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergies, Dr. Scarlet C ole Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Counseling F alona					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, Dr. José e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery rcises you can do Anywhere, Arianne Traverso, Yoga instructor					
16:10:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:35:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: Iren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infecti ain why this is happening and what we can do to stay as healthy as possible.					
18:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
func	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys t tional shade hammock. Tips are also shared on how to help protect Florida's greatest applement irrigation systems.					
18:30:00	Hope Is Here Gina Hollenbeck	NETA	(S)	(CC)	N/A	#104H
diag	a Hollenbeck is positive about life. Every day she lives with an optimistic desire to over nosis. 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.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					

The Battle Against Breast Cancer

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 69 of 366

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	obesity is associated with a decrease in life expectancy for both men and women, as a 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 pisode discusses the challenges and solutions for sustained weight loss.	in 60% of wo	men. The da	mage to h	nealth is	
20:00:00	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
10 gl	ers through America, for a look at supply lines, education, mental health, law enforceme obal contributors, each with a unique perspective from their part of the world. Finding Hope:		·			, ,
21:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
	Importance of Cuddling and Physical Touch					
			with an avnar		to bo lo	ee lonoly
The i	mpact of loneliness on your mind and lifestyle, a look at weight loss supplements and a	an interview v	vitit all exper	t on ways		iss ionery.
The i 22:30:00	mpact of loneliness on your mind and lifestyle, a look at weight loss supplements and a Health Insiders	an interview v SFPBS	(S)	(CC)	N/A	#1107H
22:30:00			·			
22:30:00	Health Insiders		·			
22:30:00 Focu	Health Insiders s: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 70 of 366

				. 49	0 1 0 01	000
Wed, Jan	18, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital service	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	981 the term "sandwich generation" was coined to describe a group of Americans w ives at the same time. Today, millions of families are facing the dual challenge of sa naving children later. This episode focuses on these caregivers.					
01:00:00	Living Well (Mall Walking Wellness)	SFPBS	(S)	(CC)	N/A	#1363H
Lour	des Rodriguez talks about the benefit of walking programs in local malls.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital serv	vices includi	ng teleme		included
02:30:00	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 r six million people worldwide. The symptoms generally develop slowly over years, s hand. While tremors are common in Parkinson's, the disease progression is unique ments of Parkinson's Disease, and the search for a cure.	sometimes starting	g with a bare	ely noticea	able tren	nor in just
03:00:00	Women's Health (Infertility Issues)	SFPBS	(S)	(CC)	N/A	#1118H
knov	Eisermann discusses general concerns surrounding infertility issues . Focus: When v that it's time to see a reproductive endocrinologist? Does it make sense to freeze unctional uterine bleeding have anything to do with your fertility?					out or
04:00:00	Pain Management (Back Care)	SFPBS	(S)	(CC)	N/A	#1372H
Dr. J	lose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine care vs.	surgical treatment	IS.			
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 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 the subscription of	Ithcare digital service	iption of the vices includi	different s		included i
05:30:00	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 affects r six million people worldwide. The symptoms generally develop slowly over years, s hand. While tremors are common in Parkinson's, the disease progression is unique tments of Parkinson's Disease, and the search for a cure.	sometimes starting	g with a bare	ely noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1221H
tissu	Connective Tissue r connective tissue surrounds your entire body from the top of your head to the tip o le, and a healthy connective tissue requires healthy muscles. Strengthen and stretc nda Esmonde-White.					
06:30:00	Wai Lana Yoga Rock & Roll	APTEX	(S)	(CC)	N/A	#114H
07:00:00	To Heal The Heart Legacy of Light	APTEX	(S)	(CC)	N/A	#104H
L ive	voars after the parthquake. Kebe is well on its way to recovery. Kazutaka accepts	a neat in a newly	huilt boonitol	and real		

Five years after the earthquake, Kobe is well on its way to recovery. Kazutaka accepts a post in a newly built hospital and zealously pursues ideal psychiatric treatments. But then, he's diagnosed with cancer. Should he quit working and focus on his own treatment, or continue to see patients? The odds of healing naturally are 1 in 500. With two children and a third on the way, Kazutaka searches for effective treatments and finally discovers what it truly means to "heal the heart."

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 71 of 366 Wed, Jan 18, 2023 Title Subtitle Cap Start Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1104H Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 09:00:00 APTEX Medical Frontiers (S) (CC) N/A #119H Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body. 09:30:00 APTEX #101H Medical Frontiers (S) (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. 10:00:00 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. 10:30:00 APTEX 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. 11:00:00 Conscious Living NETA (S) (CC) N/A #106H Dancing to the Rhythm Around The World On this episode, we're dancing to the beat of humanity to explore the uplifting power of music to transform and heal. We start in Joshua Tree, California for the best yoga and music festival of the year. Next we're off to the island of Bali, Indonesia for an immersive didgeridoo sound healing and a sacred dance retreat teaching women how to reclaim their innate feminine power. Then, we power through a magical night in Rome, Italy fueled by raw cacao, vegan gelato and live electronica at the center of Rome's boho Monti district - wow! 11:30:00 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. 12:00:00 Call The Midwife PBS (S) (CC) DVI #1104H Episode 4 A heatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the form of Fred, who has a sneaky plan. While Cyril continues to search for a new job, Lucille comes to terms with unexpected news. 13:00:00 Call The Midwife PBS (S) (CC) DVI #1105H

Daily Program Listing II

Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesto for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.

Episode 5

14:00:00 SFPBS Health Insiders (S) (CC)N/A #1102H Focus: Swim safety, blue zones, addiction 14:30:00 SFPBS Health Insiders (S) (CC)N/A #1108H Focus: Blue zone, autism, chiropractic care

Wed, Jan 18, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 72 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Diseas riz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felip uctor 6. Mission to the Bahamas - Angie Wagner, Cadena		eldman 3. Cl	hildren Me		
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha \ ard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	/iera 3. The Power of Maco	ca - Dr. Lia J	iannine 4.	Dental	Myths - E
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem	munication throughout cancer care is increasingly important but little unde onstrates the power of communicating about illness, a medical team's sus	stained ability to rely on cor	nmunication	when pro	viding q	
	possibilities for improving patient outcomes. This documentary is designerse fields of education, and stimulate critical discussions about the ongoin ase.					
dive	rse fields of education, and stimulate critical discussions about the ongoin					
dive dise	rse fields of education, and stimulate critical discussions about the ongoin ase.	g need for enhanced healt	n communica	ation wher	n facing	illness a
dive dise 19:00:00	rse fields of education, and stimulate critical discussions about the ongoin ase.	g need for enhanced healt	n communica	ation wher	n facing	illness a #111H
dive dise 19:00:00 19:30:00	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	g need for enhanced healt NETA APTEX	n communica (S) (S)	ation wher (CC) (CC)	n facing N/A N/A	#111H #1706H
dive dise 19:00:00 19:30:00 In 19 relat	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden	g need for enhanced healt NETA APTEX ericans who are caring for	n communica (S) (S) children und	(CC) (CC) (CC)	n facing N/A N/A e of 18 a	illness a #111H #1706F Ind older
dive dise 19:00:00 19:30:00 In 19 relat are l	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 081 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe	g need for enhanced healt NETA APTEX ericans who are caring for	n communica (S) (S) children und	(CC) (CC) (CC)	n facing N/A N/A e of 18 a	illness a #111H #1706F Ind older
dive dise 19:00:00 19:30:00 In 19 relat are f	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 081 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers.	g need for enhanced healt NETA APTEX ericans who are caring for enge of sandwich caregivir	n communica (S) (S) children und ig as the pop	(CC) (CC) (CC) ler the age pulation ag	n facing N/A N/A e of 18 a ges and	#111H #1706F Ind older America
dive dise 19:00:00 19:30:00 In 19 relat are f 20:00:00	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 081 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers. Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Medicating Normal	g need for enhanced healt NETA APTEX ericans who are caring for enge of sandwich caregivir SFPBS NETA	n communica (S) (S) children und g as the pop (S)	ation wher (CC) (CC) ler the age oulation ag (CC)	n facing N/A N/A e of 18 a ges and N/A N/A	illness a #111H #1706F Ind older America #102H #0H
dive dise 19:00:00 19:30:00 In 19 relat are h 20:00:00 21:00:00 One and help	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 081 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers. Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	g need for enhanced healt NETA APTEX ericans who are caring for enge of sandwich caregivir SFPBS NETA commonly prescribed psyse e ordinary people whose d ief, etc. This is the untold s	(S) (S) children und g as the pop (S) (S) chiatric drugs octors presc	ation wher (CC) (CC) ler the age oulation ag (CC) (CC) s. Combin ribed psyc	n facing N/A N/A e of 18 a ges and N/A N/A ing cine	illness a #111H #1706H Ind older America #102H #0H ma verit Irugs to
dive dise 19:00:00 19:30:00 In 19 relat are h 20:00:00 21:00:00 One and help	rse fields of education, and stimulate critical discussions about the ongoin ase. Doctor Q & A Heart Attacks and Strokes Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 881 the term "sandwich generation" was coined to describe a group of Am ives at the same time. Today, millions of families are facing the dual challe having children later. This episode focuses on these caregivers. Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall Medicating Normal in five Americans are physically dependent on, not heroin or cocaine, but investigative journalism, MEDICATING NORMAL follows the stories of five with familiar problems such as stress, mild depression, sleeplessness, gr	g need for enhanced healt NETA APTEX ericans who are caring for enge of sandwich caregivir SFPBS NETA commonly prescribed psyse e ordinary people whose d ief, etc. This is the untold s	(S) (S) children und g as the pop (S) (S) chiatric drugs octors presc	ation wher (CC) (CC) ler the age oulation ag (CC) (CC) s. Combin ribed psyc	n facing N/A N/A e of 18 a ges and N/A N/A ing cine	illness a #111H #1706H Ind older America #102H #0H ma verit Irugs to

The first of two programs on the latest cancer treatments looks at fluorescence imaging, which causes cancer cells to light up. It's now widely used in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of tumors and making precise surgery possible. Technology is being developed for its use on other cancers such as breast cancer. It will enable surgeons to tell simply by looking at an incision made during an operation if any cancer cells remain in the body.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 73 of 366

Wed, Jan 18, 2023

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
	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					

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.

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

Stress

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

Thu, Jan 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 74 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	ption of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting research, millennials have become the most anxious generation in history. The treated.					
01:00:00	Healthy Living (Outpatient Care Facilities)	SFPBS	(S)	(CC)	N/A	#1370H
	ry Guzman and Dr. Careaga discuss the safety of outpatient facilities. Focus: credited.	How to find out if your o	loctor is ver	fied, whe	re to see	e if a facilit
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 numb	of healthcare digital serv	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ist cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to diagnosis, and their support can be crucial to recovery. The couple goes throu cer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact o
03:00:00	Brain Health (Meningitis Update)	SFPBS	(S)	(CC)	N/A	#1120H
Dr. F	elipe de los Rios discusses meningitis: symptoms, risks, diagnosis, treatmen	it, in support of World M	eningitis Da	y on April	24.	
04:00:00	Spine & Back Care (Innovations In Spine Surgery)	SFPBS	(S)	(CC)	N/A	#1375H
Focu	is: Gimmicks vs. real innovations in spine surgery with Dr. Gosha Brusovanik					
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 sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital service	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ist cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to liagnosis, and their support can be crucial to recovery. The couple goes throu cer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact o
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1222H
	Hip & Glute Flexibility					
	n your hips and glutes are not doing their job properly you may feel discomfo only strengthens, it also stretches these muscles leaving your entire lower boo			Classical	Stretch	Workout
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#115H
	The Crunch Alternative					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H

Episode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys turning a once overgrown, disorganized backyard into a functional shade hammock. Tips are also shared on how to help protect Florida's greatest and most important resource, water, by using rainwater to supplement irrigation systems.

Thu, Jan 19, 2023

disease.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 75 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs			()		
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model					
eye awa	nnovative surgical training model has been developed called the bionic human surgery model recreates a part of a membrane that's just 3 micrometers thick by. The brain surgery model replicates complex structures within the skull to he lels could transform training for novice doctors.	. Surgeons can practic	e a difficult s	urgery tha	it involve	es peelin
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cance oved without damaging surrounding tissue by applying low-dose X-rays at diff uire a hospital stay. The technology originated in the US and was improved by among the highest in the world.	ferent angles. One trea	atment takes j	ust 30 mii	nutes an	d doesn
10:00:00	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, busequences. Stress in all ages, as well as pandemic-related stress, affects our h as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808F
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually br cine. Childhood vaccine rates continue to decrease in certain areas of the cou neback.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#408H
Lonę	gevity Diet, Bunion surgery device, Hip replacement, Interventional cardiology	, Immuno-oncology.				
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 desiru prosis. As a young mother of two boys, she forges ahead towards a vibrant an herself but for others who suffer from this deadly disease.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution					Data fr
20 n oper	university hospital in Tokyo is a globally-unique operating room called the Hy nedical devices are integrated in real time and shown on a monitor during sur- ning 2 years ago. Doctors outside the operating room can see the monitor and arately, another university is using virtual reality to help students learn.	gery. It has been used	for difficult br	ain tumor	surgerie	es since
12:30:00	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 drawn was livelier and began to talk more. A girl with extreme sensitivity to so i in his abdomen and pain felt better, regained his appetite and began to sleep logy and brain science to find out why aromas have such effects.	ound happily took off he	er earmuffs. A	terminal	cancer	patient w
13:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and dive	nmunication throughout cancer care is increasingly important but little underst nonstrates the power of communicating about illness, a medical team's sustair possibilities for improving patient outcomes. This documentary is designed to rese fields of education, and stimulate critical discussions about the ongoing ne ase.	ned ability to rely on co raise public awarenes	mmunication s, provide an	when pro innovativ	viding q e resoui	rce acros

Thu, Jan 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 76 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Otart		Distrib		Cap		
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	t to do when you can't seem to get aroused, plus ways to improve your sex drive. The ionship issues at home.	n a sex therap	oist talks abo	ut how to	work thi	ough
4:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1109H
Focu	is: Arthritis exercise, functional medicine, depression					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	is: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulation for noma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine 5. H					ı, iMatter 3.
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	is: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Dise n, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4					
16.14.00	Smartlife	SEDBS	(5)	(CC)	NI/A	#1706H

16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H

TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need.

 18:00:00
 Searching: Our Quest for Meaning in the Age of Science
 APTEX
 (S)
 (CC)
 DVI
 #102H

 The Big & The Small
 The Direct The Out With the State of t

Part 2, "The Big & The Small," dramatizes the fact that humans are almost exactly the same distance - in terms of "Powers of Ten" - between an atom and a star. But where do we fit in the moral universe? Alan speaks with the Dalai Lama, a rabbi and a bio-ethicist about the nature of consciousness, and the status of future Artificial Intelligences.

19:00:00 Doctor Q & A NETA N/A #102H (S) (CC)Caring for Your Back 19:30:00 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.

	Daily Program Listing II WPBTHC					
Date: 03/27				Pag	e 77 of	366
Thu, Jan	19, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
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 esentation, and anti-racist efforts in the medical community.					through
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
and dive	nonstrates the power of communicating about illness, a medical team's sustained ability possibilities for improving patient outcomes. This documentary is designed to raise purse fields of education, and stimulate critical discussions about the ongoing need for enase.	iblic awareness	s, provide an	innovativ	e resou	rce across
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	at to do when you can't seem to get aroused, plus ways to improve your sex drive. The tionship issues at home.	en a sex therapi	ist talks abo	ut how to	work thr	ough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1109H
Foc	us: Arthritis exercise, functional medicine, depression					
23:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
23:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H

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

_

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 78 of 366

Fri, Jan 2						
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 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	althcare digital serv	vices includii	ng teleme		included ir
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 omen every year. That's more than all cancers combined. But 80% of cardiac and s e of heart disease in women and how we can lower cardiac risk and death.	heart 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
This 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 heasultations, emotional advice, second-opinion consultations, as well as a number of	an in-depth descr althcare digital serv	iption of the vices includi	different s	ervices	
02:30:00	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 healt -COVID symptoms.	th effects of the peo	ople who are	e suffering	from de	ebilitating
03:00:00	Maternity Care #1121 (Update)	SFPBS	(S)	(CC)	N/A	#1121H
Eve	rything you need to know about pregnancy, childbirth and post-partum care.					
04:00:00	Nutrition & Health (Food and Brain Connection)	SFPBS	(S)	(CC)	N/A	#1378H
	ny Clark-Reyes & Yanira Ruidiaz discuss the relationship between diet/nutrition, ea mental health. Focus: ADD/ADHD and other disorders.	ating process foods	and such a	nd the im	pact that	has on
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 hea sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	ices includi	ng teleme		included ir
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 healt -COVID symptoms.	th effects of the pe	ople who are	e suffering	from de	ebilitating
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 Ca lassical Stretch that decompresses your vertebrae and stretches your spine.	aribbean sea. Join	Miranda Esr	nonde-Wl	nite for a	n episode
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#116H
	The Lion					
07:00:00	To Heal The Heart	APTEX	(S)	(CC)	N/A	#104H
	Legacy of Light		(-)	(-)		

Five years after the earthquake, Kobe is well on its way to recovery. Kazutaka accepts a post in a newly built hospital and zealously pursues ideal psychiatric treatments. But then, he's diagnosed with cancer. Should he quit working and focus on his own treatment, or continue to see patients? The odds of healing naturally are 1 in 500. With two children and a third on the way, Kazutaka searches for effective treatments and finally discovers what it truly means to "heal the heart."

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

Page 79 of 366

	2023 01/01/2023 - 03/31/2023			- J	61901	
Fri, Jan 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1104H
A ho	Episode 4 atwave descends over Poplar and Sister Monica Joan struggles. An angel comes in t	he form of Fred	d who has a	snoaky n	lan Whi	le Cyril
	nues to search for a new job, Lucille comes to terms with unexpected news.		a, who has a	эпеаку р		le Cyrli
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery					
used Tech	first of two programs on the latest cancer treatments looks at fluorescence imaging, w in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of inology is being developed for its use on other cancers such as breast cancer. It will e e during an operation if any cancer cells remain in the body.	f tumors and m	aking precis	e surgery	possible	э.
09:30:00	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 SCO redical devices are integrated in real time and shown on a monitor during surgery. It h ing 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.	as been used	for difficult br	ain tumor	surgerie	es since
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					
	ecia areata is a common autoimmune disorder that often results in unpredictable hair as and is one of the most requested topics from viewers every year.	loss. It affects	roughly 6.8 i	million pe	ople in th	ne United
10:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre they can prevent developing memory issues of any kind. There is a promising body on ng at what we can do to keep our brain healthy.					
11:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
Enie	ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Keys t			licorganiz	od back	vard into
funct	ional shade hammock. Tips are also shared on how to help protect Florida's greatest pplement irrigation systems.					
11:30:00	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 SCO redical devices are integrated in real time and shown on a monitor during surgery. It h ring 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.	as been used	for difficult br	ain tumor	surgerie	es since
12:00:00	Call The Midwife Episode 4	PBS	(S)	(CC)	DVI	#1104H
Δ ho	atwave descends over Poplar and Sister Monica Joan struggles. An angel comes in the	he form of Fred	d who has a	sneaky n	lan Whi	le Cvril
	nues to search for a new job, Lucille comes to terms with unexpected news.		a, mie nae a	onouny p		
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1105H
	Episode 5					
	e has been assigned to a complicated case. Sister Hilda is called to the primary school e Crane receives exciting news that will take her on an adventure of a lifetime.	ol and she asks	s Nancy and	Sister Fra	ancesto	for help.
	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
14:00:00						
	is: Behavior changes, PPD, chiropractic care					
14:00:00 Focu 14:30:00	is: Behavior changes, PPD, chiropractic care Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H

Fri, Jan 20, 2023

Page 80 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	– <u>– –</u> N/A	#1801H
	us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercis sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional L					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 - E nosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Der			Scarlet C	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	Covid Lost and Learned	NETA	(S)	(CC)	N/A	#0H
view	/ID Lost and Learned explores a post pandemic reset through stor ers through America, for a look at supply lines, education, mental lobal contributors, each with a unique perspective from their part o Art + Medicine: Speaking of Race	health, law enforcement and en				
the p	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEL power of storytelling. In this one-hour special, physicians share the esentation, and anti-racist efforts in the medical community.					through
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	Heart Disease In Women rt Disease is the leading cause of death and disability for women ir or women's health issue. It is the cause of death for 1 in 5 women i omen every year. That's more than all cancers combined. But 80% e of heart disease in women and how we can lower cardiac risk an	n the U.S., and heart disease ar of cardiac and stroke events ca	nd stroke comb	pined caus	se the de	eath of 1 ir
20:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#102H
atom	The Big & The Small 2, "The Big & The Small," dramatizes the fact that humans are aln n and a star. But where do we fit in the moral universe? Alan speak sciousness, and the status of future Artificial Intelligences.					
21:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now t dren requiring hospitalization to treat RSV infections, and of course ain why this is happening and what we can do to stay as healthy a	, COVID-19. Infectious disease				
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
-	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surger	•				
usec Tech	first of two programs on the latest cancer treatments looks at fluor d in Japan for liver cancer surgery. Cancer cells glow, showing the nnology is being developed for its use on other cancers such as bri- le during an operation if any cancer cells remain in the body.	size and location of tumors and	making precis	e surgery	possible	э.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 81 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
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 ing 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 f	or difficult br	ain tumor	surgeri	es since
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	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.

Fri, Jan 20, 2023

Sat, Jan 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 82 of 366

Sal, Jan 2	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 i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects nea six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	netimes startin	ng with a bare	ely noticea	able tren	nor in just
01:00:00	Men's Health (Low Testosterone & Heart Disease)	SFPBS	(S)	(CC)	N/A	#1376H
Focu	s: The link between erectile dysfunction, low testosterone, and heart disease with Dr.	Daniel Martini	iez.	, , ,		
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 healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial disp ien of color.					
03:00:00	Kids & Teens (Pediatric Trauma)	SFPBS	(S)	(CC)	N/A	#1123H
Focu	is: Dr.Holly Neville discusses pediatric trauma, trauma surgery and prevention.					
04:00:00	Staying Healthy (Hypothyroidism)	SFPBS	(S)	(CC)	N/A	#1369H
Dr. F	Paraskos discusses hypothyroidism, what it is, how to diagnose it and best treatment o	ptions.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices 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	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial disp ien of color.					
06:00:00	Alma's Way Lucas Left Out/The Sweetest Trea	PBS	(S)	(CC)	DVI	#124H
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#112H
	Star Power					
SciG	irls Avianna and Miranda help cut light pollution in their neighborhood.					
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#423H
	Cheetah Adopted					
some	in and Chris are creature adventuring on the African savannah when they encounter a ething odd. One of the piglets is the cheetah cub Spotswat! It's up to the Kratt Bros to the for a start Bros to the format and to reunite him with his mother, Blur. Science Concept: Interspecies related as the start of the format and the start of the start	find out why th				
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Decling with Montel Legith Jacuas In Children					

Dealing with Mental Health Issues In Children

Sat, Jan 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Title

Page 83 of 366

Start		l itle Subtitle	Dis	strib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7801H
	Segment 1							
		s spirit of innovative programming, Vida y S ig groundbreaking medical breakthroughs						
08:12:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7802H
	Segment 2							
08:23:00	Vida Y Salud		SF	PBS	(S)	(CC)	N/A	#7803H
	Segment 3							
08:34:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7804H
	Segment 4							
08:45:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7805H
	Segment 5							
08:55:00	Vida Y Salud		SF	PBS	(S)	(CC)	N/A	#7806H
	Segment 6							
09:06:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7807H
	Segment 7							
09:19:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7808H
	Segment 8							
09:32:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7809H
	Segment 9							
09:45:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#7810H
	Segment 10							
10:00:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#501H
ln ke	Segment 1 eping with the Health Channel's	s spirit of innovative programming, Vida y S	Salud is a fast-pace	d, fun ar	nd informativ	e Spanisl	h-langu	age health
		g groundbreaking medical breakthroughs						
10:12:00	Vida Y Salud		SF	PBS	(S)	(CC)	N/A	#502H
	Segment 2							
10:21:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#503H
	Segment 3							
10:30:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#504H
	Segment 4							
10:44:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#505H
	Segment 5							
11:00:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#506H
	Segment 6							
11:13:00	Vida Y Salud		SFI	PBS	(S)	(CC)	N/A	#507H
	Segment 7							

Sat, Jan 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 84 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
1:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#508H
11:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#509H
	Segment 9					
11:42:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#510H
2:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
13:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
	Importance of Cuddling and Physical Touch					
The	impact of loneliness on your mind and lifestyle, a look at weight loss supplement	nts and an interview w	ith an exper	t on ways	to be le	ss lonely
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1107H
Foci	us: Running, autoimmune disease, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
	ole Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellette 5. Couns alona	sening Families when r		, Reveren	la Guille	mo
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
	Smartlife Smartlife	SFPBS SFPBS	(S) (S)	(CC) (CC)	N/A N/A	
15:31:00						#1503H
15:31:00 15:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H #1504H
15:31:00 15:45:00 15:58:00 Foct Jose	Smartlife Smartlife	SFPBS SFPBS SFPBS Dr. Jose Mena 3. Proce	(S) (S) (S) edure for Lui	(CC) (CC) (CC) mbar Spir	N/A N/A N/A nal Stend	#1503⊦ #1504⊦ #1505⊦ psis, Dr.
15:31:00 15:45:00 15:58:00 Foct Jose Exer	Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su	SFPBS SFPBS SFPBS Dr. Jose Mena 3. Proce	(S) (S) (S) edure for Lui	(CC) (CC) (CC) mbar Spir	N/A N/A N/A nal Stend	#1503⊢ #1504⊢ #1505⊢ osis, Dr.
15:31:00 15:45:00 15:58:00 Foce Jose Exer 16:10:00	Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor	SFPBS SFPBS SFPBS Or. Jose Mena 3. Proce urgery Procedures for	(S) (S) (S) edure for Lur Men, Dr. Ric	(CC) (CC) (CC) mbar Spir cardo Cas	N/A N/A N/A nal Stend trellon 6	#1503H #1504H #1505H osis, Dr. #1506H
15:31:00 15:45:00 15:58:00 Foct Jose Exer 16:10:00 16:20:00	Smartlife Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor Smartlife	SFPBS SFPBS SFPBS Dr. Jose Mena 3. Proce urgery Procedures for SFPBS	(S) (S) (S) edure for Lui Men, Dr. Ric (S)	(CC) (CC) (CC) mbar Spir cardo Cas (CC)	N/A N/A N/A aal Stend trellon 6 N/A	#1503H #1504H #1505H osis, Dr. #1506H #1507H
15:31:00 15:45:00 15:58:00 Foc: Jose Exe 16:10:00 16:20:00 16:35:00	Smartlife Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor Smartlife Smartlife Finding Hope-Town Hall	SFPBS SFPBS Or. Jose Mena 3. Proce urgery Procedures for SFPBS SFPBS	(S) (S) edure for Lur Men, Dr. Ric (S) (S)	(CC) (CC) mbar Spir cardo Cas (CC) (CC)	N/A N/A nal Steno trellon 6 N/A N/A	#1503H #1504H #1505H osis, Dr. #1506H #1507H
15:31:00 15:45:00 15:58:00 Foc: Jose Exe 16:10:00 16:20:00 16:35:00 17:00:00 Cha Cha	Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor Smartlife Smartlife Smartlife	SFPBS SFPBS SFPBS Dr. Jose Mena 3. Proce urgery Procedures for SFPBS SFPBS SFPBS SFPBS SFPBS	(S) (S) edure for Lur Men, Dr. Ric (S) (S) (S) (S) matic stress	(CC) (CC) mbar Spir cardo Cas (CC) (CC) (CC) (CC) (CC)	N/A N/A N/A Strellon 6 N/A N/A N/A N/A N/A	#1503H #1504H #1505H osis, Dr. ; #1506H #1507H #1508H #103H me Health
Jose Exe 16:10:00 16:20:00 16:35:00 17:00:00 Cha Cha Cha	Smartlife Smartlife Smartlife us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal Stenosis, D e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Su rcises you can do Anywhere, Arianne Traverso, Yoga instructor Smartlife Smartlife Smartlife Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults inges in education and the effects of the pandemic have increased anxiety, depinnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teen	SFPBS SFPBS SFPBS Dr. Jose Mena 3. Proce urgery Procedures for SFPBS SFPBS SFPBS SFPBS SFPBS	(S) (S) edure for Lur Men, Dr. Ric (S) (S) (S) (S) matic stress	(CC) (CC) mbar Spir cardo Cas (CC) (CC) (CC) (CC) (CC)	N/A N/A N/A Strellon 6 N/A N/A N/A N/A N/A	#1506H #1507H #1508H #103H ne Health

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 85 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
	Turner Family - Marathon ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the F tional shade hammock. Tips are also shared on how to help protect Florid					
to su	upplement irrigation systems.					
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	#1709H
	Parkinson's Disease					
than one	kinson's Disease is the fastest growing neurological disorder in the world. I six million people worldwide. The symptoms generally develop slowly ow hand. While tremors are common in Parkinson's, the disease progression tments of Parkinson's Disease, and the search for a cure.	er years, sometimes startin	g with a bare	ly noticea	able trem	nor in just
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 livers through America, for a look at supply lines, education, mental health, lobal contributors, each with a unique perspective from their part of the w	law enforcement and enter				
21:00:00	Searching: Our Quest for Meaning in the Age of Science The Big & The Small	APTEX	(S)	(CC)	DVI	#102H
aton	2, "The Big & The Small," dramatizes the fact that humans are almost ex n and a star. But where do we fit in the moral universe? Alan speaks with sciousness, and the status of future Artificial Intelligences.					
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#209H
	Importance of Cuddling and Physical Touch					
	F · · · · · · · · · · · · · · · · · · ·					
The	impact of loneliness on your mind and lifestyle, a look at weight loss supp	plements and an interview v	vith an exper	t on ways	to be le	ss lonely.
The 22:30:00		olements and an interview v	vith an exper (S)	t on ways (CC)	to be le N/A	ss lonely. #1107H
22:30:00	impact of loneliness on your mind and lifestyle, a look at weight loss supp			,		
22:30:00	impact of loneliness on your mind and lifestyle, a look at weight loss sup Health Insiders			,		
22:30:00 Foci	impact of loneliness on your mind and lifestyle, a look at weight loss sup Health Insiders us: Running, autoimmune disease, addiction	SFPBS	(S)	(CC)	N/A	#1107H

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.

Sun, Jan 22, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 86 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital serv	ption of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ist cancer is the most common cancer among women worldwide, and this d tional and psychological challenges, as well. It is something no one wants t diagnosis, and their support can be crucial to recovery. The couple goes thr cer Spouse."	o face alone. The spouse	of the cance	er patient	feels the	e impact o
01:00:00	Living Well (Mall Walking Wellness)	SFPBS	(S)	(CC)	N/A	#1363H
Lour	des Rodriguez talks about the benefit of walking programs in local malls.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital serv	ices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one h	inson's Disease is the fastest growing neurological disorder in the world. It six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is ments of Parkinson's Disease, and the search for a cure.	years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
03:00:00	Maternity Care (Irregular Periods)	SFPBS	(S)	(CC)	N/A	#1114H
Even	ything you need to know about pregnancy, childbirth and post-partum care.	Dr. Alberto Sirven dicuss	ses.			
04:00:00	Pain Management (Back Care)	SFPBS	(S)	(CC)	N/A	#1372H
Dr. J	lose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine c	are vs. surgical treatment	S.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewes subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital serv	ices includi	ng teleme		included ii
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one h	inson's Disease is the fastest growing neurological disorder in the world. It six million people worldwide. The symptoms generally develop slowly over hand. While tremors are common in Parkinson's, the disease progression is ments of Parkinson's Disease, and the search for a cure.	years, sometimes starting	g with a bare	ely noticea	able tren	nor in just
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#123H
	Alma's Book Swap/Finders Keepers					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#201H
	Aquabots a and friends dive into underwater robotics at the U.S. Naval Academy, buil sapeake Bay.	ding a "Sea Perch" ROV	to investigat	e artificial	oyster i	eefs in the
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#419H

Martin is hanging out with his pet Fruit fly Juice, when Juice suddenly dies. Even though Juice was young, he was pretty old for a Fruit fly. Jimmy wants to know if any animals can live to be over 100 years old. Soon the Wild Kratts are on a mission to discover the oldest creatures on earth! Science: Aging : Life cycles.

Sun, Jan 22, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 87 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#1601H

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

08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#1602H
08:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#1603H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#1604H
08:46:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#1605H
08:57:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#1606H
09:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
09:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
09:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H

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

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
10:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 88 of 366

Sun, Jan 2	22, 2023					
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 4	PBS	(S)	(CC)	DVI	#1104H
	eatwave descends over Poplar and Sister Monica Joan struggles. An angel comes in t inues to search for a new job, Lucille comes to terms with unexpected news.	he form of Free	d, who has a	sneaky p	lan. Whi	ile Cyril
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1105H
Trivi	Episode 5	and sho ask	Nanov and	Sistor Err	ncosto	for holp
	e has been assigned to a complicated case. Sister Hilda is called to the primary schoolse Crane receives exciting news that will take her on an adventure of a lifetime.	JI ANU SHE ASK	indricy and	SISLEI FIZ	ancesio	ioi neip.
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	#1108H
14:30:00		SFPBS	(S)	(CC)	N/A	#1108H
14:30:00	Health Insiders	SFPBS SFPBS	(S) (S)	(CC) (CC)	N/A N/A	#1108H #1601H
14:30:00 Focu 15:00:00 Focu Beat	Health Insiders us: Blue zone, autism, chiropractic care	SFPBS ıdy - Dr. Ted F	(S) eldman 3. Cl	(CC) hildren Me	N/A ental He	#1601H alth -
14:30:00 Focu 15:00:00 Focu Beat	Health Insiders us: Blue zone, autism, chiropractic care 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 Ric	SFPBS ıdy - Dr. Ted F	(S) eldman 3. Cl	(CC) hildren Me	N/A ental He	#1601H alth -
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00	Health Insiders us: Blue zone, autism, chiropractic care 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 Ric uctor 6. Mission to the Bahamas - Angie Wagner, Cadena	SFPBS Idy - Dr. Ted F os 5. Yoga for S	(S) eldman 3. Cl Seniors - Aria	(CC) hildren Me anne Trav	N/A ental He erso, yo	#1601H alth - ga
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00	Health Insiders us: Blue zone, autism, chiropractic care 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 Ric uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife	SFPBS udy - Dr. Ted F os 5. Yoga for S SFPBS	(S) eldman 3. Cl Seniors - Aria (S)	(CC) hildren Me anne Trav (CC)	N/A ental He erso, yo N/A	#1601H alth - ga #1602H
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00 15:48:00	Health Insiders us: Blue zone, autism, chiropractic care 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 Ric uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife	SFPBS Idy - Dr. Ted F 25 5. Yoga for S SFPBS SFPBS	(S) eldman 3. Cl Seniors - Aria (S) (S)	(CC) hildren Me anne Trav (CC) (CC)	N/A ental He erso, yo N/A N/A	#1601H alth - ga #1602H #1603H
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00 15:48:00 16:00:00 Focu	Health Insiders us: Blue zone, autism, chiropractic care 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 Ric uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife	SFPBS ady - Dr. Ted F ss 5. Yoga for S SFPBS SFPBS SFPBS SFPBS	(S) eldman 3. Cl Seniors - Aria (S) (S) (S) (S)	(CC) hildren Me anne Trav (CC) (CC) (CC) (CC)	N/A ental He erso, yo N/A N/A N/A N/A	#1601H alth - ga #1602H #1603H #1604H #1605H
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00 15:48:00 16:00:00 Focu	Health Insiders us: Blue zone, autism, chiropractic care 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 Rid uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The	SFPBS ady - Dr. Ted F ss 5. Yoga for S SFPBS SFPBS SFPBS SFPBS	(S) eldman 3. Cl Seniors - Aria (S) (S) (S) (S)	(CC) hildren Me anne Trav (CC) (CC) (CC) (CC)	N/A ental He erso, yo N/A N/A N/A N/A	#1601H alth - ga #1602H #1603H #1604H #1605H
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00 15:48:00 16:00:00 Focu How 16:13:00	Health Insiders us: Blue zone, autism, chiropractic care 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 Rid uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The rard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	SFPBS Jdy - Dr. Ted F DS 5. Yoga for S SFPBS SFPBS SFPBS SFPBS Power of Mace	(S) eldman 3. Cl Seniors - Aria (S) (S) (S) (S) ca - Dr. Lia J	(CC) hildren Me anne Trav (CC) (CC) (CC) (CC) iannine 4.	N/A ental He erso, yo N/A N/A N/A N/A Dental	#1601H alth - ga #1602H #1603H #1604H #1605H Myths - Di
14:30:00 Focu 15:00:00 Focu Beal instr 15:14:00 15:33:00 15:48:00 15:48:00 15:48:00 16:00:00 Focu How 16:13:00	Health Insiders us: Blue zone, autism, chiropractic care 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 Rid uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The rard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician Smartlife	SFPBS idy - Dr. Ted F os 5. Yoga for S SFPBS SFPBS SFPBS Power of Maco SFPBS	(S) eldman 3. Cl Seniors - Aria (S) (S) (S) (S) ca - Dr. Lia J (S)	(CC) hildren Me anne Trav (CC) (CC) (CC) iannine 4. (CC)	N/A ental He erso, yo N/A N/A N/A Dental N/A	#1601H alth - ga #1602H #1603H #1604H #1605H Myths - Di #1606H
14:30:00 Focu 15:00:00 Focu Beat instr 15:14:00 15:33:00 15:48:00 16:00:00 Focu How	Health Insiders us: Blue zone, autism, chiropractic care 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 Rid uctor 6. Mission to the Bahamas - Angie Wagner, Cadena Smartlife Smartlife Smartlife us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The rard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician Smartlife Smartlife	SFPBS Jdy - Dr. Ted F S5. Yoga for S SFPBS SFPBS SFPBS Power of Maco SFPBS SFPBS SFPBS	(S) eldman 3. Cl Seniors - Aria (S) (S) (S) (S) ca - Dr. Lia J (S) (S)	(CC) hildren Me anne Trav (CC) (CC) (CC) iannine 4. (CC) (CC)	N/A ental He erso, yo N/A N/A N/A Dental N/A N/A	#1601H alth - ga #1602H #1603H #1604H #1605H Myths - Di #1606H #1607H

Sun, Jan 22, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 89 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#102H
	The Big & The Small		(-)	()		
atom	2, "The Big & The Small," dramatizes the fact that humans are almost n and a star. But where do we fit in the moral universe? Alan speaks v sciousness, and the status of future Artificial Intelligences.					
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	#1710H
	The Cancer Spouse					
emot the d	ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one w diagnosis, and their support can be crucial to recovery. The couple gc cer Spouse."	ants to face alone. The spouse	of the cance	er patient	feels the	e impact o
20:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now fac Iren requiring hospitalization to treat RSV infections, and of course, C ain why this is happening and what we can do to stay as healthy as p	OVID-19. Infectious disease ex				
21:00:00	Journey Through Breast Cancer	NETA	(S)	(CC)	N/A	#0H
dem and	Imunication throughout cancer care is increasingly important but little onstrates the power of communicating about illness, a medical team's possibilities for improving patient outcomes. This documentary is des rse fields of education, and stimulate critical discussions about the on ase.	s sustained ability to rely on cor igned to raise public awareness	nmunication s, provide an	when pro innovativ	viding q e resou	rce across
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	It to do when you can't seem to get aroused, plus ways to improve yo ionship issues at home.	ur sex drive. Then a sex therap	ist talks abou	ut how to	work thr	ough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1109H
Focu	us: Arthritis exercise, functional medicine, depression					
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	#1702H
	Racial Disparities In Health					
All a	cross America, there are large and persistent racial differences in here	alth and accessing healthcare.	People of col	or get sic	k at you	nger ages

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 90 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	. <u>.</u> #0Н
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 heal sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	iption of the vices includir	different s		included
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-term health -COVID symptoms.	effects of the pe	ople who are	suffering	from de	ebilitating
01:00:00	Healthy Living (Outpatient Care Facilities)	SFPBS	(S)	(CC)	N/A	#1370H
	ry Guzman and Dr. Careaga discuss the safety of outpatient facilities. Focus: How to coredited.	o find out if your o	doctor is veri	fied, whe	re to see	e if a faci
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this diagnosis tional and psychological challenges, as well. It is something no one wants to face al diagnosis, and their support can be crucial to recovery. The couple goes through can cer Spouse."	lone. The spouse	of the cance	er patient	feels the	e impact
03:00:00	Spine & Back Care #1115 (Update)	SFPBS	(S)	(CC)	N/A	#1115
Spin	e and back conditions and how to treat them for a pain free life. Dr. Gosha Brusova	nik dicsusses.				
04:00:00	Pain Management (Back Care)	SFPBS	(S)	(CC)	N/A	#1372F
Dr. J	lose Mena and Dr. Raul Vasquez-Castellanos discuss conservative spine care vs. s	surgical treatment	. ,	()		
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 heal sultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	vices includir	ng teleme		includeo
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwide, and this diagnosis tional and psychological challenges, as well. It is something no one wants to face al diagnosis, and their support can be crucial to recovery. The couple goes through can cer Spouse."	lone. The spouse	of the cance	er patient	feels the	e impact
06:00:00	Classical Stretch: By Essentrics Upper Body Pain Relief	APTEX	(S)	(CC)	N/A	#1224
	elieve upper body pain you must stretch and strengthen every muscle in your body. aica liberates your entire body while focusing on your shoulders, back, and neck - le				lontego	Bay,
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#117H
	Striking Cobra and Headstand					
07:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
that new an e nove Hain	3, "Homo Techno," features stories - including that of a paralyzed former gang men prompt Lightman to think deeply about how advances in science and technology wil species: "Homo Techno" - part human and part machine. What essential human qu ssayist, Lightman is a rare talent. After years on the faculties of Harvard and the Ma el, Einstein's Dreams, became an international best-seller. Co-written and directed b les-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood) ures state-of-the-art astronomical computer graphics along with a wide range of inno	Il impact our futur alities will we wa assachusetts Insti oy award-winning , SEARCHING is	e evolution i nt to preserv tute of Tech public televis filmed in Ult	nto what v e? As bot nology, Li sion scier ra HD for	will perh th a phy ghtman ice prod	aps be a sicist an 's first lucer Ge

	Daily Program Listing WPBTHC	II				
te: 03/27/		23		Pag	e 91 of	366
Mon, Jan	23, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	 #1105H
0.00.00	Episode 5	1 60	(0)	(00)	DVI	#110511
	ie has been assigned to a complicated case. Sister Hilda is called to the prir se Crane receives exciting news that will take her on an adventure of a lifeting the section of the principal case.		Nancy and	Sister Fra	ancesto	for help.
09:00:00	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 H nedical devices are integrated in real time and shown on a monitor during su ning 2 years ago. Doctors outside the operating room can see the monitor a arately, another university is using virtual reality to help students learn.	irgery. It has been used f	or difficult b	rain tumor	surgerie	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 drawn was livelier and began to talk more. A girl with extreme sensitivity to s in his abdomen and pain felt better, regained his appetite and began to slee ogy and brain science to find out why aromas have such effects.	sound happily took off her	earmuffs. A	A terminal	cancer	oatient w
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
10:30:00	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 v er word, globally the number of people diagnosed is expected to double ever to our healthcare system, it takes an emotional toll on families as they care usses Alzheimer's Disease from a caregiver and a public health perspective	y 20 years. Not only does for their loved ones, while	Alzheimer'	s come wi	ith a trer	nendous
11:00:00	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 drawn was livelier and began to talk more. A girl with extreme sensitivity to a in his abdomen and pain felt better, regained his appetite and began to slee ogy and brain science to find out why aromas have such effects.	sound happily took off her	earmuffs. A	A terminal	cancer	oatient w
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
cour varia	ew treatment for COVID-19 involves the combination of 2 different antibodies 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 antil	ody drug	that car	fight an
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1105H
	Episode 5					
	ie has been assigned to a complicated case. Sister Hilda is called to the prir se Crane receives exciting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news that will take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on a news take her on a new take her on an adventure of a lifeting news take her on an adventure of a lifeting news take her on a new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on a new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on an adventure of a lifeting new take her on adventure of a lifeting new take	•	Nancy and	Sister Fra	ancesto	for help.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106F
	Episode 6					
	re are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and bares for her first day back at work, but she is not coping well.	I Shelagh has joined the t	eam to ease	e their bus	sy worklo	oad. Lucil
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1110H
_			• •	. ,		

Focus: Caregiving, bladder pain syndrome, drunk driving

Mon, Jan 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 92 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1115H
Focu	us: Chronic disease, knee replacement, mental crisis			()		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-Ran ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex - I			drome of I	Menopa	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
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
Dr. J	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				•	•
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1906H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1907H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1908H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
that new an e nove Hain	3, "Homo Techno," features stories - including that of a paralyzed former gang member prompt Lightman to think deeply about how advances in science and technology will im species: "Homo Techno" - part human and part machine. What essential human qualiti ssayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massa el, Einstein's Dreams, became an international best-seller. Co-written and directed by av es-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SE ures state-of-the-art astronomical computer graphics along with a wide range of innovat	pact our futur es will we wa chusetts Inst ward-winning ARCHING is	re evolution i nt to preserv itute of Tech public televi filmed in Ult	nto what v ve? As bot nology, Li sion scien tra HD for	will perh th a phys ghtman' ice prod	aps be a sicist and s first ucer Geoff
18:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the p	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING (bower of storytelling. In this one-hour special, physicians share their experiences with ra esentation, and anti-racist efforts in the medical community.					through
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H

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	#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.

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

Page 93 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode	
20:00:00	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."

20:30:00	Life After Sight	NETA	(S)	(CC)	N/A	#0
attrib of an	Ive with visual impairment yet refuse to surrender to a world of darkness. We'll meet a outes her independence and confidence to guide dogs. Another woman who suddenly to organization called Society for the Blind. We'll also discover how modern medicine hele are preventing their disability from robbing them of life's richness and beauty.	ost her vision le	arns how t	o thrive a	gain wit	h the help
21:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H

	Preventing Disease and Staying Healthy Town Hall		()	()		
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution					
20 m open	university hospital in Tokyo is a globally-unique operating room called the Hyper nedical devices are integrated in real time and shown on a monitor during surger ning 2 years ago. Doctors outside the operating room can see the monitor and gi arately, another university is using virtual reality to help students learn.	y. It has been used fo	r difficult b	orain tumor	surgeri	es since
22:30:00	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.

23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 94 of 366

10. 00/21/1	01/01/2020 00/01/2020			i ug	0 0 - 0	000
Tue, Jan 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an 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 includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dispatent of color.					
01:00:00	Maternity Care (First 20 Weeks of Pregnancy)	SFPBS	(S)	(CC)	N/A	#1379H
Focu	s: What to expect during the first 20 weeks of pregnancy					
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 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 eff COVID symptoms.	ects of the pe	ople who are	e suffering	g from de	ebilitating
03:00:00	Maternity Care #1116 (Female Issues)	SFPBS	(S)	(CC)	N/A	#1116H
Focu	s: Dr. Robert Feldman discusses fibroids, polyps and cysts.					
04:00:00	Dermatology (Cosmetic & Medical Derm)	SFPBS	(S)	(CC)	N/A	#1380H
Focu	s: Cosmetic and medical dermatology					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included ir
05:30:00	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	ople who are	e suffering	g from de	ebilitating
06:00:00	Classical Stretch: By Essentrics Balance	APTEX	(S)	(CC)	N/A	#1225H
	y's episode of Classical Stretch challenges your balance. Join Miranda Esmonde-Whit mproves your balance.	e for a full bo	dy workout tl	nat streng	thens yo	our core
06:30:00	Wai Lana Yoga Snap, Crackle & Pop	APTEX	(S)	(CC)	N/A	#118H
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#507H
	Golden Shoreline x with the golden light of sunset along the peaceful shoreline as we enjoy a modified yo		. ,	. ,		
	ches for the neck, shoulders and back combined with calming forward bends to stretch			.o. ouppu		ang genue
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H

	Daily Program Listing II WPBTHC					
ate: 03/27/2				Pag	e 95 of	366
Tue, Jan 2	24, 2023					
Start	Title Subtitle	Distrib	Storee	Con	460	Eniood
Start			Stereo	Сар	AS2	Episod
08:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the p	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 esentation, and anti-racist efforts in the medical community.					through
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery					
usec Tech	first of two programs on the latest cancer treatments looks at fluorescence imaging, I in Japan for liver cancer surgery. Cancer cells glow, showing the size and location o nology is being developed for its use on other cancers such as breast cancer. It will e during an operation if any cancer cells remain in the body.	of tumors and ma	aking precis	e surgery	possible	Э.
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#120H
	Cutting-Edge Cancer Treatments: Advancing Genomic Medicine			/		
patie mas	omic medicine is undergoing rapid change after the Japanese public health insuranc ents who meet certain criteria are able to take these tests for a relatively affordable pu sive database and analyzed with the help of around 170 hospitals across the country 10% of patients who undergo testing.	rice, and their ge	enetic inform	ation is co	ollected	in a
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the large 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. He rmine the overall health of America. This episode discusses the issue of Millennial H	so the least heal ow 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 stage	t obesity is associated with a decrease in life expectancy for both men and women, a 163 million adults in the U.S. are overweight or obese - two thirds of men, and more gering, but people still struggle every day to drop the pounds. Everyone has different episode discusses the challenges and solutions for sustained weight loss.	than 60% of wor	men. The da	image to h	nealth is	
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#409H
Hair	transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp	pression, Addicti	on.			
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisi	y Bennett Taylor and her husband Miles were newlyweds with a bright future planner ng a family Emily received the news that she had stage 4 lung cancer. She and her h rmination to live life to its fullest while fighting for the chance to have children despite	nusband recall th	eir cancer jo			
12:00:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
cour varia	we treatment for COVID-19 involves the combination of 2 different antibodies to creat tries. We examine how such drugs are made and how they work. In Japan, develop ant of the new coronavirus. Research is being done on the use of antibodies of an an lines of research.	ment is underwa	y of an antib	ody drug	that can	i fight any
12:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
cells man	world's first virus therapy drug targeting malignant brain tumors won approval in Japa . It was known since the 1970s that tumors shrank after patients were infected with a y years. Many years later, a US neurosurgeon paved the way for the creation of such saw his paper made further adjustments.	a virus, but nobo	dy was able	to develo	p a cano	er drug f
13:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety, depression neel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenage e issues affecting our children and offer practical advice based on research.					

Tue, Jan 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 96 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
4:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#210H
	Improving Your Sex Drive					
	at to do when you can't seem to get aroused, plus ways to improve tionship issues at home.	e your sex drive. Then a sex therap	ist talks abo	ut how to	work thr	ough
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Focu	us: Skin care, mental health help, stroke					
5:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
Over	us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. rall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein roid Nodules - Dr. Robert Udelsman					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
5:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2005H
Focu	us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Res ortance of Play for Adults - Amy Exum, psychotherapist 5. Ask the		nd Leg Pain			
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
6:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Res ortance of Play for Adults - Amy Exum, psychotherapist 11. Ask th			- Dr. Berr	nie Ferna	andez 10.
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
coun their Thou treat com Harv med marg	AUMA HEALERS focuses on the devastating impact that road traff htries, who often lack access to adequate surgical care. This hour- patients, shedding light on their experiences with trauma, how th usands of surgeons around the world have made a passionate co tment free of charge to the patient, the doctors' care allows these munities. TRAUMA HEALERS profiles the work of some of these vard's Global Surgery and Social Change program, and Partners i lical solutions. An engaging and educational documentary, TRAUI ginalized patients around the world, from Uganda to the Philippine ents with devastating injuries and conditions, despite having limite	-long documentary film features int ey cope with it, and ultimately how mmitment to working with people lin individuals to avoid life-long disabil top medical professionals, includin n Health, another Boston-based or MA HEALERS explores the practice es. Learn about the ways internation	erviews with they overcor ving in pover ity and return g four physic ganization co es employed nal medical p	medical p me it in the ty. Often p n to produ- cians connormitted to to heal tra- profession	rofessio e best ca providing ctive live lected w to provic auma fo	nals and ases. g medical es in their ith ling r
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
expla	Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BEACH The flip crew and ain why having a yard full of grass that requires more water and fe purces is the goal.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisir	ly Bennett Taylor and her husband Miles were newlyweds with a bing a family Emily received the news that she had stage 4 lung car firmination to live life to its fullest while fighting for the chance to have	ncer. She and her husband recall the	neir cancer jo			
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

 19:00:00
 Doctor Q & A
 NETA
 (S)

 Keeping Bones Healthy & Strong

Tue, Jan 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 97 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	gnant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dispatent nen of color.					
20:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	It to do when you can't seem to get aroused, plus ways to improve your sex drive. Ther ionship issues at home.	a sex therap	ist talks abo	ut how to	work thr	ough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Focu	us: Skin care, mental health help, stroke					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
23:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H

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

Wed, Jan 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 98 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great ad effective and can drastically increase the life expectancy of the patie		non procedu	re. This p	rocedure	e is 94-
01:00:00	Maternity Care (Healthy Pregnancy)	SFPBS	(S)	(CC)	N/A	#1381H
Focu	us: All stages of a healthy pregnancy.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	vices includir	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
other	nant women in the United States are more than twice as likely to die r high-income countries in the world. And behind these statistics lie st then of color.					
03:00:00	Sports Medicine (Exercise Results)	SFPBS	(S)	(CC)	N/A	#1117H
	Papp and Jason Meland discuss exercising/training to meet fat loss go onal story with his injuries and what his recovery was like.	oals and build lean muscle. For	sus: Charles	Schottlan	d shares	s his
04:00:00	Plastic/Cosmetic Surgery#1382 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1382H
Lear	n the latest techniques involving the restoration, reconstruction, or alt	eration of the body.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802ŀ
othei	inant women in the United States are more than twice as likely to die r high-income countries in the world. And behind these statistics lie st ien of color.					
06:00:00	Classical Stretch: By Essentrics Stomach Flattening	APTEX	(S)	(CC)	N/A	#1226H
	ay's episode is set in one of the most beautiful locations we've ever se cout that stretches and strengthens every muscle needed to smooth o		nite in paradi	se for a s	tomach	flattening
06:30:00	Wai Lana Yoga Plough In and Breathe!	APTEX	(S)	(CC)	N/A	#119H
07:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the p	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDIC bower of storytelling. In this one-hour special, physicians share their e esentation, and anti-racist efforts in the medical community.		nnects the ar			through
		PBS	(S)	(CC)	DVI	#1105H
08:00:00	Call The Midwife Episode 5	FB3	(3)	(00)	DVI	111001

ate: 03/27/		Daily Program Listing II WPBTHC					
	2023	01/01/2023 - 03/31/2023			Pag	e 99 of	366
Wed, Jan	25, 2023						
_		Title		_	_		
Start	S	ubtitle	Distrib	Stereo	Сар	AS2	Episo
09:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#101H
	Medical Smart Revolution						
20 m oper	university hospital in Tokyo is a globally-u nedical devices are integrated in real time ning 2 years ago. Doctors outside the ope arately, another university is using virtual	and shown on a monitor during surge rating room can see the monitor and g	ry. It has been used for	or difficult br	ain tumor	surgerie	es since
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#102H
	Aromas' Surprising Healing Powers			.,	. ,		
with fluid	ook at the effects of aromatherapy in 3 ty drawn was livelier and began to talk more in his abdomen and pain felt better, regai ogy and brain science to find out why aro	. A girl with extreme sensitivity to sour ned his appetite and began to sleep w	nd happily took off her	earmuffs. A	terminal	cancer	patient v
10:00:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation		APTEX	(S)	(CC)	N/A	#1706
	981 the term "sandwich generation" was c ives at the same time. Today, millions of t						
	naving children later. This episode focuse			5 · · · · · · ·			
10:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1707
	Anxiety						
new	ety is the most common mental-health dis research, millennials have become the m be treated.						
11:00:00	Conscious Living		NETA	(S)	(CC)	N/A	#107H
	Living Zen g Zen is about more than just putting a B						
Mari	om easy. On this episode, we're bringing n County, California with a robust organic	farm, and learn how the simple practi					
Tass	detachment. Then, just East of Big Sur, w sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp	00-year-old art of feng shui. To keep th	ne good vibes flowing		est Zen B	uddhist	monast
Tass	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs)	00-year-old art of feng shui. To keep th	ne good vibes flowing		est Zen B	uddhist ert who c	monast clears of
Tass ener 11:30:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	00-year-old art of feng shui. To keep th aces through the simple art of placem	ne good vibes flowing ent. SFPBS	, we visit wit (S)	est Zen B h an expe (CC)	uddhist ert who c N/A	monast clears of #208F
Tass ener 11:30:00 Epis expla	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs)	00-year-old art of feng shui. To keep th aces through the simple art of placem ACH The flip crew and experts all hav	ne good vibes flowing ent. SFPBS re one thing on their n	, we visit wit (S) hinds and th	est Zen B h an expe (CC) at's functi	uddhist ert who c N/A onal turl	monast clears o #208F f. They
Tass ener 11:30:00 Epis expla	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red	00-year-old art of feng shui. To keep th aces through the simple art of placem ACH The flip crew and experts all hav	ne good vibes flowing ent. SFPBS re one thing on their n	, we visit wit (S) hinds and th	est Zen B h an expe (CC) at's functi	uddhist ert who c N/A onal turl	monast clears of #208H f. They natural
Tass ener 11:30:00 Epis expla reso 12:00:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5	00-year-old art of feng shui. To keep th aces through the simple art of placem ACH The flip crew and experts all hav quires more water and fertilization is n	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS	, we visit wit (S) ninds and th pe when pro (S)	est Zen B h an expe (CC) at's functi otecting Fl (CC)	uddhist ert who c N/A onal turf orida's r DVI	monast clears o #208F f. They natural #1105
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixi	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife	00-year-old art of feng shui. To keep th aces through the simple art of placem ACH The flip crew and experts all hav guires more water and fertilization is no se. Sister Hilda is called to the primary	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS	, we visit wit (S) ninds and th pe when pro (S)	est Zen B h an expe (CC) at's functi otecting Fl (CC)	uddhist ert who c N/A onal turf orida's r DVI	monast clears o #208F f. They natural #1105
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixio	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas be Crane receives exciting news that will the Call The Midwife	00-year-old art of feng shui. To keep th aces through the simple art of placem ACH The flip crew and experts all hav guires more water and fertilization is no se. Sister Hilda is called to the primary	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS	, we visit wit (S) ninds and th pe when pro (S)	est Zen B h an expe (CC) at's functi otecting Fl (CC)	uddhist ert who c N/A onal turf orida's r DVI	monast clears o #208F f. They hatural #1105 for help
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas se Crane receives exciting news that will t	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all have quires more water and fertilization is not se. Sister Hilda is called to the primary ake her on an adventure of a lifetime.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S)	est Zen B h an expe (CC) at's functi tecting Fl (CC) Sister Fra (CC)	uddhist ert who c N/A onal turf orida's r DVI ancesto f	monast clears of #208F f. They hatural #1105 for help #1106
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas se Crane receives exciting news that will t Call The Midwife Episode 6 re are new beginnings at Nonnatus House	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all have quires more water and fertilization is not se. Sister Hilda is called to the primary ake her on an adventure of a lifetime.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S)	est Zen B h an expe (CC) at's functi tecting Fl (CC) Sister Fra (CC)	uddhist ert who c N/A onal turf orida's r DVI ancesto f	monast clears of #208F f. They hatural #1105 for help #1106 pad. Luc
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther prep 14:00:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas se Crane receives exciting news that will t Call The Midwife Episode 6 re are new beginnings at Nonnatus House ares for her first day back at work, but sho	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all hav quires more water and fertilization is no se. Sister Hilda is called to the primary ake her on an adventure of a lifetime.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS elagh has joined the t	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S) eam to ease	est Zen B h an expe (CC) at's functi tecting Fl (CC) Sister Fra (CC) e their bus	uddhist ert who c N/A onal turf orida's r DVI ancesto f DVI sy worklo	monast clears of #208H f. They hatural #1105 for help #1106
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther prep 14:00:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas se Crane receives exciting news that will t Call The Midwife Episode 6 re are new beginnings at Nonnatus House ares for her first day back at work, but sho Health Insiders	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all hav quires more water and fertilization is no se. Sister Hilda is called to the primary ake her on an adventure of a lifetime.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS elagh has joined the t	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S) eam to ease	est Zen B h an expe (CC) at's functi tecting Fl (CC) Sister Fra (CC) e their bus	uddhist ert who c N/A onal turf orida's r DVI ancesto f DVI sy worklo	monast clears of #208F f. They hatural #1105 for help #1106 pad. Luc
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther prep 14:00:00 Focu 14:30:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas be Crane receives exciting news that will the Call The Midwife Episode 6 re are new beginnings at Nonnatus House ares for her first day back at work, but sho Health Insiders us: Autism, exercising, personality profiles	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all have quires more water and fertilization is not some water and fertilization is not some water and fertilization is not coping well.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS elagh has joined the t SFPBS	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S) eam to ease (S)	est Zen B h an expe (CC) at's functi otecting Fl (CC) Sister Fra (CC) e their bus (CC)	uddhist ert who c N/A onal turf orida's r DVI ancesto f DVI sy worklo	monast clears of #208F f. They hatural #1105 for help #1106 bad. Luc #1111
Tass ener 11:30:00 Epis expla reso 12:00:00 Trixie Nurs 13:00:00 Ther prep 14:00:00 Focu 14:30:00	sajara. Back at home, we practice the 5,00 gy, enhances chi and transforms living sp Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BE ain why having a yard full of grass that red urces is the goal. Call The Midwife Episode 5 e has been assigned to a complicated cas se Crane receives exciting news that will t Call The Midwife Episode 6 re are new beginnings at Nonnatus House ares for her first day back at work, but sho Health Insiders us: Autism, exercising, personality profiles	20-year-old art of feng shui. To keep the aces through the simple art of placem ACH The flip crew and experts all have quires more water and fertilization is not some water and fertilization is not some water and fertilization is not coping well.	ne good vibes flowing ent. SFPBS re one thing on their n ot the way to landsca PBS r school and she asks PBS elagh has joined the t SFPBS	, we visit wit (S) hinds and th pe when pro (S) Nancy and (S) eam to ease (S)	est Zen B h an expe (CC) at's functi otecting Fl (CC) Sister Fra (CC) e their bus (CC)	uddhist ert who c N/A onal turf orida's r DVI ancesto f DVI sy worklo	monast clears of #208F f. They hatural #1105 for help #1106 bad. Luc #1111

Wed, Jan 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 100 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
Start			316160	Cap		Lpisoue
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H

Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.

 18:00:00
 Triple Threat Town Hall
 SFPBS
 (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 Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
19:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H

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

20:00:00 Before Stage Four: Confronting Early Psychosis

BEFORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful look into a new movement in the mental health community. The compelling story takes viewers across the country - from Philadelphia and Pittsburgh, to San Francisco, California. Episodes of early psychosis, marked by temporary breaks from reality and disruptive thoughts and perceptions, often strike during adolescence and young adulthood, and all too often the underlying illness isn't treated until it reaches a crisis point. By then, young people are likely to leave school or work, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled hopes of an education, career, marriage and children. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four before we start treating it," says Paul Gionfriddo, president and CEO of Mental Health America in Washington, D.C. "But that's how we treat psychosis. " But groundbreaking data now shows a significant success rate for people who receive early, coordinated care. "First Episode Psychosis" (FEP) programs are the latest beacon of light in the mental health community. BEFORE STAGE FOUR features several personal stories, including that of Gionfriddo's adult son who became a casualty of the mental health system - and is now dealing with long-term schizophrenia and chronic homelessness in San Francisco. It also focuses on FEP early treatment programs that are literally saving young lives, including a highly regarded center in Philadelphia. Also featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."

20:30:00 Life After Sight

NETA (S) (CC) N/A #0

APTEX

(S)

(CC)

N/A

#0

They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.

	Daily Program Listing II WPBTHC					
Date: 03/27/	2023 01/01/2023 - 03/31/2023			Page	101 of	366
Wed, Jan	25, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: in ren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infection ain why this is happening and what we can do to stay as healthy as possible.					
22:00:00	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 SCO nedical devices are integrated in real time and shown on a monitor during surgery. It ha 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 f	or difficult br	ain tumor	surgerie	es since
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#102H
	Aromas' Surprising Healing Powers					
with fluid	ook 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 her	earmuffs. A	terminal	cancer p	patient with
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 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.

Thu, Jan 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 102 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cand	diagnosis and treatment of lung cancer has been one of the most hop cer screening guidelines allow for the screening for younger individuals onger a death sentence.					
01:00:00	Staying Healthy (Storm Season Update)	SFPBS	(S)	(CC)	N/A	#1384H
Dr. F	Furr discusses how to get prepared for hurricane season, media consu	umption and how this impacts y	our kids.			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great adv effective and can drastically increase the life expectancy of the patier		non procedu	re. This p	rocedure	e is 94-
03:00:00	Women's Health #1124 (Female Urinary Issues)	SFPBS	(S)	(CC)	N/A	#1124H
Dr. S	Sujata Yavagal discusses Interstitial Cystitis (IC).					
04:00:00	Staying Healthy (Vaccines Latest)	SFPBS	(S)	(CC)	N/A	#1388H
Dr. N	Marty dicusses measles - types, symptoms, vaccines, immune system	, treatment and outcomes.				
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a n sultations, emotional advice, second-opinion consultations, as well as	umber of healthcare digital ser	vices includi	ng teleme		included ir
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 adv effective and can drastically increase the life expectancy of the patier		non procedu	re. This p	rocedure	e is 94-
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1227H
	Shoulder Strengthening					
	full-body episode of Classical Stretch strengthens every muscle in yo full-body workout in front of the beautiful Caribbean sea.	ur body while targeting your sh	oulders. Joir	n Miranda	-Esmono	de white
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#120H
	Ben, Twist and Balance					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
	Bell Family - Vero Beach ode #208 THE BELL FAMILY - VERO BEACH The flip crew and expe ain why having a yard full of grass that requires more water and fertiliz					
	urces is the goal.					
	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 103 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#103H
	Homo Techno					
that new an e: nove Hain	3, "Homo Techno," features stories - including that of a paralyzed former gang memb prompt Lightman to think deeply about how advances in science and technology will species: "Homo Techno" - part human and part machine. What essential human qua ssayist, Lightman is a rare talent. After years on the faculties of Harvard and the Mas el, Einstein's Dreams, became an international best-seller. Co-written and directed by use-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), i ures state-of-the-art astronomical computer graphics along with a wide range of innov	impact our futur lities will we wa sachusetts Inst waward-winning SEARCHING is	re evolution i int to preserv itute of Tech public televis filmed in Ult	nto what ve? As boi nology, Li sion scier ra HD for	will perh th a phy ightman' nce prod	aps be a sicist and 's first ucer Geo
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
00.00.00	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery		(0)	(00)		
used Tech	first of two programs on the latest cancer treatments looks at fluorescence imaging, w I in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of anology is being developed for its use on other cancers such as breast cancer. It will e during an operation if any cancer cells remain in the body.	of tumors and m	aking precise	e surgery	possible	э.
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery					
used Tech	first of two programs on the latest cancer treatments looks at fluorescence imaging, we have a stream of the size and location of anology is being developed for its use on other cancers such as breast cancer. It will be during an operation if any cancer cells remain in the body.	of tumors and m	aking precise	e surgery	possible	э.
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United 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 strope of heart disease in women and how we can lower cardiac risk and death.	art disease and	stroke comb	ined caus	se the de	eath of 1 i
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
Park than one l		early one million metimes startin	people in the g with a bare	e United S	States ar able tren	nd more nor in just
Park than one l treat	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to	early one million metimes startin	people in the g with a bare This episode	e United S ely noticea e looks at	States and able tren the cause	nd more nor in just
Park than one l treat	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	early one million ometimes startin o each person. NETA	people in the g with a bare This episode (S)	e United S	States ar able tren	nd more nor in just ses and
than one l treat 11:00:00	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp Hope Is Here (Sfpbs/Health Channel Local)	early one million ometimes startin o each person. NETA	people in the g with a bare This episode (S)	e United S ely noticea e looks at	States and able tren the cause	nd more nor in just ses and
Park than one l treat 11:00:00 Hair 11:30:00 Emily raisir	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp	early one million ometimes startin o each person. NETA oression, Addict SFPBS d. Just as they v ousband recall th	people in the g with a bare This episode (S) ion. (S) vere house h heir cancer jo	e United S ely noticea looks at (CC) (CC)	States a able tren the caus N/A N/A N/A d talking	nd more nor in just ses and #409H #105H g about
Park than one l treat 11:00:00 Hair 11:30:00 Emily raisir	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned ng a family Emily received the news that she had stage 4 lung cancer. She and her h	early one million ometimes startin o each person. NETA oression, Addict SFPBS d. Just as they v ousband recall th	people in the g with a bare This episode (S) ion. (S) vere house h heir cancer jo	e United S ely noticea looks at (CC) (CC)	States a able tren the caus N/A N/A N/A d talking	nd more nor in just ses and #409H #105H g about
Park than one l treat 11:00:00 Hair 11:30:00 Emily raisir deter	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned ng a family Emily received the news that she had stage 4 lung cancer. She and her h rmination to live life to its fullest while fighting for the chance to have children despite	early one million ometimes startin o each person. NETA oression, Addict SFPBS d. Just as they w ousband recall the o a grave cancer	people in the g with a bare This episode (S) ion. (S) vere house h heir cancer jo	e United S ely noticea e looks at (CC) (CC) ounting an	States an able tren the cause N/A N/A d talking d recour	nd more nor in just ses and #409H #105H g about nt their
Park than one l treat 11:00:00 Hair 11:30:00 Emily raisir deter 12:00:00 A ne coun varia	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned ng a family Emily received the news that she had stage 4 lung cancer. She and her h rmination to live life to its fullest while fighting for the chance to have children despite Medical Frontiers	early one million ometimes startin o each person. NETA oression, Addict SFPBS d. Just as they w ousband recall the a grave cancer APTEX e an antibody co ment is underwa	people in the g with a bare This episode (S) ion. (S) vere house h heir cancer jo diagnosis. (S) ocktail. It's cu ay of an antib	e United S ely noticea looks at (CC) (CC) ounting an ourney an (CC) urrently us	States an able tren the cause N/A N/A d talking d recour N/A sed in so that car	md more nor in just ses and #409H #105H g about nt their #103H ome n fight any
Park than one l treat 11:00:00 Hair 11:30:00 Emily raisir deter 12:00:00 A ne coun varia	Parkinson's Disease inson's Disease is the fastest growing neurological disorder in the world. It affects ne six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure. Innovations In Medicine transplant, Stress & self-confidence, Knee replacement, opioids w/o respiratory supp Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned ng a family Emily received the news that she had stage 4 lung cancer. She and her h rmination to live life to its fullest while fighting for the chance to have children despite Medical Frontiers Covid-19: The Potential of Antibody Drugs we treatment for COVID-19 involves the combination of 2 different antibodies to create threes. We examine how such drugs are made and how they work. In Japan, developr ant of the new coronavirus. Research is being done on the use of antibodies of an ani	early one million ometimes startin o each person. NETA oression, Addict SFPBS d. Just as they w ousband recall the a grave cancer APTEX e an antibody co ment is underwa	people in the g with a bare This episode (S) ion. (S) vere house h heir cancer jo diagnosis. (S) ocktail. It's cu ay of an antib	e United S ely noticea looks at (CC) (CC) ounting an ourney an (CC) urrently us	States an able tren the cause N/A N/A d talking d recour N/A sed in so that car	md more nor in just ses and #409H #105H g about nt their #103H ome n fight any

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 104 of 366

10. 00/21/	01/01/2020 00/01/2020			i ugo	, 104 01	000
Thu, Jan 2	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
13:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
cour their Thou treat com Harv med marg	UMA HEALERS focuses on the devastating impact that road traffic accidents and of htries, who often lack access to adequate surgical care. This hour-long documentary patients, shedding light on their experiences with trauma, how they cope with it, and usands of surgeons around the world have made a passionate commitment to workin ment free of charge to the patient, the doctors' care allows these individuals to avoid munities. TRAUMA HEALERS profiles the work of some of these top medical profes yard's Global Surgery and Social Change program, and Partners in Health, another E ical solutions. An engaging and educational documentary, TRAUMA HEALERS expl ginalized patients around the world, from Uganda to the Philippines. Learn about the ents with devastating injuries and conditions, despite having limited resources to care	film features inte d ultimately how ng with people lin d life-long disabili sionals, includin Boston-based or lores the practice ways internation	erviews with they overcon ving in poven ity and return g four physic ganization co es employed nal medical p	medical p me it in the ty. Often n to produ- cians conro- ommitted to heal tro- profession	profession e best can providin inctive live nected we to provid rauma for	onals and ases. g medical es in their vith ding or
14:00:00	Sex Talk with Dr. Lia How to Talk About Sex	SFPBS	(S)	(CC)	N/A	#211H
	aphrodisiacs really work? Then, how to speak openly with your partner, and a women sex life.	n's sexual health	coach has a	advice on	how to i	mprove
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
Focu	us: Bladder pain syndrome, cancer and nutrition, mental health help					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
Way	nour: Choices after Breast Cancer Surgery; Medicare Update, Pregnancy & Covid 19 s to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Exercises to Preve Habits that Wreck Your Teeth					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
How	to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis, E	Back Pain Q & A,	Bad Habits	that Wrec	ck Your	Teeth
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
emo their seclu	IASKing HOPE chronicles the extraordinary stories of a diverse group of trauma sun- tional pain. From 9/11 and mass shooting survivors, to service members in combat a MASKS to experience the abuse, social stigma, and moral injury that have scarred usion to inclusion, we realize that the aggregate stories of these brave individuals sh ASK our own HOPE.	and chronic sexu their souls. As w	ial abuse vic ve are taken	tims, the ton their jo	film goe: ourney fr	s behind om
18:30:00	Little But Fierce	NETA	(S)	(CC)	N/A	#0H
	ison is a 9-year-old girl battling a rare form of brain cancer. Her mother, an ER nurse iding buying medical cannabis off the black market to treat Madison's pain and seizu			ver to save	e her da	ughter,
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Dealing with Mental Health Issues In Children		. ,	. ,		
			(0)	(0.0)		

19:30:00 Second Opinion with Joan Lunden Lung Cancer

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

APTEX

(S)

(CC)

N/A #1804H

Thu, Jan 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

_...

Page 105 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
20:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
21:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
	How to Talk About Sex					
	aphrodisiacs really work? Then, how to speak openly with your partner, and a women' sex life.	's sexual health	coach has a	advice on	how to i	mprove
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1118H
Foc	us: Bladder pain syndrome, cancer and nutrition, mental health help					
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	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.

Fri, Jan 27, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 106 of 366

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, pres- subscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	o a number of healthcare digital se	cription of the ervices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid eme sidered the next pandemic, antibiotic resistance is a threat to glob		endangering th	e efficacy	of antib	iotics.
01:00:00	Living Well (Different Types of Arthritis)	SFPBS	(S)	(CC)	N/A	#1389H
Diffe	erent types of arthritis and the treatment options			. ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, pressubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	ents viewers with an in-depth des	cription of the ervices includi	different s	services	
02:30:00	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 cer screening guidelines allow for the screening for younger indivi- onger a death sentence.					
03:00:00	Primary Care (Obesity Issues)	SFPBS	(S)	(CC)	N/A	#1125H
Focu	us: Dr. Gabriel Suarez discusses the obesity epidemic and how to	manage your weight with proper	nutrition and	exercise.		
04:00:00	Healthy Living (Cbd Update)	SFPBS	(S)	(CC)	N/A	#1390H
Henr	ry Guzman and Dr. Chalef discuss CBD in medicine.			()		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pressubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as well	o a number of healthcare digital se	ervices includi	ng teleme		included i
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 cer screening guidelines allow for the screening for younger indivi- onger a death sentence.					
06:00:00	Classical Stretch: By Essentrics Full Leg Toning	APTEX	(S)	(CC)	N/A	#1228H
	episode of Classical Stretch strengthens and tones every muscle inda Esmonde-White in Montego-Bay, Jamaica for a full leg toning		stronger, lear	ier, and m	ore defi	ned. Join
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#121H
	Expand The Chest and Breathe					
07:00:00	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 nnel's one-hour virtual town hall, Finding Hope: The Mental Healt e issues affecting our children and offer practical advice based or	h Crisis in Teenagers & Young Ac				
08:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
-				a		

Trixie has been assigned to a complicated case. Sister Hilda is called to the primary school and she asks Nancy and Sister Francesto for help. Nurse Crane receives exciting news that will take her on an adventure of a lifetime.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 107 of 366

				Faye	107 01	300
Fri, Jan 2	7, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episo
09:00:00	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 S redical devices are integrated in real time and shown on a monitor during surgery. ring 2 years ago. Doctors outside the operating room can see the monitor and give arately, another university is using virtual reality to help students learn.	It has been used f	or difficult br	rain tumor	surgerie	es since
09:30:00	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 ess frawn was livelier and began to talk more. A girl with extreme sensitivity to sound l in his abdomen and pain felt better, regained his appetite and began to sleep well ogy and brain science to find out why aromas have such effects.	happily took off her	earmuffs. A	A terminal	cancer	patient w
10:00:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710I
emo the c	st cancer is the most common cancer among women worldwide, and this diagnos tional and psychological challenges, as well. It is something no one wants to face liagnosis, and their support can be crucial to recovery. The couple goes through c cer Spouse."	alone. The spouse	of the cance	er patient	feels the	e impact
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801I
	Post-Acute Covid-19 Syndrome (Pacs)					
	e continue to track "long-haulers," we are learning more about the long-term healt COVID symptoms.	th effects of the peo	ople who are	e suffering	from de	ebilitatin
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#208H
	Bell Family - Vero Beach					
expla	ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts all have on ain why having a yard full of grass that requires more water and fertilization is not furces is the goal.					
11:30:00	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 ess drawn was livelier and began to talk more. A girl with extreme sensitivity to sound l in his abdomen and pain felt better, regained his appetite and began to sleep well ogy and brain science to find out why aromas have such effects.	happily took off her	earmuffs. A	A terminal	cancer	patient v
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105
	e has been assigned to a complicated case. Sister Hilda is called to the primary so e Crane receives exciting news that will take her on an adventure of a lifetime.	chool and she asks	Nancy and	Sister Fra	ancesto	for help.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106
	Episode 6					, .
	e are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shela ares for her first day back at work, but she is not coping well.	igh has joined the t	eam to ease	e their bus	sy worklo	oad. Luc
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1114
Focu	is: Autism, brain cancer, skin care					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1131H
Focu	is: Stress, burn first aid, emergency prep					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
-	is: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse					

3. Understanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Training - Fire Dept. Cpt. Patrick Bayne 5. Helping Others with Diabetes- Charles Mattocks

Fri, Jan 27, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 108 of 366

Title	Dietrib	Stereo	Can	462	Episode
Subline	Distrib	010100	Cap	<u></u>	Lpisode
Smartlife	SFPBS	(S)	(CC)	N/A	#102H
Smartlife	SFPBS	(S)	(CC)	N/A	#103H
Smartlife	SFPBS	(S)	(CC)	N/A	#104H
Smartlife	SFPBS	(S)	(CC)	N/A	#105H
	Subtitle Smartlife Smartlife Smartlife	SubtitleDistribSmartlifeSFPBSSmartlifeSFPBSSmartlifeSFPBSSmartlifeSFPBSSmartlifeSFPBS	SubtitleDistribStereoSmartlifeSFPBS(S)SmartlifeSFPBS(S)SmartlifeSFPBS(S)SmartlifeSFPBS(S)SmartlifeSFPBS(S)	SubtitleDistribStereoCapSmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)SmartlifeSFPBS(S)(CC)	SubtitleDistribStereoCapAS2SmartlifeSFPBS(S)(CC)N/ASmartlifeSFPBS(S)(CC)N/ASmartlifeSFPBS(S)(CC)N/A

Focus: 1. Shoulder Pain - Dr. Gosha Brusovanik 2. Peripheral Artery Disease & Leg Pain - Dr. Bernie Fernandez 3. Social Media and Relationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Frederick Chaleff and Jerome Turner 5. Healthy After-Hour School Snack -Sandi Glandt

16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#101
18:00:00	Your Health: A Sacred Matter	APTEX	(S)	(CC)	N/A	#102
19:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H

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

20:00:00 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."

 20:30:00
 Life After Sight
 NETA
 (S)
 (CC)
 N/A
 #0

 They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help

attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.

21:00:00	Searching: Our Quest for Meaning in the Age of Science	APTEX	(S)	(CC)	DVI	#103H	
	Homo Techno						

Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science - that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques.

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 109 of 366 Fri, Jan 27, 2023 Title Subtitle Episode Start Distrib Stereo Cap AS2 22:00:00 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. 22:30:00 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. 23:00:00 Doctor Q & A NETA (CC) (S) N/A #110H The Battle Against Breast Cancer

Daily Program Listing II

23:30:00 Second Opinion with Joan Lunden

Anxiety

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

APTEX

(CC)

(S)

N/A

#1707H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 110 of 366

Sat Jan 2						
	28, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital service	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden 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 woretes.	rk is to stop pre-d	iabetes from	i turning ir	nto full-fl	edged
01:00:00	Staying Healthy (Emergency Vs. Urgent Care)	SFPBS	(S)	(CC)	N/A	#1391H
Whe	n to go to the Emergency versus urgent care. How to treat snake bites, food poison	ing and heat exh		()		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital serv	vices includii	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistan sidered the next pandemic, antibiotic resistance is a threat to global health and food		dangering th	e efficacy	of antib	iotics.
03:00:00	Living Well (Follow-Up Care)	SFPBS	(S)	(CC)	N/A	#1127H
	a Ohaeto discusses the importance of the transition of care in patient outcomes. For ist Health Follow-Up Care in Homestead.	ocus: The skilled o		. ,	e nurses	s provide a
04:00:00	Pain Management (Backache)	SFPBS	(S)	(CC)	N/A	#1392H
Thing	gs we do to hurt our backs including poor posture, bending and lifting.					
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 heal ultations, emotional advice, second-opinion consultations, as well as a number of to	thcare digital service	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistan sidered the next pandemic, antibiotic resistance is a threat to global health and food		dangering th	e efficacy	of antib	iotics.
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#130H
	Howard Flies The Coop/Supper Surprise					
	Howard Flies The Coop/Supper Surprise n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve.	over it. When Alr	na is invited	to have d	linner wi	th Andre
	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get	over it. When Alr PBSPL	na is invited (S)	to have d (CC)	linner wi N/A	th Andre #202H
and I 06:30:00	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls Mother Nature's Shoes	PBSPL	(S)	(CC)	N/A	#202H
and I 06:30:00 Natu	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls	PBSPL	(S)	(CC)	N/A	#202H
and I 06:30:00 Natu	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls Mother Nature's Shoes re's designs, from polar bear paws to penguin flippers, inspire Elin and her best frie	PBSPL	(S)	(CC)	N/A	#202H
and I 06:30:00 Natu winte	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls Mother Nature's Shoes re's designs, from polar bear paws to penguin flippers, inspire Elin and her best frie er streets.	PBSPL ends to design a s	(S) afer shoe fo	(CC) r walking	N/A on Minn	#202H esota's ic
and I 06:30:00 Natu winte 07:00:00 While come	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls Mother Nature's Shoes re's designs, from polar bear paws to penguin flippers, inspire Elin and her best frie er streets. Wild Kratts	PBSPL ends to design a s PBS bund in different e ind a Polar bear c	(S) afer shoe fo (S) environments	(CC) r walking (CC) s. Their ne	N/A on Minn N/A ew know	#202H esota's ic #107H ledge
and I 06:30:00 Natu winte 07:00:00 While come	n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get his dad, she feels nervous about what "mystery dish" they're going to serve. Scigirls Mother Nature's Shoes re's designs, from polar bear paws to penguin flippers, inspire Elin and her best frie er streets. Wild Kratts Polar Bears Don't Dance e in the Arctic, Martin and Chris are on a mission to discover how animals move arc es in handy when they discover that Zach Varmitech has kidnapped a Walrus calf a	PBSPL ends to design a s PBS bund in different e ind a Polar bear c	(S) afer shoe fo (S) environments	(CC) r walking (CC) s. Their ne	N/A on Minn N/A ew know	#202H esota's ic <u>y</u> #107H ledge

Sat, Jan 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 111 of 366

Start	Title Subtitle	Distr	b Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud	SFPE	S (S)	(CC)	N/A	#1601H
	Segment 1 eeping with the Health Channel's spirit of innovative p v (with English subtitles) featuring groundbreaking me					
08:12:00	Vida Y Salud Segment 2	SFPE	S (S)	(CC)	N/A	#1602H
08:23:00	Vida Y Salud Segment 3	SFPE	S (S)	(CC)	N/A	#1603H
08:34:00	Vida Y Salud Segment 4	SFPE	S (S)	(CC)	N/A	#1604H
08:46:00	Vida Y Salud Segment 5	SFPE	S (S)	(CC)	N/A	#1605H
08:57:00	Vida Y Salud Segment 6	SFPE	S (S)	(CC)	N/A	#1606H
09:09:00	Vida Y Salud Segment 7	SFPE	S (S)	(CC)	N/A	#1607H
09:21:00	Vida Y Salud Segment 8	SFPE	S (S)	(CC)	N/A	#1608H
09:32:00	Vida Y Salud Segment 9	SFPE	S (S)	(CC)	N/A	#1609H
09:44:00	Vida Y Salud Segment 10	SFPE	S (S)	(CC)	N/A	#1610H
10:00:00	Vida Y Salud Segment 1	SFPB		(CC)	N/A	#2501H
	eeping with the Health Channel's spirit of innovative p v (with English subtitles) featuring groundbreaking me					-
10:12:00	Vida Y Salud Segment 2	SFPE	S (S)	(CC)	N/A	#2502H
10:22:00	Vida Y Salud Segment 3	SFPE	S (S)	(CC)	N/A	#2503H
10:34:00	Vida Y Salud Segment 4	SFPE	S (S)	(CC)	N/A	#2504H
10:45:00	Vida Y Salud Segment 5	SFPE	S (S)	(CC)	N/A	#2505H
10:56:00	Vida Y Salud Segment 6	SFPE	S (S)	(CC)	N/A	#2506H
11:11:00	Vida Y Salud Segment 7	SFPE	S (S)	(CC)	N/A	#2507H

Sat, Jan 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 112 of 366

Sat, Jan 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
12:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
comr early adult work child presi signi the n casu focus are g	Before Stage Four: Confronting Early Psychosis ORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful lo nunity. The compelling story takes viewers across the country - from Philadelphia and F psychosis, marked by temporary breaks from reality and disruptive thoughts and percer hood, and all too often the underlying illness isn't treated until it reaches a crisis point. E , only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfilled ren. Sometimes the end result is suicide. "We don't wait until cancer reaches stage four dent and CEO of Mental Health America in Washington, D.C. "But that's how we treat p ficant success rate for people who receive early, coordinated care. "First Episode Psych nental health community. BEFORE STAGE FOUR features several personal stories, including a high ses on FEP early treatment programs that are literally saving young lives, including a high pround-breaking brain studies from the University of Pittsburgh that could one day predict ies can intervene "Before Stage Four."	Pittsburgh, to options, often By then, youn hopes of an before we si hosis" (FEP) cluding that o chronic home ghly regarded	San Francis strike during ig people are education, c tart treating i But groundbro programs are f Gionfriddo elessness in d center in Pl	co, Califo adolesce likely to areer, ma t," says P eaking da e the lates s adult so San Fran hiladelphi	rnia. Ep ence and leave so arriage a aul Gior ta now s st beaco n who b cisco. It a. Also f	isodes of d young thool or nd ufriddo, shows a on of light in ecame a also reatured
attrib of an	Life After Sight live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a utes her independence and confidence to guide dogs. Another woman who suddenly lo organization called Society for the Blind. We'll also discover how modern medicine hel are preventing their disability from robbing them of life's richness and beauty.	st her vision	learns how t	thrive a	gain wit	h the help
	Sex Talk with Dr. Lia Improving Your Sex Drive t to do when you can't seem to get aroused, plus ways to improve your sex drive. Then onship issues at home.	SFPBS a sex therap	(S) ist talks abou	(CC) ut how to	N/A work thr	#210H ough
14:30:00 Focu	Health Insiders s: Skin care, mental health help, stroke	SFPBS	(S)	(CC)	N/A	#1116H
Over	Smartlife Is: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for C all Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD 5 oid Nodules - Dr. Robert Udelsman					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
Impo	Smartlife Is: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John Ma Intance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - Dr	. Gosha Bru	sovanik			
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H

Sat, Jan 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 113 of 366

	Subtitle	Distrib	Stereo	Сар	AS2	Episode
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John ortance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segmer			- Dr. Berr	nie Ferna	andez 10.
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
that new an e nove Hair	3, "Homo Techno," features stories - including that of a paralyzed former gang mem prompt Lightman to think deeply about how advances in science and technology wil species: "Homo Techno" - part human and part machine. What essential human qu ssayist, Lightman is a rare talent. After years on the faculties of Harvard and the Ma el, Einstein's Dreams, became an international best-seller. Co-written and directed b nes-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), ures state-of-the-art astronomical computer graphics along with a wide range of inno	Il impact our futur alities will we wa issachusetts Insti y award-winning , SEARCHING is	e evolution i nt to preserv itute of Tech public televi filmed in Ult	nto what v ve? As bot nology, Li sion scier tra HD for	will perh th a phys ghtman' ice prod	aps be a sicist and s first ucer Geoff
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bennett Taylor	SFPBS	(S)	(CC)	N/A	#105H
raisi	beinnet Taylor by Bennett Taylor and her husband Miles were newlyweds with a bright future planne ng a family Emily received the news that she had stage 4 lung cancer. She and her irmination to live life to its fullest while fighting for the chance to have children despite	husband recall th	neir cancer jo	ounting an ourney an	d talking d recour	g about nt their
18:30:00	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 all have on ain why having a yard full of grass that requires more water and fertilization is not the surces is the goal.					
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	#1806H
Cas	Pre-Diabetes es of, and morbidity from, diabetes continues to rise. One of the critical areas of wor	k is to stop pro d	iabotos from	turning ir	to full fl	odgod
	etes.		labeles nom	turning i		eugeu
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Before Stage Four: Confronting Early Psychosis	APTEX	(S)	(CC)	N/A	#0
com	ORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopef munity. The compelling story takes viewers across the country - from Philadelphia a y psychosis, marked by temporary breaks from reality and disruptive thoughts and po thood, and all too often the underlying illness isn't treated until it reaches a crisis poi c, only to begin a life-long journey of spotty treatment, recurring episodes, and unfulf	nd Pittsburgh, to erceptions, often nt. By then, youn illed hopes of an	San Francis strike during g people are education, c	co, Califo adolesce likely to areer, ma	rnia. Ep ence and leave so arriage a	isodes of d young hool or nd
work child pres sign the r casu focu are g	Iren. Sometimes the end result is suicide. "We don't wait until cancer reaches stage ident and CEO of Mental Health America in Washington, D.C. "But that's how we tre ificant success rate for people who receive early, coordinated care. "First Episode P mental health community. BEFORE STAGE FOUR features several personal stories alty of the mental health system - and is now dealing with long-term schizophrenia a ses on FEP early treatment programs that are literally saving young lives, including a ground-breaking brain studies from the University of Pittsburgh that could one day pr lies can intervene "Before Stage Four."	sychosis" (FEP) s, including that o and chronic home a highly regarded	But groundbr programs ar f Gionfriddo' elessness in d center in P	eaking da e the lates s adult so San Fran hiladelphi	ta now s st beaco n who b cisco. It a. Also f	shows a on of light i ecame a also eatured

They live with visual impairment yet refuse to surrender to a world of darkness. We'll meet a woman who has been legally blind her entire life and attributes her independence and confidence to guide dogs. Another woman who suddenly lost her vision learns how to thrive again with the help of an organization called Society for the Blind. We'll also discover how modern medicine helped a young girl retain her sight. Find out how each of them are preventing their disability from robbing them of life's richness and beauty.

Sat, Jan 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 114 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia Improving Your Sex Drive	SFPBS	(S)	(CC)	N/A	#210H
	t to do when you can't seem to get aroused, plus ways to improve your sex c ionship issues at home.	lrive. Then a sex therap	ist talks abo	ut how to	work thr	ough
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Focu	is: Skin care, mental health help, stroke					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
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.

Sun, Jan 29, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 115 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numbe	healthcare digital ser	vices includir	ng teleme		included i
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 sequences. Stress in all ages, as well as pandemic-related stress, affects our o as depression and anxiety.					issues
01:00:00	Maternity Care (Healthy Pregnancy)	SFPBS	(S)	(CC)	N/A	#1381H
Focu	is: All stages of a healthy pregnancy.					
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 i
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from com r high-income countries in the world. And behind these statistics lie startling ra en of color.					
03:00:00	Primary Care (Obesity Issues)	SFPBS	(S)	(CC)	N/A	#1125H
Focu	is: Dr. Gabriel Suarez discusses the obesity epidemic and how to manage you	r weight with proper n				
04:00:00	Plastic/Cosmetic Surgery#1382 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1382H
Lear	n the latest techniques involving the restoration, reconstruction, or alteration of	f the 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 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 i
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 com r high-income countries in the world. And behind these statistics lie startling ra en of color.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#129H
	All About Alma/Alma's Playdate n Alma is consumed with her starring role in a musical, she doesn't understand ome during a playdate at the Rivera house.	d why her friends aren	't happy for h	ner. / Alma	a helps I	Harper fee
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#203H
	Habitat Havoc					
	ding naturalist Lea and her SCIGIRLS pals investigate what the non-native Car is to native trees.	nary Island Palm does	to San Dieg	o habitats	s, compa	aring the
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#122H
	Koala Balloon					
ques	in and Chris must protect a young koala stranded in the Australian Outback, and st to return the adorable animal home, the brothers discover lots of interesting the ronment, and with some tips from an intrepid desert dweller called the thorny d e.	facts about how anima	Is are specia	alized to th	neir own	

Sun, Jan 29, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 116 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H

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

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
09:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 117 of 366

Sun, Jan 29, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:15:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3007H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3008H
	Segment 8					
11:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10					
12:00:00	Call The Midwife Episode 5	PBS	(S)	(CC)	DVI	#1105H
	ie has been assigned to a complicated case. Sister Hilda is called se Crane receives exciting news that will take her on an adventur		s Nancy and	Sister Fra	ancesto	for help.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106H
	Episode 6		(0)	(00)	211	
	re are new beginnings at Nonnatus House. Sister Hilda runs a tig bares for her first day back at work, but she is not coping well.	ht ship and Shelagh has joined the	team to ease	e their bus	sy worklo	oad. Lucille
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
Do a	How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your pa	artner, and a women's sexual health	coach has a	advice on	how to i	mnrove
	sex life.					inprove
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1117H
Focu	us: Stroke, teens and mental health, bladder pain syndrome					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
Expe surg	erts discuss therapy for herniated disks in the back, finding ways lery for breast cancer and we highlight services available at the L	to get better sleep, including more p ighthouse for the Blind.	plant-based f	foods in yo	our diet,	cosmetic
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Triple Threat Town Hall	SFPBS	(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.

Sun, Jan 29, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 118 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
19:00:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
	Setting A Good Night's Occip					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
	Stress					
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress c sequences. Stress in all ages, as well as pandemic-related stress, affects our overall he as depression and anxiety.					issues
20:00:00	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.					
21:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
Tho	patients, shedding light on their experiences with trauma, how they cope with it, and ulusands of surgeons around the world have made a passionate commitment to working	timately how with people live	they overcor /ing in pover	ne it in the ty. Often	e best ca providing	g medical
Thou treat com Harv med marg		timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation	they overcor ving in pover ity and returr g four physic ganization cc es employed nal medical p	ne it in the ty. Often p to produ ians conr ommitted to to heal tra- profession	e best ca providing ctive live lected w to provid auma fo	ases. g medical es in their rith ling r
Thou treat com Harv med marg patie	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession vard's Global Surgery and Social Change program, and Partners in Health, another Bose ical solutions. An engaging and educational documentary, TRAUMA HEALERS explored ginalized patients around the world, from Uganda to the Philippines. Learn about the wate ents with devastating injuries and conditions, despite having limited resources to care for the sources to care for the source to source to the source to source to the source to	timately how with people liv e-long disabili nals, including ston-based org es the practice ays internation or those despe	they overcor ving in pover ity and return g four physic ganization co es employed hal medical p erately in nee	ne it in the ty. Often j to produ ians conr ommitted to to heal tro- profession ed.	e best ca providing ctive live lected w to provid auma fo als are t	ases. g medical es in their ith ling r reating
Thou treat com Harv med marg patie	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession vard's Global Surgery and Social Change program, and Partners in Health, another Boss ical solutions. An engaging and educational documentary, TRAUMA HEALERS explored ginalized patients around the world, from Uganda to the Philippines. Learn about the waters with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia	timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation	they overcor ving in pover ity and returr g four physic ganization cc es employed nal medical p	ne it in the ty. Often p to produ ians conr ommitted to to heal tra- profession	e best ca providing ctive live lected w to provid auma fo	ases. g medical es in their rith ling r
Thoi treat com Harv med marg patie 22:00:00 Do a	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession vard's Global Surgery and Social Change program, and Partners in Health, another Bose ical solutions. An engaging and educational documentary, TRAUMA HEALERS explored ginalized patients around the world, from Uganda to the Philippines. Learn about the wate ents with devastating injuries and conditions, despite having limited resources to care for the sources to care for the source to source to the source to source to the source to	timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation or those despension SFPBS	they overcor ving in pover ity and return g four physic ganization co es employed hal medical p erately in nee (S)	ne it in the ty. Often p to produ ians conr ommitted to heal tr. profession ed. (CC)	e best ca providing ctive live nected w to provic auma fo als are t	ases. g medical es in their ith ling r reating #211H
Thoi treat com Harv med marg patie 22:00:00 Do a your	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession ard's Global Surgery and Social Change program, and Partners in Health, another Bos- ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore ginalized patients around the world, from Uganda to the Philippines. Learn about the watents with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and a women's	timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation or those despension SFPBS	they overcor ving in pover ity and return g four physic ganization co es employed hal medical p erately in nee (S)	ne it in the ty. Often p to produ ians conr ommitted to heal tr. profession ed. (CC)	e best ca providing ctive live nected w to provic auma fo als are t	ases. g medical es in their ith ling r reating #211H
Tho treat com Harv med marg patie 22:00:00 Do a your 22:30:00	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession ard's Global Surgery and Social Change program, and Partners in Health, another Bos- ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore ginalized patients around the world, from Uganda to the Philippines. Learn about the water sents with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life.	timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation or those despe SFPBS sexual health	they overcor ving in pover ity and return g four physic ganization cc es employed hal medical p erately in nee (S) coach has a	ne it in the ty. Often p to produ ians conr ommitted to heal tr. profession ed. (CC) advice on	e best ca providing ctive live lected w lo provid auma fo als are t N/A how to i	ases. g medical es in their ith ling r reating #211H mprove
Thoi treat com Harv med patie 22:00:00 Do a your 22:30:00 Focu	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession vard's Global Surgery and Social Change program, and Partners in Health, another Bos- ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore ginalized patients around the world, from Uganda to the Philippines. Learn about the wate ents with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life. Health Insiders	timately how with people liv e-long disabili nals, including ton-based or es the practice ays internation or those despe SFPBS sexual health	they overcor ving in pover ity and returr g four physic ganization cc es employed hal medical p erately in nee (S) coach has a (S)	ne it in the ty. Often p to produ- ians conro- omnitted fro- profession ed. (CC) advice on (CC)	e best ca providing ctive live lected w lo provid auma fo als are t N/A how to i	ases. g medical es in their ith ling r reating #211H mprove
Tho treat com Harv med marg patie 22:00:00 Do a your 22:30:00	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical profession ard's Global Surgery and Social Change program, and Partners in Health, another Bos- ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore ginalized patients around the world, from Uganda to the Philippines. Learn about the wate ents with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life. Health Insiders us: Bladder pain syndrome, cancer and nutrition, mental health help	timately how with people live e-long disabili nals, includin, ston-based org es the practice ays internation or those despe SFPBS sexual health SFPBS	they overcor ving in pover ity and return g four physic ganization cc es employed hal medical p erately in nee (S) coach has a	ne it in the ty. Often p to produ ians conr ommitted to heal tr. profession ed. (CC) advice on	e best ca providing ctive live lected w to provic auma fo als are t N/A how to i	ases. g medical es in their ith ling r reating #211H mprove #1118H
Thoi treat com Harv med patie 22:00:00 Do a your 22:30:00 Focu	usands of surgeons around the world have made a passionate commitment to working iment free of charge to the patient, the doctors' care allows these individuals to avoid lif munities. TRAUMA HEALERS profiles the work of some of these top medical professio vard's Global Surgery and Social Change program, and Partners in Health, another Bos ical solutions. An engaging and educational documentary, TRAUMA HEALERS explore ginalized patients around the world, from Uganda to the Philippines. Learn about the wa ents with devastating injuries and conditions, despite having limited resources to care for Sex Talk with Dr. Lia How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sex life. Health Insiders us: Bladder pain syndrome, cancer and nutrition, mental health help Doctor Q & A	timately how with people live e-long disabili nals, includin, ston-based org es the practice ays internation or those despe SFPBS sexual health SFPBS	they overcor ving in pover ity and returr g four physic ganization cc es employed hal medical p erately in nee (S) coach has a (S)	ne it in the ty. Often p to produ- ians conro- omnitted fro- profession ed. (CC) advice on (CC)	e best ca providing ctive live lected w to provic auma fo als are t N/A how to i	ases. g medical es in their vith ling r reating #211H mprove #1118H

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

Mon, Jan 30, 2023

Bend You Backbone

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 119 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca sultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	ng teleme		included ir
00:30:00	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, settir eback.					
01:00:00	Staying Healthy (Storm Season Update)	SFPBS	(S)	(CC)	N/A	#1384H
Dr. F	Furr discusses how to get prepared for hurricane season, media consumption and how	this impacts y	your kids.			
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	re digital ser	vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	rt valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	a very comr	mon procedu	ıre. This p	rocedure	e is 94-
03:00:00	Living Well (Follow-Up Care)	SFPBS	(S)	(CC)	N/A	#1127H
	a Ohaeto discusses the importance of the transition of care in patient outcomes. Focus tist Health Follow-Up Care in Homestead.	: The skilled	care advanc	ed practic	e nurses	s provide at
04:00:00	Staying Healthy (Vaccines Latest)	SFPBS	(S)	(CC)	N/A	#1388H
Dr. N	Marty dicusses measles - types, symptoms, vaccines, immune system, treatment and o	utcomes.				
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 includi	ng teleme		included in
05:30:00	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 com	mon procedu	ıre. This p	rocedure	e is 94-
06:00:00	Classical Stretch: By Essentrics Body Shaping	APTEX	(S)	(CC)	N/A	#1229H
	Miranda Esmonde-White for a poolside workout in paradise. Today's episode of Classi with more definition and tone.	cal Stretch sł	napes every	muscle in	your bo	dy leaving
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#122H
			. ,	. ,		

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 120 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	Before Stage Four: Confronting Early Psychosis	APTEX	(S)	(CC)	N/A	#0
comr early adult work childi presi signi the n casu focus are g	ORE STAGE FOUR: CONFRONTING EARLY PSYCHOSIS offers a stark yet hopeful nunity. The compelling story takes viewers across the country - from Philadelphia and psychosis, marked by temporary breaks from reality and disruptive thoughts and perchood, and all too often the underlying illness isn't treated until it reaches a crisis point. only to begin a life-long journey of spotty treatment, recurring episodes, and unfulfille ren. Sometimes the end result is suicide. "We don't wait until cancer reaches stage for dent and CEO of Mental Health America in Washington, D.C. "But that's how we treat ficant success rate for people who receive early, coordinated care. "First Episode Psychental health community. BEFORE STAGE FOUR features several personal stories, ir alty of the mental health system - and is now dealing with long-term schizophrenia and ses on FEP early treatment programs that are literally saving young lives, including a hyporund-breaking brain studies from the University of Pittsburgh that could one day precise can intervene "Before Stage Four."	Pittsburgh, to eeptions, often By then, yound d hopes of an ur before we st psychosis. " B chosis" (FEP) cluding that o d chronic home ighly regarded	San Francis strike during g people are education, c tart treating i But groundbra programs are f Gionfriddo's elessness in d center in Pl	co, Califo adolesce likely to l areer, ma t," says P eaking da e the lates s adult so San Fran hiladelphia	rnia. Ep ence and leave so irriage a aul Gior ta now s st beacc n who b cisco. It a. Also t	isodes of d young thool or ind ifriddo, shows a on of light ecame a also featured
07:30:00	Life After Sight	NETA	(S)	(CC)	N/A	#0
attrib of an	live with visual impairment yet refuse to surrender to a world of darkness. We'll meet utes her independence and confidence to guide dogs. Another woman who suddenly organization called Society for the Blind. We'll also discover how modern medicine he are preventing their disability from robbing them of life's richness and beauty.	lost her vision	learns how t	o thrive a	gain wit	h the hel
08:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	e are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh h ares for her first day back at work, but she is not coping well.	as joined the t	team to ease	their bus	y workle	oad. Luci
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
coun varia	Covid-19: The Potential of Antibody Drugs w treatment for COVID-19 involves the combination of 2 different antibodies to create 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 anim lines of research.	ent is underwa	ly of an antib	ody drug	that car	n fight ar
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#104H
cells. many	Killing Cancer Cells with a Virus 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 v y years. Many years later, a US neurosurgeon paved the way for the creation of such a saw his paper made further adjustments.	rirus, but nobo	dy was able	to develo	p a cano	cer drug
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
other	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 disp en of color.	•				
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
Hoor	Heart Valve Replacement		oon procedu	ro. Thio n	rooodur	o io 04
	t valve replacement is an area in medicine which has made great advancements and i effective and can drastically increase the life expectancy of the patient.	is a very comin	non procedu	re. mis pi	locedui	e 15 94-
11:00:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
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 v y years. Many years later, a US neurosurgeon paved the way for the creation of such a saw his paper made further adjustments.	rirus, but nobo	dy was able	to develo	p a cano	cer drug
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.	s malignancy i	n 0.4 second	I with alm	ost 100	%

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 121 of 366

Mon, Jan	30,	2023	
----------	-----	------	--

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106H
	Episode 6 re are new beginnings at Nonnatus House. Sister Hilda runs a ares for her first day back at work, but she is not coping well.		eam to ease	e their bus	y worklo	oad. Lucil
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1107H
	Episode 7 Inforeseen event in Poplar means that Nonnatus House suffe er Hilda and Sister Julienne expect more from Nancy and dec		home from	university	after fa	lling ill.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1134H
Focu	us: Blue zone, addiction, running					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1133F
Focu	us: Stroke, vaccines, mental crisis					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	us: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkow 2 n Martin and patient Tracy 4. OTC Treatments for Hair Restor					
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	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalona sk The Expert Segment – Dan Simmons -Hazelden Betty For e Vargas					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
emo their seclu	IASKing HOPE chronicles the extraordinary stories of a diver- tional pain. From 9/11 and mass shooting survivors, to servic MASKS to experience the abuse, social stigma, and moral ir usion to inclusion, we realize that the aggregate stories of the ASK our own HOPE.	e members in combat and chronic sexu njury that have scarred their souls. As w	al abuse vic e are taken	tims, the f on their jo	ilm goes urney fr	s behind om
18:30:00	Little But Fierce	NETA	(S)	(CC)	N/A	#0H
	ison is a 9-year-old girl battling a rare form of brain cancer. H Iding buying medical cannabis off the black market to treat Ma		g in her pow	ver to save	e her da	ughter,
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					

vaccine resitancy continues to be an issue in the 0.5., with COVID continually bringing this topic to light. But it's not just about the COVID vaccine. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to make a comeback.

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 122 of 366 Mon, Jan 30, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 20:00:00 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. 21:00:00 Searching: Our Quest for Meaning in the Age of Science APTEX (CC) DVI #103H (S) Homo Techno Part 3, "Homo Techno," features stories - including that of a paralyzed former gang member who risked his brain to advance medical science that prompt Lightman to think deeply about how advances in science and technology will impact our future evolution into what will perhaps be a new species: "Homo Techno" - part human and part machine. What essential human qualities will we want to preserve? As both a physicist and an essayist, Lightman is a rare talent. After years on the faculties of Harvard and the Massachusetts Institute of Technology, Lightman's first novel, Einstein's Dreams, became an international best-seller. Co-written and directed by award-winning public television science producer Geoff Haines-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhood), SEARCHING is filmed in Ultra HD format worldwide, and features state-of-the-art astronomical computer graphics along with a wide range of innovative story-telling techniques. 22:00:00 APTEX Medical Frontiers (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) (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. 23:00:00 Doctor Q & A NETA (S) (CC) N/A #111H Heart Attacks and Strokes 23:30:00 APTEX #1710H Second Opinion with Joan Lunden (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."

Tue, Jan 31, 2023

Stomach Pain, Reflux Disease and Ibs

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 123 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u> </u>	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	ription of the vices includir	different s		included i
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpes and is one of the most requested topics from viewers every year.	predictable hair loss. It affects	roughly 6.8 ı	nillion peo	ople in th	ne United
01:00:00	Brain Health (Nervous System Disorders)	SFPBS	(S)	(CC)	N/A	#1393H
	Ronald Tolchin & Francisco Jou discuss Parkinson's disease. Focus: R disease.	ehabilitative strategies to imp	rove the mote	or sympto	ms asso	ciated wit
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical letes.	areas of work is to stop pre-o	liabetes from	turning ir	nto full-fl	edged
03:00:00	All About Cancer (Breast Cancer Risk)	SFPBS	(S)	(CC)	N/A	#1128H
Focu	us: Dr. Sharma & Dr. Mautner discuss how to know if you are at high ris	sk for breast cancer and mana	aging the hig	h risk pati	ent.	
04:00:00	Spine & Back Care (Spine Care Update)	SFPBS	(S)	(CC)	N/A	#1395H
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 v subscription plan AllHealthGo has created to offer users access to a nu sultations, emotional advice, second-opinion consultations, as well as a	mber of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues to rise. One of the critical netes.	areas of work is to stop pre-c	liabetes from	turning ir	nto full-fl	edged
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 nportant to full body health. Join Miranda Esmonde-White for a Classic d muscles.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#123H
	Bend, Twist and Release Tension					
07:00:00	Happy Yoga with Sarah Starr Sunflower Inspiration	NETA	(S)	(CC)	N/A	#508H
to ac	w the uplifting sunflower energy to inspire your practice as we create m ctivate the core. Including a seated a seated warm up along with moves urance while exploring modified plank variations and standing poses us	s to firm the abs, strengthen the				
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H

Tue, Jan 31, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 124 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
09:00:00	Medical Frontiers Medical Smart Revolution	APTEX	(S)	(CC)	N/A	#101H
20 m oper	university hospital in Tokyo is a globally-unique operating room called the Hyper s nedical devices are integrated in real time and shown on a monitor during surgery ning 2 years ago. Doctors outside the operating room can see the monitor and giv arately, another university is using virtual reality to help students learn.	. It has been used f	or difficult br	ain tumor	surgerie	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 est drawn was livelier and began to talk more. A girl with extreme sensitivity to sound in his abdomen and pain felt better, regained his appetite and began to sleep wel ogy and brain science to find out why aromas have such effects.	happily took off her	earmuffs. A	terminal	cancer	patient v
10:00:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804
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 conger a death sentence.					
10:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805
	misuse and overuse of antibiotics is contributing to the rapid emergence of resista sidered the next pandemic, antibiotic resistance is a threat to global health and for		dangering th	e efficacy	of antib	piotics.
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#410⊢
CBD	(Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant procedure.			. ,		
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 business, and child. Yet within months of giving birth Lisa was told the devasting news; she ler smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into the astating cancer.	had stage 4 lung ca	ncer. For an	athletic,	oung w	oman w
12:00:00	Medical Frontiers Detecting Cancer with Ai	APTEX	(S)	(CC)	N/A	#105H
endo accu	on cancer is the second deadliest cancer in the US. Early detection is important bu pscopes have been developed in Japan to tackle the problem. One can judge a le uracy. The other indicates lesions during an exam, even indistinct ones, like a car s that are beneficial for gut health and explain how they should be eaten.	sion's malignancy in	n 0.4 second	d with alm	ost 1009	%
12:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106 ⊢
to er weel	lents at medical institutions can sometimes put patients' lives at risk. The Nagoya nsure medical safety. Everyone who works there, from medical professionals to ac k, and each is examined to determine the cause, with information disclosed to pat pment. The system is based on Kaizen, a core principle of Toyota Motor.	dministrative staff, c	an report in	cidents. T	here are	e 250 a
13:00:00	Searching: Our Quest for Meaning in the Age of Science Homo Techno	APTEX	(S)	(CC)	DVI	#103H
that new an e nove Hain	3, "Homo Techno," features stories - including that of a paralyzed former gang m prompt Lightman to think deeply about how advances in science and technology species: "Homo Techno" - part human and part machine. What essential human ssayist, Lightman is a rare talent. After years on the faculties of Harvard and the f el, Einstein's Dreams, became an international best-seller. Co-written and directed les-Stiles (Carl Sagan's COSMOS, NOVA's "Is Anybody Out there," and Childhoo ures state-of-the-art astronomical computer graphics along with a wide range of in	will impact our futur qualities will we wa Massachusetts Insti d by award-winning od), SEARCHING is	e evolution i nt to preserv tute of Tech public televi filmed in Ult	nto what v ve? As bot nology, Li sion scien tra HD for	will perh h a phy: ghtman' ice prod	aps be a sicist an 's first ucer Ge

Tue, Jan 31, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 125 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#211H
	How to Talk About Sex					
	aphrodisiacs really work? Then, how to speak openly with your par sex life.	tner, and a women's sexual health	coach has a	advice on	how to i	mprove
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
healt	Ith Insiders 1007 Why is the measles vaccine so important for child th and ways to detect heart disease long before a potentially deva- th insiders					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castre y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yur					ma - Dr.
15:18:00	Smartlife	SFPBS	(S)	(CC)	N/A	#302H
15:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#303H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
	us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - D		0 /	,		is
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Crazy	APTEX	(S)	(CC)	N/A	#0H
illnes com after the f Depo intim direc there auto In th	ording to the National Alliance on Mental Illness, approximately 1 in ss in a given year. The one-hour documentary CRAZY follows Eric ply with traditional mental health treatment or follow his own path t eight years of anti-psychotic meds, Eric wants to refuse the drugs film explores both sides of the story. Eric, his father and his attorne ositions of Eric's evaluating psychologist and social worker show h hate portrait of the unpredictable and high-stakes trajectory of Eric' citive, being locked on a psych floor after being picked up by police e's a glimmer of hope and a solution that eventually enables Eric to nomy he so desperately craves. CRAZY brings the viewer into the e process, the documentary looks at involuntary treatment and experience.	c, a diagnosed schizophrenic, facero o wellness. Eric's doctors want to the believes are causing more har y argue passionately for Eric's righ ow and why they feel forced treatro s journey - refusing meds, seeking , and deteriorating during a family o graduate from college and claim story with extraordinary access to	d with a critic medicate hin m than good it to make hin nent is nece legal appro- therapy sess the recovery both Eric ar	cal choice n for his or J. With ext s own me ssary. CR val to use sion. Throu r and a me nd his doc	- wheth wn prote raordina dical de AZY rev an adva ugh all o easure o tor's poin	er to ection, but ary access cisions. eals an inced f this, f the nts of view
18:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
	ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip creater of invasive plants from their front yard. They will also show how t					on remove
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H

Life can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a close-knit family while celebrating the arrival of her second child. Yet within months of giving birth Lisa was told the 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.

19:00:00 Doctor Q & A NETA (S) (CC) N/A #102H

Caring for Your Back

Lisa Briggs

		WPBTHC			_	400 6	
Date: 03/27/	2023	01/01/2023 - 03/31/2023			Page	126 of	366
Tue, Jan	,						
01.1		Title		01	0		
Start		ubtitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	Second Opinion with Joan Lunden Alopecia Areata		APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune dis es and is one of the most requested topics	order that often results in unpredictable hair from viewers every year.	loss. It affects	roughly 6.8 i	million peo	ople in th	ne United
20:00:00	Unmasking Hope		NETA	(S)	(CC)	N/A	#0H
their secl	MASKS to experience the abuse, social	survivors, to service members in combat a stigma, and moral injury that have scarred th egate stories of these brave individuals sha	heir souls. As w	e are taken	on their jo	urney fr	om
21:30:00	Little But Fierce		NETA	(S)	(CC)	N/A	#0H
		n of brain cancer. Her mother, an ER nurse, k market to treat Madison's pain and seizur		ıg in her pow	ver to save	e her dai	ughter,
22:00:00	Sex Talk with Dr. Lia		SFPBS	(S)	(CC)	N/A	#211H
	How to Talk About Sex						
	phrodisiacs really work? Then, how to sp sex life.	eak openly with your partner, and a women	's sexual health	coach has a	advice on	how to i	mprove
22:30:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1007H
heal		ine so important for children these days? P before a potentially devastating heart attack					
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	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)						

Daily Program Listing II

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

Wed, Feb 01, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 127 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans they can prevent developing memory issues of any kind. There is a promiting at what we can do to keep our brain healthy.					
01:00:00	Kids & Teens #1396 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1396H
Spec	cialists share their expertise on how to care for children from birth through y	oung adulthood.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	exises is a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects of a s depression and anxiety.					issues
03:00:00	Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Focu	us: Carin Searby discusses practicing better speech and hearing in honor o	f the Health Care Observ	ance this mo	nth.		
04:00:00	Nutrition & Health (Healthy Nutrition)	SFPBS	(S)	(CC)	N/A	#1398H
	Squire & Chef Drew discuss clean eating. Focus: Adding fresh herbs and sp ng whole fruits; healthy summer picnic tips; what's growing in the Grow2Hea					juicing vs
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	exises a word that people throw around when they are feeling overwhelmed, sequences. Stress in all ages, as well as pandemic-related stress, affects of a s depression and anxiety.					issues
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 I rebalance the muscle chains of your lower body. This gentle, standing & b e you feeling energized and more flexible					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#124H
	Yoga Basics					
07:00:00	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, overies that can help humans live longer, healthier lives.	grow into beings of more	than 37 trillio	on cells. P	lus, exp	lore new
08:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
T 1						

There are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh has joined the team to ease their busy workload. Lucille prepares for her first day back at work, but she is not coping well.

	Daily Program Listing II WPBTHC					
Date: 03/27/				Page	128 of	366
Wed, Feb	01, 2023					
- · · ·	Title		-	_		
Start	Subtitle	Distrib	Stereo	Сар	<u>AS2</u>	Episode
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
cou varia	Covid-19: The Potential of Antibody Drugs aw treatment for COVID-19 involves the combination of 2 different antibodies to create a attries. 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 anima times of research.	nt is underwa	ay 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 mar	world's first virus therapy drug targeting malignant brain tumors won approval in Japan b. It was known since the 1970s that tumors shrank after patients were infected with a vir 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 nobo	dy was able	to develo	p a cano	cer drug for
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 areas of work is etes.	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
con	exises a word that people throw around when they are feeling overwhelmed, but stress co sequences. Stress in all ages, as well as pandemic-related stress, affects our overall her as depression and anxiety.					issues
11:00:00	Conscious Living The Raw Food Buzz	NETA	(S)	(CC)	N/A	#108H
rest	with us to Indonesia for a two-week raw food culinary immersion amongst the storied rice aurateur and author Sayuri Tanaka, we learn how to make mouth-watering raw vegan ve iding Mexican, Indian, Japanese and American. In between cooking classes, we advent are of Bali - from a bustling jungle cacao factory to a French-owned fresh spirulina farm	ersions of so ure through t	me of the wo	rld's iconi	c cuisine	es
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#210H
	Henley Family - Coral Springs ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Cora n of invasive plants from their front yard. They will also show how to install and use a rai					on remove
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)	DVI	#1106H
	re are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh ha ares for her first day back at work, but she is not coping well.	as joined the	team to ease	e their bus	sy worklo	oad. Lucille
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H
	Inforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Til er Hilda and Sister Julienne expect more from Nancy and decide to show her what she i			university	after fa	lling ill.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	us - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MELAND Setting goals venting infection during surgery	for exercise	3. DR. GOS	HA BRUS	OVANI	<
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Foc	us: Sunscreen and sun safety, Women & heart disease, Menopause					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	us: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to Go to the ER - dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorders - Melissa		Johnson 3. S	Scoliosis i	n Teens	- Nicklaus
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H

Wed, Feb 01, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 129 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:32:00	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	us: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. liovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turov rcise - 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	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis e issues affecting our children and offer practical advice based on resear Finding Hope: Preventing Disease and Staying Healthy Town Hall		(S)	(CC)	N/A	#101H
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 Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americ s they can prevent developing memory issues of any kind. There is a pro ing at what we can do to keep our brain healthy.	0,				•
20:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
NFL Many Carri have this a play	hour documentary about the first wheelchair football league in Buffalo, N Foundation and the Bob Woodruff Foundation. The team is made up of a y, like David Cross have served our country. Cross was injured while in t play physical sports, " he said. "I tried golf, it was too boring. Getting out ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the C as adults." The team was assembled last season by Norm Page, the Pre against 11 other teams across the country this season, in two separate to a to come home with a trophy, the ability to alay this sport is a priceless of	athletes who live with disab he military. He was hit by a there and playing competiti play stand-up sport for suc reater Adaptive Buffalo Sp sident of the Greater Buffal ournaments in Chicago and	ilities. Each p n IED, and lo vely is everyt h a long time, orts Program o Adaptive S d Salt Lake C	blayer has st his leg hing to m , and ther , we woul ports Prog ity. While	a differe as a res e." For L you car dn't be a gram. Th these pl	ent story. ult. "I can J.S Vetera n't, you able to do ne team w

20:30:00 Hope Is Here NETA (S) (CC) N/A #106H Lisa Briggs

hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.

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.

21:00:00 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.

	Daily Program Listing II WPBTHC					
Date: 03/27/2	2023 01/01/2023 - 03/31/2023			Page	130 of	366
Wed, Feb	01, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
	Covid-19: The Potential of Antibody Drugs					
varia	tries. We examine how such drugs are made and how they work. In Japan, develor nt of the new coronavirus. Research is being done on the use of antibodies of an a lines of research. Medical Frontiers					
	Killing Cancer Cells with a Virus					
cells many	world's first virus therapy drug targeting malignant brain tumors won approval in Ja . 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 su saw his paper made further adjustments.	n a virus, but nobod	y was able	to develop	o a canc	er drug for
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 Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H

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

_

Thu, Feb 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 131 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of t	Ithcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
All a	Racial Disparities In Health cross America, there are large and persistent racial differences in health and acces	sing healthcare	People of co	lor aet sic	k at vou	naer aaes
and serv Neve	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 par arities that exist in health and healthcare in the U.S.	minorities are les gly important as c	ss likely to re our populatio	ceive pre n become	ventive l s more (health diverse.
01:00:00	Health Trends (Food and Anxiety)	SFPBS	(S)	(CC)	N/A	#1401H
Dr. [Anxi	Deepa Sharma and Carla Duenas discuss how certain foods help or trigger mental lety.	health conditions.	FOCUS: Fo	od link to	Depress	sion and
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers 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 t	Ithcare digital ser	iption of the vices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
\/	Vaccine Hesitancy		Dut He not		4h = 00	
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing ine. Childhood vaccine rates continue to decrease in certain areas of the country, s eback.					
03:00:00	Nutrition & Health #1205 (Healthy Eating)	SFPBS	(S)	(CC)	N/A	#1205H
	e Placeres & Elise Karnegis discuss what an International Mediterranean diet is. For des the blue zones and Mediterranean lifestyles.	ocus: The life long	gevity benefi	ts from the	e diet wł	nich
04:00:00	Mental Health (Chronic Pain)	SFPBS	(S)	(CC)	N/A	#1402H
Amy	Exum & Nicole Rodriguez discuss chronic pain management.					
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 heal sultations, emotional advice, second-opinion consultations, as well as a number of the sultations.	Ithcare digital ser	iption of the vices includi	different s		included in
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vaco	cine hesitancy continues to be an issue in the U.S., with COVID continually bringing ine. Childhood vaccine rates continue to decrease in certain areas of the country, s eback.					
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 oceansid posture. By loosening, lengthening, and liberating your spine you will feel greater n on will allow you to go deeper into the strengthening exercises.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#125H
	The Queen of Asanas		. /	. ,		
07:00:00	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.

	Daily Program Listi WPBTHC	ng II				
ate: 03/27/	2023 01/01/2023 - 03/31/2	2023		Page	132 of	366
Thu, Feb	02, 2023					
.	Title		e /			
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
08:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a ren requiring hospitalization to treat RSV infections, and of course, COV ain why this is happening and what we can do to stay as healthy as poss	ID-19. Infectious disease ex				
09:00:00	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 th nedical devices are integrated in real time and shown on a monitor during ning 2 years ago. Doctors outside the operating room can see the monito arately, another university is using virtual reality to help students learn.	g surgery. It has been used t	or difficult br	ain tumor	surgerie	es since
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#102H
	Aromas' Surprising Healing Powers					
with fluid	ook at the effects of aromatherapy in 3 types of clinical care. After smelli drawn was livelier and began to talk more. A girl with extreme sensitivity in his abdomen and pain felt better, regained his appetite and began to be be and brain science to find out why aromas have such effects.	to sound happily took off he	r earmuffs. A	terminal	cancer p	oatient w
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808I
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continuation. Childhood vaccine rates continue to decrease in certain areas of the eback.					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809F
	ecia areata is a common autoimmune disorder that often results in unpre- es and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8 r	nillion peo	ople in th	ne Unite
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#410H
CBD	(Cannabidiol) therapy, 3rd hand smoke, Aneurysms, Dental implant pro	cedure.				
11:30:00	Hope Is Here Lisa Briggs	NETA	(S)	(CC)	N/A	#106H
seco	can be full of hope and dreams. Lisa Briggs was enjoying a successful b ind child. Yet within months of giving birth Lisa was told the devasting ne or smoked, the diagnosis seemed unreal. After the shock wore off, Lisa w stating cancer.	ws; she had stage 4 lung ca	incer. For an	athletic,	young w	oman wl
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 imposcopes have been developed in Japan to tackle the problem. One can juracy. The other indicates lesions during an exam, even indistinct ones, lis that are beneficial for gut health and explain how they should be eaten	udge a lesion's malignancy i ike a car navigation system.	n 0.4 second	d with alm	ost 1009	%
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 isure medical safety. Everyone who works there, from medical professio <, and each is examined to determine the cause, with information disclos oment. The system is based on Kaizen, a core principle of Toyota Motor	nals to administrative staff, o ed to patients. This has led	can report ind	cidents. T	here are	250 a
13:00:00	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.

Thu, Feb 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 133 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia Sex & Sleep: What's The Connection?	SFPBS	(S)	(CC)	N/A	#212H
	it's the connection between intimacy and sleep, then how long does it ta s about circumcision and health.	ake for a sexually transmitted	infection to a	actually sh	יסw up?	Plus, the
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	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Childho lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire station {			ien and H	leart Dis	ease - Dr
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therapy S ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is Al		k the Experi	t Segment		ana
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
17:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
	hour documentary about the first wheelchair football league in Buffalo, Foundation and the Bob Woodruff Foundation. The team is made up o y, like David Cross have served our country. Cross was injured while in	f athletes who live with disabi		layer has		
Man only Carr have this play	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to e to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate e to come home with a trophy, the ability to play this sport is a priceless	t there and playing competitiv o play stand-up sport for such Greater Adaptive Buffalo Spor resident of the Greater Buffalo e tournaments in Chicago and	ely is everyt a long time, orts Program Adaptive S Salt Lake C	hing to me , and then , we would ports Prog ity. While	e." For U you car dn't be a gram. Th these pl	ult. "I can J.S Vetera n't, you able to do ne team w
Man only Carr have this play hope	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate	t there and playing competitiv o play stand-up sport for such Greater Adaptive Buffalo Spor resident of the Greater Buffalo e tournaments in Chicago and	ely is everyt a long time, orts Program Adaptive S Salt Lake C	hing to me , and then , we would ports Prog ity. While	e." For U you car dn't be a gram. Th these pl	ult. "I can J.S Vetera n't, you able to do ne team w
Man only Carr have this play hope 17:30:00	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate to come home with a trophy, the ability to play this sport is a priceless Hope Is Here Lisa Briggs	t there and playing competitivo o play stand-up sport for such Greater Adaptive Buffalo Sporesident of the Greater Buffalo tournaments in Chicago and gift players like Carrie Frank NETA	ely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S)	hing to me , and then , we would ports Prog ity. While ed their liv (CC)	e." For U you car dn't be a gram. Th these pl ves. N/A	ult. "I cán J.S Vetera n't, you able to do ne team w layers #106H
Man only Carr have this play hope 17:30:00 Life seco neve	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate to come home with a trophy, the ability to play this sport is a priceless Hope Is Here	t there and playing competitive o play stand-up sport for such Greater Adaptive Buffalo Spor- resident of the Greater Buffalo tournaments in Chicago and gift players like Carrie Frank NETA business, and a close-knit far rews; she had stage 4 lung ca	ely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nily while cel ncer. For an	hing to me , and then , we would ports Prog ity. While ed their liv (CC) lebrating t , athletic, y	e." For U n you car dn't be a gram. Th these pl ves. N/A the arriva young w	ult. "I cán J.S Vetera n't, you able to do te team w layers #106H al of her roman wh
Man only Carr have this play hope 17:30:00 Life seco neve	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate a to come home with a trophy, the ability to play this sport is a priceless Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful ond child. Yet within months of giving birth Lisa was told the devasting n er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa	t there and playing competitive o play stand-up sport for such Greater Adaptive Buffalo Spor- resident of the Greater Buffalo tournaments in Chicago and gift players like Carrie Frank NETA business, and a close-knit far rews; she had stage 4 lung ca	ely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nily while cel ncer. For an	hing to me , and then , we would ports Prog ity. While ed their liv (CC) lebrating t , athletic, y	e." For U n you car dn't be a gram. Th these pl ves. N/A the arriva young w	ult. "I cán J.S Vetera n't, you able to do te team w layers #106H al of her roman wh
Man only Carr have this play hope 17:30:00 Life secc neve deva 18:00:00 Lear	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate a to come home with a trophy, the ability to play this sport is a priceless Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful ond child. Yet within months of giving birth Lisa was told the devasting n er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa astating cancer.	t there and playing competitive o play stand-up sport for such Greater Adaptive Buffalo Spor- resident of the Greater Buffalo tournaments in Chicago and gift players like Carrie Frank NETA business, and a close-knit far rews; she had stage 4 lung car went into full action ahead as PBS	ely is everyti a long time, orts Program o Adaptive S Salt Lake C (S) nily while cel ncer. For an her will to liv (S)	hing to me , and then , we would ports Prog ity. While ed their liv (CC) lebrating t athletic, y ve proved (CC)	e." For Un you car dn't be a gram. Th these pl ves. N/A the arriva young w I stronge N/A	ult. "I cán J.S Vetera n't, you able to do ne team w layers #106H al of her oman wh rr than he #101
Man only Carr have this play hope 17:30:00 Life secc neve deva 18:00:00 Lear	play physical sports," he said. "I tried golf, it was too boring. Getting ou ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate to come home with a trophy, the ability to play this sport is a priceless Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful ond child. Yet within months of giving birth Lisa was told the devasting n er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa astating cancer. Amazing Human Body Grow The how humans begin life as a single cell and, over the course of a lifetire	t there and playing competitive o play stand-up sport for such Greater Adaptive Buffalo Spor- resident of the Greater Buffalo tournaments in Chicago and gift players like Carrie Frank NETA business, and a close-knit far rews; she had stage 4 lung car went into full action ahead as PBS	ely is everyti a long time, orts Program o Adaptive S Salt Lake C (S) nily while cel ncer. For an her will to liv (S)	hing to me , and then , we would ports Prog ity. While ed their liv (CC) lebrating t athletic, y ve proved (CC)	e." For Un you car dn't be a gram. Th these pl ves. N/A the arriva young w I stronge N/A	ult. "I cán J.S Vetera n't, you able to do he team w layers #106H al of her oman wh rr than he #101

	Daily Program Listing II WPBTHC					
ate: 03/27/		3		Page	134 of	366
Thu, Feb	02, 2023					
,	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and servi Neve	cross America, there are large and persistent racial differences in health and die sooner than white people. Compared with whites, members of racial and ces and often receive lower-quality care. Addressing health disparities is incr er has the disparity in access to healthcare become more obvious than with th arities that exist in health and healthcare in the U.S.	ethnic minorities are les easingly important as c	s likely to re ur populatio	eceive prev	ventive s more	health diverse.
20:00:00	4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
4 WI	HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets o	ut to becone the first wh	()	er to cross	s the 11	.845 foot
Kear	sarge Pass in the Sierra Nevada of California. The one-hour documentary fo at our own self-imposed limitations and perhaps reach beyond what we think	llows the inspirational jo				
21:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
have this a play	ie Frank, playing sports has provided her purpose. "When you're able to play to forgive sport and then you have to drive on," she said. "Without the Great as adults." The team was assembled last season by Norm Page, the Presider against 11 other teams across the country this season, in two separate tourn to come home with a trophy, the ability to play this sport is a priceless gift pl	er Adaptive Buffalo Spo nt of the Greater Buffalo aments in Chicago and	orts Program Adaptive S Salt Lake C	n, we would Sports Prog City. While	dn't be a gram. Tl these p	able to do he team wil
21:30:00	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 busine ind child. Yet within months of giving birth Lisa was told the devasting news; s ir smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went i istating cancer.	she had stage 4 lung ca	ncer. For a	n athletic, y	oung w	oman who
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#212H
	Sex & Sleep: What's The Connection?					
	t's the connection between intimacy and sleep, then how long does it take for about circumcision and health.	r a sexually transmitted	infection to	actually sh	now up?	Plus, the
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	is: Teeth grinding, Workplace stress, Products to relieve Sunburn					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer			. ,		
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
	Heart Valve Replacement					
	t valve replacement is an area in medicine which has made great advancement of the patient.	ents and is a very comr	non procedu	ure. This p	rocedur	e is 94-

_

Fri, Feb 03, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 135 of 366

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 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 includii	ng teleme		included i
00:30:00	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 Alzhe r word, globally the number of people diagnosed is expected to double every 20 years to our healthcare system, it takes an emotional toll on families as they care for their lo usses Alzheimer's Disease from a caregiver and a public health perspective.	s. Not only doe:	s Alzheimer'	s come wi	ith a trer	nendous
01:00:00	Healthy Living (Lifelong Wellness)	SFPBS	(S)	(CC)	N/A	#1404H
	ry Guzman and Dr. Theodore Feldman discuss the various wellness and prevention p ole stay healthy.	orograms at BH	SF. FOCUS	How thos	se initiat	ives help
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 ultations, emotional advice, second-opinion consultations, as well as a number of too	care digital serv	vices includii	ng teleme		included i
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 es and is one of the most requested topics from viewers every year.	loss. It affects	roughly 6.8 i	million peo	ople in tl	he United
03:00:00	Plastic/Cosmetic Surgery #1207 (Update)	SFPBS	(S)	(CC)	N/A	#1207H
Lea	n the latest techniques involving the restoration, reconstruction, or alteration of the bo	ody.				
04:00:00	Sports Medicine #733 (Hi-Tech Sports Help)	SFPBS	(S)	(CC)	N/A	#733H
Cutt	ng-edge treatment and prevention of injuries related to sports and exercise for physic	al health and fi	tness			
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 serv	vices includii	ng teleme		included i
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 as and is one of the most requested topics from viewers every year.	loss. It affects	roughly 6.8 i	million peo	ople in tl	ne United
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1303H
and	ngthen your core and lengthen your full-body with Miranda Esmonde-White. Filmed at dynamic all-standing workout will tone your waist, activate your core, increase your co spine fully stretched and strengthened.	t the Cambridge onnective tissue	e Beaches R e elasticity, a	esort & S and leave	pa, this your bao	powerful ck, abs,
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#126H
	Let's Tone Up!					
07:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
NFL Mar	hour documentary about the first wheelchair football league in Buffalo, NY. The leagu Foundation and the Bob Woodruff Foundation. The team is made up of athletes who y, like David Cross have served our country. Cross was injured while in the military. H play physical sports," he said. "I tried golf, it was too boring. Getting out there and pla	live with disabi le was hit by ar	lities. Each p n IED, and lo	olayer has st his leg	a differ as a res	ent story. ult. "I can

Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 136 of 366

100.00/277	2023 01/01/2023 - 03/31/2023			гауе	: 130.01	300
Fri, Feb 0						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H
seco neve	Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and and child. Yet within months of giving birth Lisa was told the devasting news; she had ser smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full a stating cancer.	stage 4 lung ca	ncer. For an	athletic,	young w	oman wh
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106H
	Episode 6 re are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh ares for her first day back at work, but she is not coping well.	has joined the	team to ease	e their bus	sy worklo	oad. Lucil
09:00:00	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 tries. We examine how such drugs are made and how they work. In Japan, developm ant of the new coronavirus. Research is being done on the use of antibodies of an anir lines of research.	nent is underwa	ay of an antib	ody drug	that car	n fight any
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
cells man	world's first virus therapy drug targeting malignant brain tumors won approval in Japa . It was known since the 1970s that tumors shrank after patients were infected with a y years. Many years later, a US neurosurgeon paved the way for the creation of such saw his paper made further adjustments.	virus, but nobo	dy was able	to develo	p a cano	cer drug f
10:00:00	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 es and is one of the most requested topics from viewers every year.	loss. It affects	roughly 6.8	million pe	ople in tl	ne United
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and serv Neve	cross America, there are large and persistent racial differences in health and accessir die sooner than white people. Compared with whites, members of racial and ethnic m ices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pande arities that exist in health and healthcare in the U.S.	inorities are les important as o	ss likely to re our populatio	ceive pre n become	ventive l s more	health diverse.
11:00:00	Flip My Florida Yard (Sfpbs) Henley Family - Coral Springs	SFPBS	(S)	(CC)	N/A	#210H
Epis a tor	ode #210 THE HENLEY FAMILY - CORAL SPRINGS The flip crew heads south to Co of invasive plants from their front yard. They will also show how to install and use a r	oral Springs wh ain chain to dir	nere they hel rect water int	p a mothe o a rain b	er and so arrel.	on remov
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#103H
cour varia	Covid-19: The Potential of Antibody Drugs w treatment for COVID-19 involves the combination of 2 different antibodies to create tries. We examine how such drugs are made and how they work. In Japan, developm ant of the new coronavirus. Research is being done on the use of antibodies of an anir	nent is underwa	ay of an antib	ody drug	that car	n fight any
	lines of research.		(0)		D) //	#44001
12:00:00	Call The Midwife Episode 6	PBS	(S)	(CC)		#1106H
	e are new beginnings at Nonnatus House. Sister Hilda runs a tight ship and Shelagh ares for her first day back at work, but she is not coping well.	has joined the	team to ease	e their bus	sy worklo	oad. Lucil
13:00:00	Call The Midwife Episode 7	PBS	(S)	(CC)	DVI	#1107H

An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.

Fri, Feb 03, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 137 of 366

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	is: 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 5 lates Reformer - Ginelle Ruffa					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	s: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - J ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	erome Turne	r 3. Meditatio	on - Leslie	e Glickm	an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
	Health Effects of Gaming					
17:00:00	Triple Threat Town Hall	SFPBS	(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.

18:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
----------	-------------------	------	-----	------	-----	-----

Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Ports Program. The team will play against 11 other teams across the country this sport is a priceless gift players like Carrie Frank say has saved their lives.

18:30:00 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.

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

	Daily Program Listing II WPBTHC					
Date: 03/27/2				Page	138 o	f 366
Fri, Feb 0	3. 2023			Ū		
Start	Title Subtitle	Distri	b Stereo	Сар	462	Episode
Start						
20:00:00	Alzheimer's: The Caregiver's Perspective	APTE	X (S)	(CC)	N/A	#0
those in the in the	rding to the Alzheimer's Association, more than 15 million family members and e with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affe e United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, careta e world of dementia - from diagnosis to saying the long goodbye. A variety of ca tively navigate the frustrations, sorrows, and complications of caring for a loved	cts many generat akers share their aregivers, family i	ions and is the diverse experion members and r	sixth leadir ences of ca many others	ng caus ring for s explai	e of death loved ones n how they
21:00:00	Alzheimer's: What You Can Do	APTE	X (S)	(CC)	N/A	#0H
sleer and	HEIMER'S: WHAT YOU CAN DO is an hour-long documentary that delves into patterns, exercise, stress levels, and other daily health habits have dramatic e personal stories about holistic treatment approaches, the film explores the discretion entia.	effects on our cog	nitive abilities	as we age.	With sc	ientific data
22:00:00	Medical Frontiers	APTE	X (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 tries. We examine how such drugs are made and how they work. In Japan, dent of the new coronavirus. Research is being done on the use of antibodies of lines of research.	elopment is und	erway of an an	tibody drug	that ca	n fight any
22:30:00	Medical Frontiers	APTE	X (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 . It was known since the 1970s that tumors shrank after patients were infected y years. Many years later, a US neurosurgeon paved the way for the creation o saw his paper made further adjustments.	with a virus, but r	nobody was ab	le to develo	p a can	cer drug for
23:00:00	Doctor Q & A	NETA	A (S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
23:30:00	Second Opinion with Joan Lunden Lung Cancer	APTE	(-)	(CC)	N/A	#1804H

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

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Sat, Feb 04, 2023 Title Start Subtitle Distrib Stereo 00:00:00 All Health Go SFPBS (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. 00:30:00 Second Opinion with Joan Lunden APTFX (S) 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.

This 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services included in the subscription plan AllHealthGo has created to offer users access to a 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 (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.

Focus: Lucette Talamas and Chef Rod Knight discuss what a Mediterranean diet is and its multiple health benefits in honor of International Mediterranean Diet Month in May. 04:00:00 All About Cancer #735 (Prevention & Treatment) SFPBS (S) (CC) N/A #735H Ways to prevent some cancers; lifestyle, family history and more Focus: Dr. Ripal Gandhi and Dr. Michael Chuong zero in on how lifestyle changes can help prevent the growing problem of liver cancer. 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 (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. 0 12H

When Chacho chews holes in the socks that Alma was planning to donate for the Community Center's Bomba Drum Fundraiser, she has to figure out a way to transform the holey mess into a new success. Alma offers to record Papi's animal show while he's busy and recruits her friends and their talented pets to help. But Alma keeps messing up on the camera. Will this week's show be cancelled?

06:30:00 PBSPL (CC) Sciairls (S) N/A #204H The Awesome App Race San Francisco SCIGIRLS shake things up, programming their own smartphone app to highlight the history and geoscience of the 1989 San Francisco Earthquake. 07:00:00 Wild Kratts PBS (S) (CC) N/A #225H

Aviva tries to prove that groundhogs have amazing creature powers, but instead falls into a deep sleep, leaving the Kratt bros to discover all about hibernation.

01:00:00 Primary Care #734 (Infectious Disease)

Infectious disease: antimicrobial use & stewardship program at HH including infectious disease topics and public health.

02:00:00 All Health Go SEPRS (CC) N/A #0H (S)

02:30:00

SFPBS 03:00:00 (S) (CC) N/A Nutrition & Health (Nutrition Tips) #1209H

Ground Hog Wake Up Call

6:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#1
	Socks for Sale/Alma's Animal Show					

AS2

N/A

N/A

N/A

Episode

#1704H

#734H

#0H

Cap

(CC)

(CC)

(CC)

SFPBS

(S)

Sat, Feb 04, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 140 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Stomach Pain, Reflux Disease and Ibs	NETA	(S)	(CC)	N/A	#101H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H

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

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
08:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
09:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
09:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
09:27:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2908H
09:39:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2909H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2910H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 141 of 366

Sat, Feb 04, 2023

	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	SFPBS	(S)	(CC)	N/A	#3008H
	Segment 8					
11:35:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3009H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3010H
	Segment 10					
12:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a tr Iren requiring hospitalization to treat RSV infections, and of course, COVID ain why this is happening and what we can do to stay as healthy as possib)-19. Infectious disease ex				
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	#211H
Do a	How to Talk About Sex aphrodisiacs really work? Then, how to speak openly with your partner, and	h a women's sexual health	coach has a	advice on	how to i	mnrove
	sex life.					Inprove
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
			(-)	()	1.1//	
healt	Ith Insiders 1007 Why is the measles vaccine so important for children the th and ways to detect heart disease long before a potentially devastating h th insiders		based diet h	elp you to	improv	e your
healt	th and ways to detect heart disease long before a potentially devastating h		based diet h	elp you to	improv	e your
healt healt 15:00:00 Focu	th and ways to detect heart disease long before a potentially devastating h th insiders	eart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod	based diet h stories and n (S) y & Brain Piu	elp you to nore on th (CC) necrest 3.	improvo is edition N/A Glaucol	e your n of the #301H
healt healt 15:00:00 Focu Barry	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T	eart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod	based diet h stories and n (S) y & Brain Piu	elp you to nore on th (CC) necrest 3.	improvo is edition N/A Glaucol	e your n of the #301H
healt healt 15:00:00 Focu Barry 15:18:00	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My	eart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na	based diet h stories and n (S) y & Brain Pin atalie and Jo	elp you to nore on th (CC) necrest 3. se Romar	N/A Blaucon	e your n of the #301H ma - Dr.
healt healt 15:00:00 Focu Barry 15:18:00 15:30:00	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My Smartlife	eart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na SFPBS	based diet h stories and n (S) y & Brain Pin atalie and Jo (S)	elp you to nore on th (CC) necrest 3. se Romar (CC)	N/A Glaucon N/A	e your n of the #301H ma - Dr. #302H
healt healt 15:00:00 Focu	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My Smartlife Smartlife	eart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na SFPBS SFPBS	based diet h stories and n (S) y & Brain Pir atalie and Jo (S) (S)	(CC) (CC) necrest 3. se Romar (CC) (CC)	N/A N/A Glaucor N/A N/A	e your n of the #301H ma - Dr. #302H #303H
healt healt 15:00:00 Focu Barry 15:18:00 15:30:00 15:43:00 15:58:00 Focu	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My Smartlife Smartlife Smartlife	seart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na SFPBS SFPBS SFPBS SFPBS	based diet h stories and n (S) y & Brain Pin atalie and Jo (S) (S) (S) hington, bod	elp you to nore on th (CC) necrest 3. se Romar (CC) (CC) (CC) (CC) y builder 3	nimprovo is edition N/A Glaucon N/A N/A N/A N/A 3. What	e your n of the #301H ma - Dr. #302H #303H #304H #305H
healt healt 15:00:00 Focu Barry 15:18:00 15:30:00 15:43:00 15:58:00 Focu	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My Smartlife Smartlife Smartlife us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exerc	seart áttack. Catch these s SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na SFPBS SFPBS SFPBS SFPBS	based diet h stories and n (S) y & Brain Pin atalie and Jo (S) (S) (S) hington, bod	elp you to nore on th (CC) necrest 3. se Romar (CC) (CC) (CC) (CC) y builder 3	nimprovo is edition N/A Glaucon N/A N/A N/A N/A 3. What	e your n of the #301H ma - Dr. #302H #303H #304H #305H
healt healt 15:00:00 Focu Barry 15:18:00 15:43:00 15:58:00 Focu Occu	th and ways to detect heart disease long before a potentially devastating h th insiders Smartlife us: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. T y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina My Smartlife Smartlife Smartlife us: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exerc upational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonat	SFPBS Thai Chi – Alex Rivas, Bod ers 5. Autism Siblings - Na SFPBS SFPBS SFPBS SFPBS sFPBS sFPBS sFPBS sFPBS	based diet h stories and n (S) y & Brain Pin atalie and Jo (S) (S) (S) (S) hington, bod ing - Paula L	elp you to nore on th (CC) necrest 3. se Romar (CC) (CC) (CC) (CC) (CC) y builder 3 .evine, PH	nimprove is edition N/A Glaucon N/A N/A N/A N/A 3. What ID	e your n of the #301H ma - Dr. #302H #303H #304H #305H is

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 142 of 366 Sat, Feb 04, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 17:00:00 Trauma Healers APTEX (S) (CC) N/A #0H TRAUMA HEALERS focuses on the devastating impact that road traffic accidents and other traumatic injuries have on residents of low-resource countries, who often lack access to adequate surgical care. This hour-long documentary film features interviews with medical professionals and their patients, shedding light on their experiences with trauma, how they cope with it, and ultimately how they overcome it in the best cases. Thousands of surgeons around the world have made a passionate commitment to working with people living in poverty. Often providing medical treatment free of charge to the patient, the doctors' care allows these individuals to avoid life-long disability and return to productive lives in their communities. TRAUMA HEALERS profiles the work of some of these top medical professionals, including four physicians connected with Harvard's Global Surgery and Social Change program, and Partners in Health, another Boston-based organization committed to providing medical solutions. An engaging and educational documentary, TRAUMA HEALERS explores the practices employed to heal trauma for marginalized patients around the world, from Uganda to the Philippines. Learn about the ways international medical professionals are treating patients with devastating injuries and conditions, despite having limited resources to care for those desperately in need. 18:00:00 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 #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 #102H Caring for Your Back APTEX 19:30:00 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. 20:00:00 Concrete Gridiron NETA (S) (CC) N/A #0H Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives. 20:30:00 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.

(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.

APTEX

DVI

#∩

22:00:00 Sex Talk with Dr. Lia SFPBS (CC) N/A (S) #211H How to Talk About Sex

21:00:00

4 Wheel Bob

Do aphrodisiacs really work? Then, how to speak openly with your partner, and a women's sexual health coach has advice on how to improve your sex life.

Sat, Feb 04, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 143 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
heal	Ith Insiders 1007 Why is the measles vaccine so important for children these days? Plu th and ways to detect heart disease long before a potentially devastating heart attack. th insiders					,
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	#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.

Sun, Feb 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 144 of 366

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 healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different repisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to h	nealth is	
01:00:00	Kids & Teens #1396 (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1396H
Spec	cialists share their expertise on how to care for children from birth through young adult	hood.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress of sequences. Stress in all ages, as well as pandemic-related stress, affects our overall h as depression and anxiety.					issues
03:00:00	Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Focu	us: Carin Searby discusses practicing better speech and hearing in honor of the Health	Care Observ	ance this mo	onth.		
04:00:00	Nutrition & Health (Healthy Nutrition)	SFPBS	(S)	(CC)	N/A	#1398H
	Squire & Chef Drew discuss clean eating. Focus: Adding fresh herbs and spices ,not s ng whole fruits; healthy summer picnic tips; what's growing in the Grow2Heal garden a					juicing vs
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 healthor sultations, emotional advice, second-opinion consultations, as well as a number of tool	are digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stress of sequences. Stress in all ages, as well as pandemic-related stress, affects our overall h as depression and anxiety.					issues
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#109H
	Alma On Ice/Junior's Lost Tooth					
find a But v	Rafia's first time ice skating, and Alma is sure she'll find it easy since she's so good at s a way to help her friend learn without making her feel self-conscious. When Junior lose with Junior still bummed out after she gives him all his favorite things, Alma realizes th him find it.	es his first toot	h, Alma tries	everythir	ng to che	er him up
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#205H
	Multitasking Mania		. /	/		
Can	teens juggling computers, smartphones, music, homework and TV at the same time	multitask a	s well as the	v think the	v can?	Aleiandra

Can teens -- juggling computers, smartphones, music, homework and TV at the same time -- multitask as well as they think they can? Alejandra and her friends find out.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 145 of 366

Sun, Fe	b 05.	2023
---------	-------	------

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
07:00:00	Wild Kratts	PBS	(S)	(CC)	 N/A	 #124H
	Kerhonk	. 20	(0)	(00)		
prote moni moni	n Martin's and Chris' Creature Power Suits unexpectedly cting a youngster from a crocodile, the Kratt brothers fin- key back to health, Chris and Martin must keep the troop keys strangest feature - his huge, droopy, bulbous nose! rtant information to each other.	d themselves stepping into the injured monitor to the injured monitor together and soon discover the important of	key's role. W	hile Aviva	nurses n of the	the proboso
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	#3101
	Segment 1		(-)	()		
	eping with the Health Channel's spirit of innovative progr (with English subtitles) featuring groundbreaking medic					
08:13:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3102
	Segment 2					
08:24:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3103
	Segment 3					
08:36:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3104
	Segment 4					
08:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3105
	Segment 5					
08:58:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3106
	Segment 6					
09:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107
	Segment 7					
09:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108
	Segment 8					
09:33:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3109
	Segment 9					
09:47:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3110
	Segment 10					
10:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3301
	Segment 1					

10:13:00 Vida Y Salud SFPBS (S) (CC) N/A #3302H Segment 2 10:25:00 Vida Y Salud SFPBS (S) (CC) #3303H N/A Segment 3

16:10:00

Smartlife

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 146 of 366

Sun, Feb 05, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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					
11:12:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3307H
	Segment 7					
11:25:00	Vida Y Salud	SFPBS	(S)	(CC)	(CC) N/A (CC) N/A (CC) N/A (CC) N/A (CC) N/A (CC) DVI (CC) DVI their busy worklos (CC) DVI niversity after fall (CC) N/A A BRUSOVANIK (CC) N/A	#3308H
	Segment 8					
11:37:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3309H
	Segment 9					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3310H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1106H
	Episode 6 re are new beginnings at Nonnatus House. Sister Hilda runs a tig ares for her first day back at work, but she is not coping well.	ght ship and Shelagh has joined the t	eam to ease	e their bus	y worklo	oad. Lucill
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1107H
	Episode 7 Inforeseen event in Poplar means that Nonnatus House suffers er Hilda and Sister Julienne expect more from Nancy and decide		home from	university	after fa	lling ill.
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1025H
	us - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON renting infection during surgery	MELAND Setting goals for exercise	3. DR. GOS	HA BRUS	OVANI	K
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Focu	us: Sunscreen and sun safety, Women & heart disease, Menopa	ause				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	us: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eati		Johnson 3. S	Scoliosis ir	n Teens	- Nicklaus
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:32:00	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
						ing

SFPBS (S)

BS (S) (CC) N/A #406H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Title

Page 147 of 366

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
				· · ·		<u> </u>
16:20:00	Smartlife	SFPBS	(S)	(CC)	N/A	#407H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#408H
17:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety, depression, in nel'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.					
18:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stag	Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as v 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.	n 60% of wo	men. The da	mage to h	ealth is	
20:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
Lear	n how humans begin life as a single cell and, over the course of a lifetime, grow into be	ings of more	than 37 trillic	n cells P		lore new
	overies that can help humans live longer, healthier lives.				ius, expi	
		NETA	(S)	(CC)	N/A	#0H
disco 21:00:00 Half NFL Man only Carr have this a play	overies that can help humans live longer, healthier lives.	NETA is a part of a /e with disabi was hit by ar ng competitiv sport for such e Buffalo Spor reater Buffalo Chicago and	(S) the national lities. Each p o IED, and lo ely is everyti a long time, orts Program o Adaptive S Salt Lake C	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While	N/A oonsore a differe as a res 2." For U you car you car dn't be a yram. Th these pl	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do ne team v
disco 21:00:00 Half NFL Man only Carr have this a play	overies that can help humans live longer, healthier lives. Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who liv y, like David Cross have served our country. Cross was injured while in the military. He play physical sports," he said. "I tried golf, it was too boring. Getting out there and playil ie Frank, playing sports has provided her purpose. "When you're able to play stand-up se to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in	NETA is a part of a /e with disabi was hit by ar ng competitiv sport for such e Buffalo Spor reater Buffalo Chicago and	(S) the national lities. Each p o IED, and lo ely is everyti a long time, orts Program o Adaptive S Salt Lake C	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While	N/A ponsore a differe as a res >." For U you car you car you car h't be a gram. Th these pl es.	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do ne team v
disco 21:00:00 Half NFL Man only Carr have this a play hope 21:30:00 Life secc neve	overies that can help humans live longer, healthier lives. Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who liv y, like David Cross have served our country. Cross was injured while in the military. He play physical sports, " he said. "I tried golf, it was too boring. Getting out there and playin ie Frank, playing sports has provided her purpose. "When you're able to play stand-up se to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in a to come home with a trophy, the ability to play this sport is a priceless gift players like of Hope Is Here	NETA is a part of a /e with disabi was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca	(S) the national lities. Each p l IED, and lo ely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nilly while cel ncer. For an	(CC) league, sp blayer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating the athletic, y	N/A ponsore a differe as a res you car dn't be a rram. Th these pl es. N/A he arriva roung w	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v alof her oman wh
disco 21:00:00 Half NFL Man only Carr have this a play hope 21:30:00 Life secc neve deva	overies that can help humans live longer, healthier lives. Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who liv y, like David Cross have served our country. Cross was injured while in the military. He play physical sports, "he said. "I tried golf, it was too boring. Getting out there and playing ie Frank, playing sports has provided her purpose. "When you're able to play stand-up se to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in to come home with a trophy, the ability to play this sport is a priceless gift players like of 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 star er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full act astating cancer. Sex Talk with Dr. Lia	NETA is a part of a /e with disabi was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca	(S) the national lities. Each p l IED, and lo ely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nilly while cel ncer. For an	(CC) league, sp blayer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating the athletic, y	N/A boonsore a differe as a res you car dn't be a rram. Th these pl es. N/A he arriva voung w stronge	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v alof her oman wh
disco 21:00:00 Half NFL Man only Carr have this a play hope 21:30:00 Life secc neve deva 22:00:00 Wha	Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who liv y, like David Cross have served our country. Cross was injured while in the military. He play physical sports," he said. "I tried golf, it was too boring. Getting out there and playi ie Frank, playing sports has provided her purpose. "When you're able to play stand-up s to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in to come home with a trophy, the ability to play this sport is a priceless gift players like of Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a and child. Yet within months of giving birth Lisa was told the devasting news; she had stater smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full act astating cancer.	NETA is a part of a <i>v</i> e with disabil was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca tion ahead as SFPBS	(S) the national lities. Each p i IED, and lo rely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nily while cel ncer. For an her will to liv (S)	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating th athletic, y ve proved (CC)	N/A ponsore a differe as a res you car dn't be a rram. Th these pl es. N/A he arriva 'oung w stronge N/A	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v able to do he team v alof her oman wh r than he #212H
disco 21:00:00 Half NFL Man only Carr have this a play hope 21:30:00 Life secc neve deva 22:00:00 Wha facts	Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live y, like David Cross have served our country. Cross was injured while in the military. He play physical sports, " he said. "I tried golf, it was too boring. Getting out there and playing ie Frank, playing sports has provided her purpose. "When you're able to play stand-up se to forgive sport and then you have to drive on," she said. "Without the Greater Adaptiv as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in to come home with a trophy, the ability to play this sport is a priceless gift players like to Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a and 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. Sex Talk with Dr. Lia Sex & Sleep: What's The Connection? t's the connection between intimacy and sleep, then how long does it take for a sexually about circumcision and health.	NETA is a part of a <i>v</i> e with disabil was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca ion ahead as SFPBS y transmitted	(S) the national lities. Each p i IED, and lo ely is everytt a long time, orts Program o Adaptive Si Salt Lake C (S) nily while cel ncer. For an her will to liv (S) infection to a	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating th athletic, y ve proved (CC) actually sh	N/A ponsore a differe as a res 2." For U you car dn't be a rram. Th these pl es. N/A he arriva voung w stronge N/A ow up?	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v alof her oman wh r than he #212H Plus, the
disco 21:00:00 Half Man only Carr have this a play hope 21:30:00 Life secc neve deva 22:00:00 Wha facts	overies that can help humans live longer, healthier lives. Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who liv y, like David Cross have served our country. Cross was injured while in the military. He play physical sports, "he said. "I tried golf, it was too boring. Getting out there and playi ie Frank, playing sports has provided her purpose. "When you're able to play stand-up s to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in a to come home with a trophy, the ability to play this sport is a priceless gift players like of 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 star er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full act astating cancer. Sex Talk with Dr. Lia Sex & Sleep: What's The Connection? t's the connection between intimacy and sleep, then how long does it take for a sexually	NETA is a part of a <i>v</i> e with disabil was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca tion ahead as SFPBS	(S) the national lities. Each p i IED, and lo rely is everyti a long time, orts Program o Adaptive S Salt Lake C say has save (S) nily while cel ncer. For an her will to liv (S)	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating th athletic, y ve proved (CC)	N/A ponsore a differe as a res you car dn't be a rram. Th these pl es. N/A he arriva 'oung w stronge N/A	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v alof her oman wh r than he #212H Plus, the
disco 21:00:00 Half Man only Carr have this a play hope 21:30:00 Life secc neve deva 22:00:00 Wha facts	overies that can help humans live longer, healthier lives. Concrete Gridiron hour documentary about the first wheelchair football league in Buffalo, NY. The league Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live y, like David Cross have served our country. Cross was injured while in the military. He play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing ie Frank, playing sports has provided her purpose. "When you're able to play stand-up se to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive as adults." The team was assembled last season by Norm Page, the President of the G against 11 other teams across the country this season, in two separate tournaments in to come home with a trophy, the ability to play this sport is a priceless gift players like of Hope Is Here Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful business, and a and child. Yet within months of giving birth Lisa was told the devasting news; she had star er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full act astating cancer. Sex Talk with Dr. Lia Sex & Sleep: What's The Connection? It's the connection between intimacy and sleep, then how long does it take for a sexually about circumcision and health. Health Insiders	NETA is a part of a <i>v</i> e with disabil was hit by ar ng competitiv sport for such e Buffalo Spo reater Buffalo Chicago and Carrie Frank NETA close-knit far age 4 lung ca ion ahead as SFPBS y transmitted	(S) the national lities. Each p i IED, and lo ely is everytt a long time, orts Program o Adaptive Si Salt Lake C (S) nily while cel ncer. For an her will to liv (S) infection to a	(CC) league, sp layer has st his leg a hing to me and then , we would ports Prog ity. While ed their liv (CC) lebrating th athletic, y ve proved (CC) actually sh	N/A ponsore a differe as a res you car dn't be a gram. Th these pl es. N/A he arriva voung w stronge N/A how up?	#0H d by the ent story. ult. "I car J.S Veter n't, you able to do he team v able to do he team v ayers #106H al of her oman wh r than he #212H

Sun, Feb 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 148 of 366

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

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

Mon, Feb 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 149 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relat	081 the term "sandwich generation" was coined to describe a group of Ame ives at the same time. Today, millions of families are facing the dual challed having children later. This episode focuses on these caregivers.					
01:00:00	Health Trends (Food and Anxiety)	SFPBS	(S)	(CC)	N/A	#1401H
Dr. E Anxi	Deepa Sharma and Carla Duenas discuss how certain foods help or trigger	mental health conditions.		` '	Depress	sion and
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
vacc	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID continually cine. Childhood vaccine rates continue to decrease in certain areas of the c eback.					
03:00:00	Nutrition & Health #1205 (Healthy Eating)	SFPBS	(S)	(CC)	N/A	#1205H
	e Placeres & Elise Karnegis discuss what an International Mediterranean dides the blue zones and Mediterranean lifestyles.	liet is. Focus: The life long	gevity benefit	ts from the	e diet wł	nich
04:00:00	Mental Health (Chronic Pain)	SFPBS	(S)	(CC)	N/A	#1402H
Amy	Exum & Nicole Rodriguez discuss chronic pain management.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents views subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	er of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually ine. Childhood vaccine rates continue to decrease in certain areas of the ce eback.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1304H
your	Miranda in beautiful Bermuda! In this standing & barre workout you'll be lead balance, strengthen your full body, and stimulate your brain's neurons and rate your brain!					
06:30:00	Wai Lana Yoga Tension Spots	APTEX	(S)	(CC)	N/A	#201H
	Lana shows you how to release knots of tension in the upper back and sho spine, while Bowing Pose stretches the back.	oulderswithout a massage	! Half Camel	fully stret	ches the	e front of
07:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
Disc	over the miracles the human body goes through every day to stay alive and	d healthy. From fighting in	fections to re	epairing da	amage.	human
bodi	es have remarkable arsenals that allow survival against all kinds of outside	threats.		-	-	

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 150 of 366 Mon, Feb 06, 2023 Title Cap Start Subtitle Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1107H Episode 7 An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of. 09:00:00 APTEX 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 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten. APTEX 09:30:00 Medical Frontiers (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 #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. 10:30:00 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. 11:00:00 Medical Frontiers APTEX (CC) (S) 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 (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.

12:00:00 Call The Midwife PBS (S) (CC) DVI #1107H Episode 7

An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of.

13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
	Episode 8					
	aftermath of a tragic incident in the heart of Poplar ripples through the community come personal anguish to help the injured.	y. As Nonnatus House	faces its	s darkest da	iy, the t	eam must
			(2)	(2.2)		

14:00:00 Health Insiders SFPBS (S) (CC) N/A #1100H

Focus: Swim safety, blue zones, stress

Mon, Feb 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 151 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	 N/A	#1056H
	us: Heart disease myths, Living with Arthritis, Psychotherapy for c		(-)	()		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Ba ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutritic			Diabetes -	Lois Exe	elbert, RN
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
			. ,			
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de lo ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dyle					
16:11:00	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	Amazing Human Body	PBS	(S)	(CC)	N/A	#102
D .	Survive					
	over the miracles the human body goes through every day to sta es have remarkable arsenals that allow survival against all kinds		nfections to re	epairing d	amage,	human
18:00:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
NFL Man only Carr have this a play	hour documentary about the first wheelchair football league in Bu Foundation and the Bob Woodruff Foundation. The team is mad y, like David Cross have served our country. Cross was injured w play physical sports," he said. "I tried golf, it was too boring. Gett ie Frank, playing sports has provided her purpose. "When you're a to forgive sport and then you have to drive on," she said. "Witho as adults." The team was assembled last season by Norm Page, against 11 other teams across the country this season, in two se a to come home with a trophy, the ability to play this sport is a prior	e up of athletes who live with disal while in the military. He was hit by a sing out there and playing competit able to play stand-up sport for suc but the Greater Adaptive Buffalo Sp the President of the Greater Buffa oparate tournaments in Chicago an	bilities. Each p an IED, and lo ively is everyt th a long time ports Program lo Adaptive S d Salt Lake C	blayer has ost his leg hing to mo , and then , we woul ports Proc ity. While	a differe as a res e." For L you car dn't be a gram. Th these pl	ent story. ult. "I can J.S Vetera I't, you ible to do ne team w
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H
	Lisa Briggs					
seco	can be full of hope and dreams. Lisa Briggs was enjoying a succound child. Yet within months of giving birth Lisa was told the devater smoked, the diagnosis seemed unreal. After the shock wore of stating cancer.	sting news; she had stage 4 lung o	ancer. For an	n athletic,	young w	oman wh
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	081 the term "sandwich generation" was coined to describe a gro ives at the same time. Today, millions of families are facing the d naving children later. This episode focuses on these caregivers.					
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.

	Daily Program Listing II WPBTHC					
Date: 03/27/2				Page	152 of	366
Mon, Feb	06, 2023			Ū.		
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: ren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infect in why this is happening and what we can do to stay as healthy as possible.					
22:00:00	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 fir scopes have been developed in Japan to tackle the problem. One can judge a lesior racy. The other indicates lesions during an exam, even indistinct ones, like a car nav s that are beneficial for gut health and explain how they should be eaten.	n's malignancy ir	n 0.4 second	d with alm	ost 1009	%
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to en weel	ents at medical institutions can sometimes put patients' lives at risk. The Nagoya Un sure medical safety. Everyone who works there, from medical professionals to admit, and each is examined to determine the cause, with information disclosed to patient of ment. The system is based on Kaizen, a core principle of Toyota Motor.	nistrative staff, c	an report in	cidents. T	here are	e 250 a
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	#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.

Tue, Feb 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 153 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with 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	althcare digital serv	ices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting near research, millennials have become the most anxious generation in history. This ep be treated.					
01:00:00	Sports Medicine #737 (Sports Injury)	SFPBS	(S)	(CC)	N/A	#737H
Trea fitne	tment and prevention of injuries Cutting-edge treatment and prevention of injuries ss.	related to sports a	nd exercise	for physic	al healt	h and
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers 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	althcare digital serv	ices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health cross America, there are large and persistent racial differences in health and acce					
serv Nev	die sooner than white people. Compared with whites, members of racial and ethnic ices and often receive lower-quality care. Addressing health disparities is increasir er has the disparity in access to healthcare become more obvious than with the pa arities that exist in health and healthcare in the U.S.	ngly important as o	ur populatio	n become	s more	diverse.
03:00:00	All About Cancer #1211 (Skin Cancer Update)	SFPBS	(S)	(CC)	N/A	#1211H
	us: Dr. Geoffrey Young, Dr. Naiara Braghiroli, Dr. Guilherme Rabinowits & Dr. Ram reness month in May.	non Jimenez discus	ss melanom	a in honoi	r of Mela	anoma
04:00:00	Staying Healthy #738 (Avoid Holiday Weight Gain)	SFPBS	(S)	(CC)	N/A	#738H
	ase prevention and healthy lifestyle info. Focus: Nutritionist Cathy Clark-Reyes ha -indulging at holiday parties. We also have some holiday hacks with recipe graphic				er so you	can avoi
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	althcare digital serv	ices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and serv Neve	cross America, there are large and persistent racial differences in health and acce die sooner than white people. Compared with whites, members of racial and ethnic ices and often receive lower-quality care. Addressing health disparities is increasir er has the disparity in access to healthcare become more obvious than with the pa arities that exist in health and healthcare in the U.S.	c minorities are les	s likely to re ur populatio	ceive pre n become	ventive l s more	health diverse.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1305H
	st your energy with this standing & floor workout filmed in sunny Bermuda! Miranda et your blood pumping, strengthen your entire body, and increase your overall ener		combines le	g, core, ai	nd back	exercises
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#202H
	Leg Work					
	ng an imaginary bike, balancing on one leg, Bridge and Warrior all strengthen and ch the thighs and hamstrings.	tone the legs. Othe	er asanas lo	osen the l	hips and	l knees a
07:00:00	Happy Yoga with Sarah Starr Waterfall Glen	NETA	(S)	(CC)	N/A	#509H
– .						

Enjoy the peaceful waterfall valley as we open to more ease with a modified yoga practice using a chair for support. Including gentle sun salutations, side bends, twist variations and forward folds to create more breathing space in your body.

Tue, Feb 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 154 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	nine ancient conceptions of mental illness and the establishment of psychiatry. Hear these is including an aspiring astrophysicist with schizophrenia and an Olympics-bound box		odern-day p	eople livir	ng with n	nental
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 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 animal lines of research.	ent is underwa	ay of an antib	ody drug	that car	n fight an
09:30:00	Medical Frontiers Killing Cancer Cells with a Virus	APTEX	(S)	(CC)	N/A	#104H
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 v y 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 cano	cer drug
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
stage this e	163 million adults in the U.S. are overweight or obese - two thirds of men, and more the gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss.		nting to lose	weight ar		
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706ŀ
	Caregiving: The Sandwich Generation					
relat	081 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.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#411H
Hip r	eplacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diabetes man	agement.				
11:30:00	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 lead became one of the millions facing a 16% survival rate. Her initial prognosis was grim. I itually 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	Most doctors s disease, I do	provided little	e hope, bu be becau	ıt Bonnie	e
12:00:00	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 inv case, 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 removin	ng only a sm	all amoun	t of the	lung. In
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
	p is said to be the biggest black box of modern science. The International Institute for I al contributions to uncovering the mysteries of sleep. It developed a device that can be					

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.

Tue, Feb 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 155 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	#212H
	Sex & Sleep: What's The Connection? at's the connection between intimacy and sleep, then how long does it s about circumcision and health.	take for a sexually transmitted	infection to a	actually sh	now up?	Plus, the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phone	3				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	us: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract Sur mons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lisa (
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, P Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Men nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
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	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	le Threat: Flu, RSV & COVID Nearly 3 years after COVID we now fac dren requiring hospitalization to treat RSV infections, and of course, C ain why this is happening and what we can do to stay as healthy as p	OVID-19. Infectious disease ex				
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, o acting plants. The Valdez family s new space will serve as a place for					ildlife
18:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#101H
also ever	Bonnie J. Addario ge 56, Bonnie was a wife, mother, grandmother, president of an oil co became one of the millions facing a 16% survival rate. Her initial prog ntually found a thoracic surgeon willing to help, telling him, "If I am goi r a 14-hour surgery, multiple rounds of chemotherapy, and radiation, I	nosis was grim. Most doctors in the form this disease, I do	provided little	e hope, bu be becau	it Bonnie	;
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	#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.

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 156 of 366 Tue, Feb 07, 2023 Title Start Subtitle Distrib Stereo Cap AS2 Episode 20:00:00 Concrete Gridiron NETA (S) (CC) N/A #0H Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives. 20:30:00 NETA (CC) Hope Is Here (S) 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. 21:00:00 Amazing Human Body PBS (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. 22:00:00 SFPBS Sex Talk with Dr. Lia (S) (CC) N/A #212H Sex & Sleep: What's The Connection? What's the connection between intimacy and sleep, then how long does it take for a sexually transmitted infection to actually show up? Plus, the facts about circumcision and health. 22:30:00 Health Insiders SFPBS (S) (CC) N/A #1058H Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones Doctor Q & A #109H 23:00:00 NETA (S) (CC) N/A Dealing with Mental Health Issues In Children 23:30:00 Second Opinion with Joan Lunden APTEX (S) (CC) N/A #1808H

Vaccine Hesitancy

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

	7/0000	WPBTHC			-	457 -	000
	27/2023	01/01/2023 - 03/31/2023			Page	e 157 of	366
Wed, F	eb 08, 2023	F 10 -					
Start		Fitle Ibtitle	Distrib	Stereo	Сар	AS2	Episo
00:00:00) All Health Go		SFPBS	(S)	(CC)	– <u>– </u>	#0H
Т tł	his 30-minute informational program, hosted the subscription plan AllHealthGo has created to onsultations, emotional advice, second-opinio	to offer users access to a number of h	ealthcare digital serv	iption of the vices includir	different s	services	include
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women		APTEX	(S)	(CC)	N/A	#1708
m 3	leart Disease is the leading cause of death an najor women's health issue. It is the cause of c women every year. That's more than all canc ssue of heart disease in women and how we c	death for 1 in 5 women in the U.S., and ers combined. But 80% of cardiac and	d heart disease and	stroke comb	ined caus	se the de	eath of
01:00:00	Living Well #739 (Home Health Care)		SFPBS	(S)	(CC)	N/A	#739F
R	ehab from your home. Focus: CJR – total hip	/total knees, LSVT therapy for Parkins	on's patients & spee	ech therapy f	or stroke	patients	
			05550				
th	All Health Go his 30-minute informational program, hosted to subscription plan AllHealthGo has created to onsultations, emotional advice, second-opinio	to offer users access to a number of h	ealthcare digital serv	ices includir	ng teleme		#0H include
02:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1703
	Alzheimer's: A Public Health Crisis						
	ost to our healthcare system, it takes an emot iscusses Alzheimer's Disease from a caregive) Spine & Back Care #1214 (Your Aching	er and a public health perspective.	SFPBS	e watching ti (S)	nem slip a	away. Tr N/A	11s episo #1214
	r. Brusovanik discusses spine and back cond	,		(-)	()		
			05550				
04:00:00 F	Heart Health#740 (Heart and Vein Conn ocus: Varicose veins, venous reflux and overa	,	SFPBS	(S)	(CC)	N/A	#740H
05:00:00) All Health Go		SFPBS	(S)	(CC)	N/A	#0H
th	his 30-minute informational program, hosted to ne subscription plan AllHealthGo has created to onsultations, emotional advice, second-opinio	to offer users access to a number of h	ealthcare digital serv	ices includir	ng teleme		include
05:30:00	 Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis 		APTEX	(S)	(CC)	N/A	#1703
0 C	Izheimer's Disease is an under-recognized pu ther word, globally the number of people diago ost to our healthcare system, it takes an emot iscusses Alzheimer's Disease from a caregive	nosed is expected to double every 20 ional toll on families as they care for the target of targe	years. Not only does	Alzheimer's	s come w	ith a tren	nendou
06:00:00	Classical Stretch: By Essentrics		APTEX	(S)	(CC)	N/A	#1306
	n this all-standing, advanced strengthening wo itelligently designed exercises used in this wo						
			APTEX	(S)	(CC)	N/A	#203F
	Ŭ						
ir 06:30:00	Get A Head Start he heart-healthy Headstand and Shoulder Sta	and work the entire body from head to	toes.				
ir 06:30:00	Get A Head Start he heart-healthy Headstand and Shoulder Sta	and work the entire body from head to	toes. PBS	(S)	(CC)	N/A	#101F

Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with me illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 158 of 366 Wed, Feb 08, 2023 Title Subtitle Cap Start Distrib Stereo AS2 Episode 08:00:00 Call The Midwife PBS (S) (CC) DVI #1107H Episode 7 An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat yet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of. 09:00:00 APTEX 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 AI-powered endoscopes have been developed in Japan to tackle the problem. One can judge a lesion's malignancy in 0.4 second with almost 100% accuracy. The other indicates lesions during an exam, even indistinct ones, like a car navigation system. We also introduce fermented Japanese foods that are beneficial for gut health and explain how they should be eaten. APTEX 09:30:00 Medical Frontiers (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 #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. 10:30:00 Second Opinion with Joan Lunden APTEX #1708H (S) (CC) N/A Heart Disease In Women Heart Disease is the leading cause of death and disability for women in the United States. Yet, somehow Heart Disease is often overlooked as a major women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart disease and stroke combined cause the death of 1 in 3 women every year. That's more than all cancers combined. But 80% of cardiac and stroke events can be prevented. This episode digs into the issue of heart disease in women and how we can lower cardiac risk and death. 11:00:00 Conscious Living NETA (S) (CC) N/A #109H **Disappearing Disease** While mainstream medicine tells us that illness, aches and pains are an inevitable part of life, many doctors and scientists are discovering that with proper nutrition and care, the power that made the body has the power to heal the body. On this episode, we're in Washington, D.C. with an African-American pastor who takes on the challenge of disappearing his Type-2 Diabetes with his fork and a whole food, plant-based diet. Then, we're back in Berlin, Germany to heal a nagging injury with the 200-year old practice of homeopathy. 11:30:00 Flip My Florida Yard (Sfpbs) SFPBS #201H (S) (CC)N/A 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 guality time together outdoors. 12:00:00 Call The Midwife PBS DVI #1107H (S) (CC)Episode 7 An unforeseen event in Poplar means that Nonnatus House suffers its biggest threat vet. Timothy returns home from university after falling ill. Sister Hilda and Sister Julienne expect more from Nancy and decide to show her what she is capable of. 13:00:00 Call The Midwife PBS (S) (CC) DVI #1108H Episode 8 The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.

Daily Program Listing II

 14:00:00
 Health Insiders
 SFPBS
 (S)
 (CC)
 N/A
 #1059H

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

#1010H

N/A

Wed, Feb 08, 2023

Page 159 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	ıs: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guests - C endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise Myths		Pain - Dr. Go	sha Bruso	ovanik 4	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Sleep - Jane oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Making Hea				oarthritis	- Ron
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Alzheimer's: The Caregiver's Perspective	APTEX	(S)	(CC)	N/A	#0
18:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#102
Disc	Survive over the miracles the human body goes through every day to stay alive and l	healthy. From fighting in		()		
	es have remarkable arsenals that allow survival against all kinds of outside the			(00)		
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	#1708H
majo 3 wo	Heart Disease In Women 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 i
20:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
cour their Thou treat com Harv med marg	UMA HEALERS focuses on the devastating impact that road traffic accidents tries, who often lack access to adequate surgical care. This hour-long docur patients, shedding light on their experiences with trauma, how they cope wit usands of surgeons around the world have made a passionate commitment t ment free of charge to the patient, the doctors' care allows these individuals munities. TRAUMA HEALERS profiles the work of some of these top medica ard's Global Surgery and Social Change program, and Partners in Health, an ical solutions. An engaging and educational documentary, TRAUMA HEALE jinalized patients around the world, from Uganda to the Philippines. Learn at ents with devastating injuries and conditions, despite having limited resources	nentary film features intention o working with people live to avoid life-long disabili of professionals, including nother Boston-based or RS explores the practice bout the ways internation	erviews with they overcor ving in pover ity and return g four physic ganization co es employed nal medical p	medical p ne it in the ty. Often p to produ ians conn ommitted to to heal tra- profession	profession best can providing ctive live nected w to provid auma fo	nals and ases. g medical es in their ith ling r
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illegeo2					

Evil Or Illness?

Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.

	Daily Program Listing II WPBTHC					
Date: 03/27/2				Page	160 of	366
Wed, Feb	08, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#105H
	Detecting Cancer with Ai					
	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. Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to en weel	ents at medical institutions can sometimes put patients' lives at risk. The Nagoya University and the source medical safety. Everyone who works there, from medical professionals to administ, and each is examined to determine the cause, with information disclosed to patients. Soment. The system is based on Kaizen, a core principle of Toyota Motor.	strative staff, c	an report inc	idents. T	here are	250 a
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 Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 161 of 366

10. 00/21/2				i ugo	101.01	000
Thu, Feb (
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	nson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	etimes startin	g with a bare	ely noticea	able tren	nor in just
01:00:00	Maternity Care (Pregnancy Care & Childbirth)	SFPBS	(S)	(CC)	N/A	#741H
	ything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. s a primer on everything you need to know about pregnancy, childbirth and post-partur		nan, Baptist I	Hospital C	Chief of (Obstetrics,
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 includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, make up the greatest percentage of the population and the labor force. They are also xperiencing 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 hea their health p	Ithy generati	on in rece	ent times	and they
03:00:00	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.					
04:00:00	Health Trends #742 (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#742H
What	's happening in Health - Find out the latest trends that contribute to a healthy 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 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	iption of the vices includi	different s		included i
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest, make up the greatest percentage of the population and the labor force. They are also xperiencing 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 hea their health p	Ithy generati	on in rece	ent times	and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1307H
all-st	eet are the foundation of our bodies and keeping them strong and flexible is a major fa anding beginner workout Miranda will work the musculature and joints of your feet, and and healthy.					
06:30:00	Wai Lana Yoga Hamstrings	APTEX	(S)	(CC)	N/A	#204H
Wai	ana demonstrates some exercises to stretch these notoriously tight tendons at the ba	cks of the leg	S.			
07:00:00	Flip My Florida Yard (Sfpbs) Valdez Family - Oviedo	SFPBS	(S)	(CC)	N/A	#201H

Episode #201 VALDEZ FAMILY – OVIEDO The flip team turns a young, central Florida family's backyard into a beautiful oasis full of wildlife attracting plants. The Valdez family s new space will serve as a place for them to gather and spend quality time together outdoors.

Thu, Feb 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 162 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to stay alive and hes have remarkable arsenals that allow survival against all kinds of outside the		fections to re	epairing d	amage,	human
09:00:00	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 tries. We examine how such drugs are made and how they work. In Japan, c int of the new coronavirus. Research is being done on the use of antibodies o lines of research.	development is underwa	ly of an antib	ody drug	that car	n fight any
09:30:00	Medical Frontiers Covid-19: The Potential of Antibody Drugs	APTEX	(S)	(CC)	N/A	#103H
cour varia	w treatment for COVID-19 involves the combination of 2 different antibodies tries. We examine how such drugs are made and how they work. In Japan, c int of the new coronavirus. Research is being done on the use of antibodies o lines of research.	development is underwa	ly of an antib	ody drug	that car	n fight any
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
one	six million people worldwide. The symptoms generally develop slowly over y hand. While tremors are common in Parkinson's, the disease progression is a ments of Parkinson's Disease, and the search for a cure.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the c	st cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to liagnosis, and their support can be crucial to recovery. The couple goes throu cer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact o
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#411H
Hip r	eplacement, Glaucoma, Brain Aneurysms, Headaches, Varicose veins, Diab	etes management.				
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, became one of the millions facing a 16% survival rate. Her initial prognosis w tually found a thoracic surgeon willing to help, telling him, "If I am going to die a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie b	vas grim. Most doctors p e from this disease, I do	provided little	e hope, bu be becau	it Bonnie	9
12:00:00	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 int's quality of life post-surgery. Japanese doctors have developed a procedu case, the surgery took an hour and less than a spoonful of blood was lost. Th k. We report on the innovative method and its potential.	ire that involves removir	ng only a sm	all amoun	t of the l	ung. In
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
مماك	n is said to be the biggest black box of modern science. The International Ins	stitute for Integrative Sle	en Medicine	in Janan	is know	n for its

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 163 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
13:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness?			. ,		
	mine ancient conceptions of mental illness and the establishment of psyc ss, including an aspiring astrophysicist with schizophrenia and an Olymp		odern-day p	eople livir	ng with n	nental
14:00:00	Sex Talk with Dr. Lia Women and Orgasms	SFPBS	(S)	(CC)	N/A	#213H
	which and organize the different orgasms women can have? There, healthy hygiene tips from a health and wellness physician.	, could your daily cholester	l medication) be affect	ing your	love life?
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Foc	us: Swim safety, blue zones, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	us: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - Dr. Ri 0 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol - Dr. F		Building Bod	y Image -	Melissa	Spann,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#803H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#804H
15:58:00 Foci	Smartlife us: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry Sche	SFPBS chter 3. Ask the Expert Seg	(S) ment - Dr. M	(CC) lichael Go	N/A Inzalez F	#805H Ramos 4.
	rafacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Simmo					
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#806H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#807H
	Smartlife	SFPBS	(S)	(CC)	N/A	#808H
16:37:00						
	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
16:37:00 17:00:00 18:00:00		SFPBS	(S) (S)	(CC) (CC)	N/A DVI	#101H #0
17:00:00 18:00:00 4 W Kea	Preventing Disease and Staying Healthy Town Hall	APTEX ets out to becone the first wh ry follows the inspirational jo	(S) neelchair hik	(CC) er to cross	DVI s the 11,	#0 845 foot
17:00:00 18:00:00 4 W Kea	Preventing Disease and Staying Healthy Town Hall 4 Wheel Bob HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who se rsarge Pass in the Sierra Nevada of California. The one-hour documenta	APTEX ets out to becone the first wh ry follows the inspirational jo	(S) neelchair hik	(CC) er to cross	DVI s the 11,	#0 845 foot
17:00:00 18:00:00 4 W Kea look	Preventing Disease and Staying Healthy Town Hall 4 Wheel Bob HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who so rsarge Pass in the Sierra Nevada of California. The one-hour documenta at our own self-imposed limitations and perhaps reach beyond what we Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden	APTEX ets out to becone the first wh ry follows the inspirational jo think is possible.	(S) neelchair hik purney of Bo	(CC) er to cross b while er	DVI s the 11, ncouragin	#0 845 foot ng us to
17:00:00 18:00:00 4 W Kea look 19:00:00 19:30:00 Park than one	Preventing Disease and Staying Healthy Town Hall 4 Wheel Bob HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who so rsarge Pass in the Sierra Nevada of California. The one-hour documenta at our own self-imposed limitations and perhaps reach beyond what we Doctor Q & A Stomach Pain, Reflux Disease and Ibs	APTEX ets out to becone the first wh ry follows the inspirational jo think is possible. NETA APTEX It affects nearly one million rer years, sometimes startin	(S) neelchair hik ourney of Bo (S) (S) people in the g with a bare	(CC) er to cross b while er (CC) (CC) e United S	DVI s the 11, ncouragin N/A N/A States ar able trem	#0 845 foot ng us to #101H #1709H nd more nor in just
17:00:00 18:00:00 4 W Kea look 19:00:00 19:30:00 Park than one	Preventing Disease and Staying Healthy Town Hall 4 Wheel Bob HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who ser rsarge Pass in the Sierra Nevada of California. The one-hour documental at our own self-imposed limitations and perhaps reach beyond what we Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden Parkinson's Disease kinson's Disease is the fastest growing neurological disorder in the world. a six million people worldwide. The symptoms generally develop slowly on hand. While tremors are common in Parkinson's, the disease progressio	APTEX ets out to becone the first wh ry follows the inspirational jo think is possible. NETA APTEX It affects nearly one million rer years, sometimes startin	(S) neelchair hik ourney of Bo (S) (S) people in the g with a bare	(CC) er to cross b while er (CC) (CC) e United S	DVI s the 11, ncouragin N/A N/A States ar able trem	#0 .845 foot ng us to #101H #1709H nd more nor in just

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, Feb 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 164 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
Kea	HEEL BOB tells the story of Bob Coomber, an intrepid adventurer who sets out to beco rsarge Pass in the Sierra Nevada of California. The one-hour documentary follows the i at our own self-imposed limitations and perhaps reach beyond what we think is possible at our own self-imposed limitations.	nspirational jo				
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#213H
	Women and Orgasms					
	much do you know about the different orgasms women can have? Then, could your da , healthy hygiene tips from a health and wellness physician.	aily cholester	ol medication	be affect	ing your	love life?
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Foci	us: Swim safety, blue zones, addiction					
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 Brain Health	APTEX	(S)	(CC)	N/A	#1810H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 165 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	A60	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u>A32</u> N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca 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 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 tional 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 cance cer Spouse."	e. The spouse	of the cance	er patient	feels the	e impact o
01:00:00	Brain Health #745 (Sleep Tips)	SFPBS	(S)	(CC)	N/A	#745H
Conc	centration. Focus: Dr.Carlos Ramirez updates us on the latest treatment options to add	ress sleep co	nditions.			
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 healthco- ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included
02:30:00	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 re episode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to I	health is	
	episode discusses the chanenges and solutions for sustained weight loss.					
03:00:00	Staying Healthy (Bruxism/ Teeth Clenching)	SFPBS	(S)	(CC)	N/A	#1040H
03:00:00	Staying Healthy (Bruxism/ Teeth Clenching) .ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a		· · /	. ,		
03:00:00 Dr. L	Staying Healthy (Bruxism/ Teeth Clenching) .ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a		· · /	. ,		
03:00:00 Dr. L chan 04:00:00	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a iges.	as well as dia	gnosis, treati	ment moc	lalities a	nd lifestyl
03:00:00 Dr. L chan 04:00:00	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a ges. Mental Health (Substance Abuse/ Family Support)	as well as dia	gnosis, treati	ment moc	lalities a	nd lifestyle
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a ges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use.	as well as dia SFPBS SFPBS n-depth descr are digital ser	gnosis, treati (S) (S) iption of the vices includir	(CC) (CC) different s ng teleme	lalities a N/A N/A services	nd lifestyl #746H #0H
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a iges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden	as well as dia SFPBS SFPBS n-depth descr are digital ser	gnosis, treati (S) (S) iption of the vices includir	(CC) (CC) different s ng teleme	lalities a N/A N/A services	nd lifestyle #746H #0H
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stagg	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a iges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	as well as dia SFPBS n-depth descr are digital sen to manage n APTEX well as an inc an 60% of wo	(S) (S) iption of the vices includir nedical costs (S) crease in chro men. The da	(CC) (CC) different s ng teleme (CC) onic disea	lalities a N/A N/A services dicine N/A ase. It is nealth is	nd lifestyl #746H #0H included i #1705H estimated
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stagg	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a ges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different re	as well as dia SFPBS n-depth descr are digital sen to manage n APTEX well as an inc an 60% of wo	(S) (S) iption of the vices includir nedical costs (S) crease in chro men. The da	(CC) (CC) different s ng teleme (CC) onic disea	lalities a N/A N/A services dicine N/A ase. It is nealth is	nd lifestyl #746H #0H included i #1705H estimated
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stage this e 06:00:00 Your while	Staying Healthy (Bruxism/ Teeth Clenching) ozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a ges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss.	APTEX APTEX APTEX are cligital ser to manage m APTEX well as an inc an 60% of wo easons for wa	(S) (S) iption of the vices includir nedical costs (S) crease in chro men. The da nting to lose (S) g a strong co	(CC) (CC) different s ng teleme (CC) onic disea mage to f weight ar (CC) ore will red	Alalities a N/A N/A services dicine N/A ase. It is nealth is nealth is nealth so nealth so nealth so nealth so	nd lifestyl #746H #0H included i #1705H estimatec it off, and #1308H ck pain
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stage this e 06:00:00 Your while	Staying Healthy (Bruxism/ Teeth Clenching) cozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a liges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Conquering Obesity 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. Classical Stretch: By Essentrics core consists of more than just your abs - it includes your back, sides, and entire mids a helping you to do any physical activities efficiently and without injury. In this intermedie e core. Wai Lana Yoga	APTEX APTEX APTEX are cligital ser to manage m APTEX well as an inc an 60% of wo easons for wa	(S) (S) iption of the vices includir nedical costs (S) crease in chro men. The da nting to lose (S) g a strong co	(CC) (CC) different s ng teleme (CC) onic disea mage to f weight ar (CC) ore will red	Alalities a N/A N/A services dicine N/A ase. It is nealth is nealth is nealth so nealth so nealth so nealth so	#746H #0H included i #1705H estimated it off, and #1308H ck pain
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stage this e 06:00:00 Your while entire 06:30:00 Invig	Staying Healthy (Bruxism/ Teeth Clenching) cozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a liges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in- subscription plan AllHealthGo has created to offer users access to a number of healthca- ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha- gering, but people still struggle every day to drop the pounds. Everyone has different re- episode discusses the challenges and solutions for sustained weight loss. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, and entire mids a helping you to do any physical activities efficiently and without injury. In this intermedie e core.	APTEX APTEX APTEX APTEX APTEX	(S) (S) iption of the vices includir hedical costs (S) crease in chro men. The da nting to lose (S) g a strong co & floor worko (S)	(CC) (CC) (CC) different s ng teleme (CC) onic disea image to f weight ar (CC) ore will recount Mirand (CC)	Alaitites a N/A N/A services dicine N/A ase. It is nealth is nealt	nd lifestyle #746H #0H included i #1705H estimated it off, and #1308H ck pain ork your #205H
03:00:00 Dr. L chan 04:00:00 Fami 05:00:00 This the s cons 05:30:00 Adult that stage this e 06:00:00 Your while entire 06:30:00 Invig	Staying Healthy (Bruxism/ Teeth Clenching) tozano discusses bruxism or "teeth clenching" and its effects on the jaw and dentition, a ges. Mental Health (Substance Abuse/ Family Support) ily support in relation to substance use. 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 healthco- ultations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different re episode discusses the challenges and solutions for sustained weight loss. Classical Stretch: By Essentrics r core consists of more than just your abs - it includes your back, sides, and entire mids a helping you to do any physical activities efficiently and without injury. In this intermedi e core. Wai Lana Yoga Body Mind and Breath orate your entire body with Yoga Breathing. Release tension as you stretch your shoul	APTEX APTEX APTEX APTEX APTEX	(S) (S) iption of the vices includir hedical costs (S) crease in chro men. The da nting to lose (S) g a strong co & floor worko (S)	(CC) (CC) (CC) different s ng teleme (CC) onic disea image to f weight ar (CC) ore will recount Mirand (CC)	Alaitites a N/A N/A services dicine N/A ase. It is nealth is nealt	nd lifestyle #746H #0H included i #1705H estimated it off, and #1308H ck pain ork your #205H

Daily Program Listing II WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Fri, Feb 10, 2023

Page 166 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1107H
Anu	Episode 7 nforeseen event in Poplar means that Nonnatus House suffer	s its biggest threat yet. Timothy returns	s home from	university	ofter fo	lling ill
	r Hilda and Sister Julienne expect more from Nancy and decide			university	alleria	inig in.
09:00:00	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 detect scopes have been developed in Japan to tackle the problem. racy. The other indicates lesions during an exam, even indistit is that are beneficial for gut health and explain how they should	One can judge a lesion's malignancy i nct ones, like a car navigation system.	n 0.4 secon	d with alm	ost 1009	%
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to en week	ents at medical institutions can sometimes put patients' lives a sure medical safety. Everyone who works there, from medica and each is examined to determine the cause, with informat oment. The system is based on Kaizen, a core principle of Toy	I professionals to administrative staff, of tion disclosed to patients. This has led	can report in	cidents. T	here are	250 a
10:00:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	e continue to track "long-haulers," we are learning more abou COVID symptoms.	t the long-term health effects of the per	ople who are	e suffering	from de	ebilitating
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health		. ,	. ,		
other	nant women in the United States are more than twice as likely high-income countries in the world. And behind these statistic en of color.					
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#201H
	Valdez Family - Oviedo ode #201 VALDEZ FAMILY – OVIEDO The flip team turns a y cting plants. The Valdez family s new space will serve as a pla					ildlife
11:30:00	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 tumor It was known since the 1970s that tumors shrank after patier y years. Many years later, a US neurosurgeon paved the way saw his paper made further adjustments.	nts were infected with a virus, but nobo	dy was able	to develo	p a cano	er drug fo
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1107H
	Episode 7 nforeseen event in Poplar means that Nonnatus House suffer r Hilda and Sister Julienne expect more from Nancy and deci			university	after fa	lling ill.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
	Episode 8					
	aftermath of a tragic incident in the heart of Poplar ripples thro come personal anguish to help the injured.	ough the community. As Nonnatus Hou	se faces its	darkest da	ay, the te	eam must
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
	s: Behavior changes, PPD, chiropractic care		. /	. ,		
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H

Fri, Feb 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 167 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	us: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Comprese ard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklaus Ch nmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarv	nildren's Hospital 5. Getting the N	- Dr. Jose Me	ena 3. Sle		
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt P Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - T		appily Marrie	ed - Jasmi	n Terrar	ni 4. Ask
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	4 Wheel Bob	APTEX	(S)	(CC)	DVI	#0
Kear	HEEL BOB tells the story of Bob Coomber, an intrepid adventurer where rearge Pass in the Sierra Nevada of California. The one-hour document at our own self-imposed limitations and perhaps reach beyond what	entary follows the inspirational jo				
18:00:00	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 ar nnel's one-hour virtual town hall, Finding Hope: The Mental Health C e issues affecting our children and offer practical advice based on re	risis in Teenagers & Young Adu				
Char these	nnel's one-hour virtual town hall, Finding Hope: The Mental Health C	risis in Teenagers & Young Adu				
Char these	nnel's one-hour virtual town hall, Finding Hope: The Mental Health C e issues affecting our children and offer practical advice based on re	risis in Teenagers & Young Adu search.	Its Town Hal	l, medical	experts	tackle
Chai these 19:00:00	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden	risis in Teenagers & Young Adu search.	Its Town Hal	l, medical	experts	tackle
Char these 19:00:00 19:30:00 Brea emo the c	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 Doctor Q & A Caring for Your Back	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse	Its Town Hal (S) (S) ohysical chal	l, medical (CC) (CC) lenges, bu	experts N/A N/A ut signific	#102H #1710H cant impact
Char these 19:00:00 19:30:00 Brea emo the c	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden The Cancer Spouse ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one v Jiagnosis, and their support can be crucial to recovery. The couple g cer Spouse."	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse	Its Town Hal (S) (S) ohysical chal	l, medical (CC) (CC) lenges, bu	experts N/A N/A ut signific	#102H #1710H cant impact
Char these 19:00:00 19:30:00 Brea emo the c Can 20:00:00 Disc	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden The Cancer Spouse ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one v diagnosis, and their support can be crucial to recovery. The couple g cer Spouse."	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse oes through cancer together. Th PBS ive and healthy. From fighting in	Its Town Hal (S) (S) ohysical chal of the cance is episode ta (S)	I, medical (CC) (CC) lenges, but or patient ikes on th (CC)	experts N/A N/A ut signific feels the e topic c N/A	#102H #1710F cant impact of "The #102
Char these 19:00:00 19:30:00 Brea emo the c Can 20:00:00 Disc	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden The Cancer Spouse ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one v diagnosis, and their support can be crucial to recovery. The couple g cer Spouse." Amazing Human Body Survive over the miracles the human body goes through every day to stay al	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse oes through cancer together. Th PBS ive and healthy. From fighting in	Its Town Hal (S) (S) ohysical chal of the cance is episode ta (S)	I, medical (CC) (CC) lenges, but or patient ikes on th (CC)	experts N/A N/A ut signific feels the e topic c N/A	#102H #1710F cant impact of "The #102
Chai these 19:00:00 19:30:00 Brea emo the c Can 20:00:00 Disc bodie 21:00:00 Accc those in the in the	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden The Cancer Spouse ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one v diagnosis, and their support can be crucial to recovery. The couple g cer Spouse." Amazing Human Body Survive over the miracles the human body goes through every day to stay al es have remarkable arsenals that allow survival against all kinds of c	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse oes through cancer together. Th PBS ive and healthy. From fighting in putside threats. APTEX embers and friends provided 18. ⁻ loss; it affects many generations TVE, caretakers share their dive variety of caregivers, family mem	Its Town Hal (S) (S) ohysical chal of the cance is episode ta (S) fections to re (S) 1 billion hour and is the s rse experien ibers and ma	I, medical (CC) (CC) lenges, buer patient ikes on th (CC) epairing da (CC) s of unpai ixth leadir ces of car any others	experts N/A N/A ut signific feels the e topic c N/A amage, I N/A d care in g cause ing for lo s explain	#102H #1710F cant impact of "The #102 human #0 2015 to of death oved one how the
Chai these 19:00:00 19:30:00 Brea emo the c Can 20:00:00 Disc bodie 21:00:00 Accc those in the in the	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 Doctor Q & A Caring for Your Back Second Opinion with Joan Lunden The Cancer Spouse ast cancer is the most common cancer among women worldwide, and tional and psychological challenges, as well. It is something no one v diagnosis, and their support can be crucial to recovery. The couple g cer Spouse." Amazing Human Body Survive over the miracles the human body goes through every day to stay al es have remarkable arsenals that allow survival against all kinds of c Alzheimer's: The Caregiver's Perspective ording to the Alzheimer's Association, more than 15 million family me e with Alzheimer's and dementia. Alzheimer's is more than memory I e United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECT e world of dementia - from diagnosis to saying the long goodbye. A v	risis in Teenagers & Young Adu search. NETA APTEX d this diagnosis not only brings p wants to face alone. The spouse oes through cancer together. Th PBS ive and healthy. From fighting in putside threats. APTEX embers and friends provided 18. ⁻ loss; it affects many generations TVE, caretakers share their dive variety of caregivers, family mem	Its Town Hal (S) (S) ohysical chal of the cance is episode ta (S) fections to re (S) 1 billion hour and is the s rse experien ibers and ma	I, medical (CC) (CC) lenges, buer patient ikes on th (CC) epairing da (CC) s of unpai ixth leadir ces of car any others	experts N/A N/A ut signific feels the e topic c N/A amage, I N/A d care in g cause ing for lo s explain	#102H #1710F cant impact of "The #102 human #0 2015 to of death oved one how the

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.

Fri, Feb 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 168 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
weel	nsure medical safety. Everyone who works there, from medical k, and each is examined to determine the cause, with informati pment. The system is based on Kaizen, a core principle of Toy Doctor Q & A	on disclosed to patients. This has led	to improver	ients in pr		
23.00.00	Caring for Your Back	NETA	(S)	(CC)	N/A	#102⊓
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
All a	cross America, there are large and persistent racial differences	in health and accessing healthcare.	People of co	lor get sic	k at you	nger ages

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

Sat, Feb 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 169 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital ser	iption of the vices includir	different s	services	included
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the long-term h -COVID symptoms.	ealth effects of the pe	ople who are	suffering	I from de	ebilitating
01:00:00	Mental Health #747 (Emotional Wellness)	SFPBS	(S)	(CC)	N/A	#747H
	ything you need to know to enjoy life - from balancing activities and efforts - to aging stress during the holidays.	achieving psychologi	cal and emot	ional well	ness. Fo	ocus:
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers veus subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	healthcare digital ser	vices includir	ng teleme		included
02:30:00	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 America ives at the same time. Today, millions of families are facing the dual challenge having children later. This episode focuses on these caregivers.					
03:00:00	Emergency Medicine (Hurricane-Ready Medicine)	SFPBS	(S)	(CC)	N/A	#1221
Dr. J	loseph Scott discusses hurricane preparedness in the ER. Focus: Safety and	readiness tips for this	hurricane se	ason.		
04:00:00	Nutrition & Health (Food As Medicine)	SFPBS	(S)	(CC)	N/A	#748H
	roaches to healthy eating and ways to use food as medicine. Focus: FAD diets		(0)	(00)	1.07	<i>"</i>
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 v subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a number	with an in-depth descr healthcare digital ser	iption of the vices includir	different s	services	
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
	Caregiving: The Sandwich Generation					
relat	81 the term "sandwich generation" was coined to describe a group of America ives at the same time. Today, millions of families are facing the dual challenge having children later. This episode focuses on these caregivers.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#134H
	Picture Perfect/Hands for the Day					
Will	n Alma and Rafia get an idea to make an animal photo book, they set out to get their photo book be a flop? When Safina hurts her arm, Alma and Rafia volunte has to do. But when Safina seems frustrated with their work, they've got to figu	eer to be her "hands"	for the day to			
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#206H
	Insulation Station					
	weather, hot science! SCIGIRLS Greta and her sixth- grade pals use passive ity on a frozen Minnesota lake.	solar heat and bubble	-wrap insula	tion to wa	irm up a	n ice
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#610H
	The Great Froggyback Ride					
Minia	Wild Kratts are creature adventuring in the Amazon when they accidentally get aturizer and the team must rely on the creature powers of the poison frog, goin sized forever! Curriculum: Coloration and mimicry.					

Sat, Feb 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 170 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3101H

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

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

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

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

Sat, Feb 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 171 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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					
11:46:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3310H
	Segment 10					
12:00:00	Trauma Healers	APTEX	(S)	(CC)	N/A	#0H
comi Harv medi marg	ment free of charge to the patient, the doctors' care allows these in munities. TRAUMA HEALERS profiles the work of some of these to ard's Global Surgery and Social Change program, and Partners in ical solutions. An engaging and educational documentary, TRAUM ginalized patients around the world, from Uganda to the Philippines ents with devastating injuries and conditions, despite having limited	op medical professionals, including Health, another Boston-based or A HEALERS explores the practice Learn about the ways internation	g four physic ganization co es employed nal medical p	cians conn committed to to heal tra profession	ected w to provid auma fo	rith ling r
13:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
_	Evil Or Illness?					
	nine ancient conceptions of mental illness and the establishment o ss, including an aspiring astrophysicist with schizophrenia and an C		odern-day p	eople livin	ig with n	nental
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#212H
	Sex & Sleep: What's The Connection?					
	t's the connection between intimacy and sleep, then how long does about circumcision and health.	s it take for a sexually transmitted	infection to a	actually sh	iow up?	Plus, the
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	is: Mediterranean diet, Cancer screenings, Neck pain and cell phot	nes				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1001H
	is: 1. Student Athlete Injuries - Dr. Gosha Brusovanik 2. Cataract S nons, Hazelden Naples 4. Parkinson's Disease Therapies - Dr. Lis					
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
Focu Hair	is: 1. Living with a Family Member with Disabilities - Yadira Torres, Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose M nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost	, PHD 2. Veterans Care - Coralie F	Patterson an	d Richard	Shutes	, JCSFL 3.
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H

Sat, Feb 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 172 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
16:47:00	Smartlife	SFPBS	(S)	(CC)	 N/A	#1008H
10.47.00	Smarture	01100	(0)	(00)	11/1	#100011
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
18:00:00	Hope Is Here	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 lea became one of the millions facing a 16% survival rate. Her initial prognosis was grim tually found a thoracic surgeon willing to help, telling him, "If I am going to die from the r a 14-hour surgery, multiple rounds of chemotherapy, and radiation, Bonnie became	. Most doctors i nis disease, I do	provided little	e hope, bu be becau	ut Bonnie	ЭŬ
18:30:00	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 fa cting plants. The Valdez family s new space will serve as a place for them to gather a					vildlife
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	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the long-term health e -COVID symptoms.	effects of the pe	ople who are	e suffering	g from de	ebilitating
20:00:00	Alzheimer's: The Caregiver's Perspective	APTEX	(S)	(CC)	N/A	#0
thos in the in the	ording to the Alzheimer's Association, more than 15 million family members and frience e with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects ma e United States. In ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE, caretakers a e world of dementia - from diagnosis to saying the long goodbye. A variety of caregive tively navigate the frustrations, sorrows, and complications of caring for a loved one v	any generations share their dive ers, family men	and is the s rse experien bers and ma	ixth leadir ices of car any others	ng cause ring for l s explair	e of death oved one how they
21:00:00	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. I es have remarkable arsenals that allow survival against all kinds of outside threats.	From fighting ir	fections to re	epairing d	amage,	human
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#212H
	Sex & Sleep: What's The Connection?					
	t's the connection between intimacy and sleep, then how long does it take for a sexual about circumcision and health.	ally transmitted	infection to	actually sł	now up?	Plus, the
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
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	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
۸lzh	eimer's Disease is an under-recognized public health crisis. And while the word Alzhe	oimer's strikes f	ear in aning	American	e more t	han anv

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

Sun, Feb 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 173 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u> </u>	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents 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 second secon	of healthcare digital serv	vices includii	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
Preo	Racial Disparities In Maternal Health nant women in the United States are more than twice as likely to die from cor	mplications related to pr	egnancy or	childbirth	than tho	ose in mos
othe	r high-income countries in the world. And behind these statistics lie startling rate of color.					
01:00:00	Living Well #739 (Home Health Care)	SFPBS	(S)	(CC)	N/A	#739H
Reha	ab from your home. Focus: CJR – total hip/total knees, LSVT therapy for Park	kinson's patients & spee	ch therapy f	for stroke	patients	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb	of healthcare digital serv	rices includi	ng teleme		included in
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the wo r word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for usses Alzheimer's Disease from a caregiver and a public health perspective.	20 years. Not only does	Alzheimer'	s come wi	th a tren	nendous
03:00:00	Spine & Back Care #1214 (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#1214H
Dr. E	Brusovanik discusses spine and back conditions and how to treat them for a p	ain free life.				
Dr. E 04:00:00	Heart Health#740 (Heart and Vein Connection)	ain free life. SFPBS	(S)	(CC)	N/A	#740H
04:00:00			(S)	(CC)	N/A	#740H
04:00:00 Focu	Heart Health#740 (Heart and Vein Connection)		(S) (S)	(CC) (CC)	N/A N/A	#740H #0H
04:00:00 Focu 05:00:00 This the s	Heart Health#740 (Heart and Vein Connection) Is: Varicose veins, venous reflux and overall vein health.	SFPBS SFPBS with an in-depth descri	(S) ption of the rices includii	(CC) different s	N/A services	#0H
04:00:00 Focu 05:00:00 This the s	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden	SFPBS SFPBS with an in-depth descri	(S) ption of the rices includii	(CC) different s	N/A services	#0H
04:00:00 Focu 05:00:00 This the s cons 05:30:00	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number cultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis	SFPBS SFPBS with an in-depth descript of healthcare digital server er of tools to manage m APTEX	(S) ption of the ices includii edical costs (S)	(CC) different s ng telemen (CC)	N/A services dicine N/A	#0H included in #1703H
04:00:00 Focu 05:00:00 This the s cons 05:30:00 Alzh othe cost	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden	SFPBS SFPBS with an in-depth descript of healthcare digital server er of tools to manage m APTEX rd Alzheimer's strikes fe 20 years. Not only does	(S) ption of the rices includin edical costs (S) (S) ear in aging Alzheimer	(CC) different s ng telemen (CC) Americans s come wi	N/A services dicine N/A s more t th a tren	#0H included in #1703H than any nendous
04:00:00 Focu 05:00:00 This the s cons 05:30:00 Alzh othe cost	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number subscriptions, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the wo r word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for	SFPBS SFPBS with an in-depth descript of healthcare digital server er of tools to manage m APTEX rd Alzheimer's strikes fe 20 years. Not only does	(S) ption of the rices includin edical costs (S) (S) ear in aging Alzheimer	(CC) different s ng telemen (CC) Americans s come wi	N/A services dicine N/A s more t th a tren	#0H included in #1703H than any nendous
04:00:00 Focu 05:00:00 This the s cons 05:30:00 Alzh othe cost discu	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of sultations, emotional advice, second-opinion consultations, as well as a numb Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the wo r word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for uses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way	SFPBS SFPBS with an in-depth descri- of healthcare digital serv- er of tools to manage m APTEX rd Alzheimer's strikes fe 20 years. Not only does or their loved ones, while	(S) ption of the rices includii edical costs (S) ear in aging Alzheimer's e watching t	(CC) different s ng telemen (CC) Americans s come wi hem slip a	N/A services dicine N/A s more t th a tren away. Th	#0H included in #1703H than any mendous nis episode
04:00:00 Focu 05:00:00 This the s cons 05:30:00 Alzh othe cost discu 06:00:00 06:30:00 Jekin	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of subscriptions, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the wo r word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for uses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way Steggie Rescue/Alma Hits The Right Note Scigirls	SFPBS SFPBS with an in-depth description of healthcare digital server of tools to manage me APTEX APTEX rd Alzheimer's strikes fe 20 years. Not only does or their loved ones, while PBS PBSPL	(S) ption of the rices includii edical costs (S) ear in aging Alzheimer' e watching t (S) (S)	(CC) different s ng telemed (CC) American s come wi hem slip a (CC) (CC)	N/A services dicine N/A s more t th a tren away. Th DVI DVI	#0H included in #1703H than any nendous nis episode #122H #207H
04:00:00 Focu 05:00:00 This the s cons 05:30:00 Alzh othe cost discu 06:00:00 06:30:00 Jekin	Heart Health#740 (Heart and Vein Connection) us: Varicose veins, venous reflux and overall vein health. All Health Go 30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number of subscription, emotional advice, second-opinion consultations, as well as a number Second Opinion with Joan Lunden Alzheimer's: A Public Health Crisis eimer's Disease is an under-recognized public health crisis. And while the wo r word, globally the number of people diagnosed is expected to double every to our healthcare system, it takes an emotional toll on families as they care for uses Alzheimer's Disease from a caregiver and a public health perspective. Alma's Way Steggie Rescue/Alma Hits The Right Note Scigirls Workin' It Out ma and friends break a sweat in steamy South Carolina hiking, playing socces	SFPBS SFPBS with an in-depth description of healthcare digital server er of tools to manage m APTEX rd Alzheimer's strikes fe 20 years. Not only does or their loved ones, while PBS PBSPL	(S) ption of the rices includii edical costs (S) ear in aging Alzheimer' e watching t (S) (S)	(CC) different s ng telemed (CC) American s come wi hem slip a (CC) (CC)	N/A services dicine N/A s more t th a tren away. Th DVI DVI	#0H included in #1703H than any nendous nis episode #122H #207H

Aviva and Chris are doing an inventory of the Creature Power Discs on the deck of the Tortuga when Martin spots a hammerhead shark. In his excitement, he knocks all the discs into the ocean. The bros soon realize there's only way to get them back - by using hammerhead powers! Science Concept: Mechanics of hunting using electrical impulses.

Sun, Feb 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 174 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3601H

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

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

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

Sun, Feb 12, 2023

Start	Title 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
	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)	DVI	#1107H
	Episode 7					
	Inforeseen event in Poplar means that Nonnatus House suffers i er Hilda and Sister Julienne expect more from Nancy and decide			university	/ after fa	lling ill.
13:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
	Episode 8					
	aftermath of a tragic incident in the heart of Poplar ripples throug come personal anguish to help the injured.	gh the community. As Nonnatus Ho	use faces its	darkest da	ay, the te	eam must
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#213H
	Women and Orgasms					
	much do you know about the different orgasms women can have , healthy hygiene tips from a health and wellness physician.	ve? Then, could your daily cholester	ol medicatior	be affect	ting your	love life?
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
Focu	us: Swim safety, blue zones, addiction					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	us: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertainin endicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Ex		Pain - Dr. Go	sha Bruso	ovanik 4.	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids				oarthritis	- Ron
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults	0.1 00		(00)		

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

Sun, Feb 12, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

_...

Page 176 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now f Iren requiring hospitalization to treat RSV infections, and of course ain why this is happening and what we can do to stay as healthy as	, COVID-19. Infectious disease ex				
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	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to c r high-income countries in the world. And behind these statistics lie nen of color.					
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 es have remarkable arsenals that allow survival against all kinds o		fections to re	epairing d	amage,	human
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness?					
	mine ancient conceptions of mental illness and the establishment c ss, including an aspiring astrophysicist with schizophrenia and an C		odern-day p	eople livir	ng with n	nental
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#213H
	Women and Orgasms					
	much do you know about the different orgasms women can have? , healthy hygiene tips from a health and wellness physician.	? Then, could your daily cholesterc	l medication	be affect	ing your	love life?
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1102H
	us: Swim safety, blue zones, addiction					
Foci						
Focu 23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
		NETA	(S) (S)	(CC) (CC)	N/A N/A	#110H #1704H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 177 of 366

				i ugu	, , , , , 0	000
Mon, Feb						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
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 comr	mon procedu	ıre. This p	orocedur	e is 94-
01:00:00	Maternity Care (Pregnancy Care & Childbirth)	SFPBS	(S)	(CC)	N/A	#741H
	ything you need to know about pregnancy, childbirth and post-partum care. Focus: Dr. s a primer on everything you need to know about pregnancy, childbirth and post-parture		nan, Baptist	Hospital C	Chief of	Obstetrics,
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 healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the largest / make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea	the least hea v their health p	Ithy generati	on in rece	ent times	s and they
03:00:00	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.					
04:00:00	Health Trends #742 (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#742H
Wha	t's happening in Health - Find out the latest trends that contribute to a healthy 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 i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they are the 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 Hea	the least hea v their health p	Ithy generati	on in rece	ent times	s and they
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1309H
you	y the beautiful ocean view from Cambridge Beaches Resort & Spa in this standing & b can strengthen and tone your legs without causing injuries; that's why she has created ngthen the muscles of your legs in a safe and balanced way.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#206H
	Healthy Joints for a Healthy Body					
07:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to the out the brain forms memories by storing and processing billions of pieces of information e		nent and dev	elop new	skills. P	lus, learn
08:00:00	Call The Midwife Episode 8	PBS	(S)	(CC)	DVI	#1108H
T 1	process =		<i>c</i>			

The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured.

ate: 03/27/	2023 01/01/:	WPBTHC 2023 - 03/31/2023			Page	178 of	366
Mon, Feb					. "ge		
	Title						
Start	Subtitle		Distrib	Stereo	Сар	AS2	Episode
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 rem ent's quality of life post-surgery. Japanese doctors have do case, the surgery took an hour and less than a spoonful of k. We report on the innovative method and its potential.	eveloped a procedure that ir	volves removir	ng only a sm	all amount	of the I	ung. In
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#108H
01	Exploring The Mystery of Good Sleep		late method Ole			- 1	. f 14 .
glob slee	Is said to be the biggest black box of modern science. T al contributions to uncovering the mysteries of sleep. It de p and analyze sleep quality. Research has revealed the ir of it is associated with a higher risk of dementia and obes	veloped a device that can b nportance of REM sleep, du	e used at home	e to easily m	easure bra	in wave	es during
10:00:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1803H
Llas	Heart Valve Replacement				na Thiann		ia 0.4
	rt valve replacement is an area in medicine which has ma effective and can drastically increase the life expectancy		i is a very comm	non proceau	re. This pr	ocedure	915 94-
10:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#1804H
Tho	Lung Cancer	ha maat hanaful advances ii	n modioina ava	r the next of	voral voor	o Tho r	
cano	diagnosis and treatment of lung cancer has been one of t ser screening guidelines allow for the screening for young onger a death sentence.						
11:00:00	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. T al contributions to uncovering the mysteries of sleep. It de p and analyze sleep quality. Research has revealed the ir of it is associated with a higher risk of dementia and obes	veloped a device that can b nportance of REM sleep, du	e used at home	e to easily m	easure bra	in wave	es during
11:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d						
reco trans	ew technology can capture clear images of tiny blood vess instructive surgery for patients who have had a part of the splant skin flaps containing blood vessels from a different alize transparent, thin lymph vessels, and improve the treat	r head, neck or breast remo area of the body, decreasing	oved due to can	cer. Doctors	can safely	y cut an	d
12:00:00	Call The Midwife Episode 8		PBS	(S)	(CC)	DVI	#1108H
	aftermath of a tragic incident in the heart of Poplar ripples come personal anguish to help the injured.	through the community. As	Nonnatus Hou	se faces its	darkest da	y, the te	eam must
13:00:00	Call The Midwife		PBS	(S)	(CC)	DVI	#1101H
	Episode 1 Easter 1967 and preparations are underway for a colourfu n routine building work nearby uncovers a terrible secret.	Easter Bonnet parade outs	ide Nonnatus H	louse. Howe	ever, Trixie	is left s	hocked
14:00:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1024H
14:30:00	Health Insiders		SFPBS	(S)	(CC)	N/A	#1105H
Focu	us: Compression socks, PPD, stress						
15:00:00	Smartlife		SFPBS	(S)	(CC)	N/A	#1201H
	us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. L						

Mon, Feb 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 179 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	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 Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common Cosmetic Surgery P rcises 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
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	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.

18:00:00 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.

19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H	
	Alzheimer's Disease: Hope for the Future						
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H	
	Heart Valve Replacement						
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: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H	

 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 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.

Mon, Feb 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 180 of 366

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 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 01/01/2023 - 03/31/2023

Page 181 of 366

				i ugu	, 101.01	000
Tue, Feb						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances ir er screening guidelines allow for the screening for younger individuals with less of a s onger a death sentence.					
01:00:00	Living Well #749 (Healthy Tips)	SFPBS	(S)	(CC)	N/A	#749H
	erts tell you how to live well. Focus: Dr. Vladimir Turovskiy, who practices Oriental Meaniques for a healthy lifestyle.	dicine, offers s	ome alternat	ive metho	ods using	g Far East
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included ir
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 c research, millennials have become the most anxious generation in history. This episo be treated.					
03:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224H
Find	out the latest trends that contribute to a healthy life.					
04:00:00	Healthy Living #750 (Health Trends)	SFPBS	(S)	(CC)	N/A	#750H
Med	ical experts share the essential factors of a healthy lifestyle.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included ir
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 c research, millennials have become the most anxious generation in history. This episo be treated.					0
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1310H
prov	y the beautiful Bermuda coastline in this advanced workout designed to strengthen the ide stability to our entire body during walking, running, or any activity! In this all-standi Il-body strengthening & stretching exercises to give you strong, healthy hips.					
06:30:00	Wai Lana Yoga Salute to the Sun Part 1	APTEX	(S)	(CC)	N/A	#207H
07:00:00	Happy Yoga with Sarah Starr Sunflower Sunset	NETA	(S)	(CC)	N/A	#510H
	in the setting sun over the vast sunflower fields of summer as we enjoy a modified yo salutations along with easy to follow yoga moves to create more ease in the hands, ne					ing gentle
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					

A Plastic Surgeon Answers Your Questions

		Daily Program Listing II WPBTHC					
ate: 03/27/	2023	01/01/2023 - 03/31/2023			Page	182 of	366
Tue, Feb	14, 2023						
Start	Tit Sub		Distrib	Stereo	Сар	AS2	Episode
08:00:00	The Mysteries of Mental Illness Who's Normal?		PBS	(S)	(CC)	N/A	#102H
	the fight to develop mental illness standard bly entwined with our ever-shifting definitions			how science	e and soci	etal facto	ors are
09:00:00	Medical Frontiers Detecting Cancer with Ai		APTEX	(S)	(CC)	N/A	#105H
endo accu	on cancer is the second deadliest cancer in the pscopes have been developed in Japan to ta uracy. The other indicates lesions during an e s that are beneficial for gut health and explain	ckle the problem. One can judge a lesi exam, even indistinct ones, like a car na	on's malignancy i	n 0.4 second	d with alm	ost 1009	6
09:30:00	Medical Frontiers The Road to Patient Safety		APTEX	(S)	(CC)	N/A	#106H
to er wee	lents at medical institutions can sometimes p nsure medical safety. Everyone who works th k, and each is examined to determine the ca pment. The system is based on Kaizen, a co	nere, from medical professionals to adm use, with information disclosed to patie	ninistrative staff, o	an report in	cidents. T	here are	250 a
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance		APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contribu sidered the next pandemic, antibiotic resistar			dangering th	e efficacy	of antib	iotics.
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes		APTEX	(S)	(CC)	N/A	#1806H
	es of, and morbidity from, diabetes continues etes.	to rise. One of the critical areas of wor	rk is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
11:00:00	Innovations In Medicine		NETA	(S)	(CC)	N/A	#412H
Hea	rt defects in newborns, Hijacking the brain - a	addiction, Diabetic foot wounds, Direct	Effects - for admin	nistering me	dications,	Hip rep	acement
11:30:00	Hope Is Here Jill Costello		NETA	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking i ent, 21-year-old Jill Costello. Jill's fighting spi ase would eventually define her legacy.						
12:00:00	Medical Frontiers Visualizing Tiny Blood Vessels In 3d		APTEX	(S)	(CC)	N/A	#109H
reco trans	w technology can capture clear images of tir nstructive surgery for patients who have had splant skin flaps containing blood vessels fro alize transparent, thin lymph vessels, and im	a part of their head, neck or breast rer m a different area of the body, decreas	moved due to can	cer. Doctors	can safe	ly cut an	d
12:30:00	Medical Frontiers	liwa	APTEX	(S)	(CC)	N/A	#110H
bles ferm	Superfoods In Shiga - Blessings of Lake E art 1 of a 2-part series on superfoods found in sings of Lake Biwa. The lake is home to seve ented dish Funazushi, which contains a lacti ces. We introduce recipes using these fish.	n Shiga Prefecture, which boasts one o eral indigenous species, many of which	are used in Shig	a's traditiona	al dishes.	They inc	lude the
13:00:00	Amazing Human Body Learn		PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body the brain forms memories by storing and pro-			ent and dev	elop new	skills. Pl	us, learn
14:00:00	Sex Talk with Dr. Lia		SFPBS	(S)	(CC)	N/A	#213H
	Women and Orgasms						

Women and Orgasms How much do you know about the different orgasms women can have? Then, could your daily cholesterol medication be affecting your love life? Plus, healthy hygiene tips from a health and wellness physician.

Tue, Feb 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 183 of 366

Start	Title Subtitle	Distri	b Stereo	Сар	AS2	Episo
14:30:00	Health Insiders	SFPB	S (S)	(CC)	N/A	#1070F
Focu	us: Teeth grinding, Workplace stress, Products to relieve Sunburn					
15:00:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the E Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard		Brusovanik 3.	Baptist Ho	me Heal	lth Care,
15:13:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1302ŀ
15:34:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1305l
	us: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Children, Am man 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Skin Care, Ber		nerapist 3. Ask	the Expert	s, Dr. Ro	obert
16:14:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1306
16:29:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1307
16:47:00	Smartlife	SFPB	S (S)	(CC)	N/A	#1308
17:00:00	Becoming Trauma Responsive	APTE	X (S)	(CC)	N/A	#0H
the (repo	OMING TRAUMA RESPONSIVE explores the effects of childhood trauma on lo COVID-19 pandemic, schools across the United States strained to meet the sourced significant increases in depression and general anxiety from students and ing, practices and resources.	ial and emotional	needs of stude	ents. Most	school d	listricts
18:00:00	Flip My Florida Yard (Sfpbs)	SFPB	S (S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff.					
their due	dreams. A front yard deck surrounded by Florida Friendly plants is built and a		riveway to solve		ng floodi	ing issue
their due 18:30:00 Lung patie	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here	new permeable di NETA t that didn't intimic	riveway to solve (S) date the athletic	e an ongoir (CC) c and coura	ng floodi N/A ageous lu	#102H ung can
their due 18:30:00 Lung patio dise	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. Buent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure	new permeable di NETA t that didn't intimic	riveway to solve (S) date the athletic e stigma that o	e an ongoir (CC) c and coura	ng floodi N/A ageous lu	#102H ung can acted the
their due 18:30:00 Lung patia dise	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. Bu ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure ase would eventually define her legacy.	new permeable di NETA t that didn't intimic e and eradicate th	riveway to solve (S) date the athletic e stigma that o	e an ongoir (CC) c and coura nly smoker	ng floodi N/A ageous lu rs contra	#102H ung can acted the
their due 18:30:00 Lung patie dise 19:00:00	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. Bu ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure ase would eventually define her legacy. Doctor Q & A	new permeable di NETA t that didn't intimic e and eradicate th	riveway to solve (S) date the athletic re stigma that o	e an ongoir (CC) c and coura nly smoker	ng floodi N/A ageous lu rs contra	#102H ung cand
their due 18:30:00 Lung patie	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. Buent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure ase would eventually define her legacy. Doctor Q & A The Truth About Prostate Cancer	new permeable di NETA t that didn't intimic e and eradicate th NETA	riveway to solve (S) date the athletic re stigma that o	e an ongoir (CC) and coura only smoker (CC)	ng floodi N/A ageous lu rs contra N/A	#102H ung can acted the #105H
their due 18:30:00 Lung patie dise 19:00:00 19:30:00 The canc	dreams. A front yard deck surrounded by Florida Friendly plants is built and a to improper stormwater runoff. Hope Is Here Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. Bu ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure ase would eventually define her legacy. Doctor Q & A The Truth About Prostate Cancer Second Opinion with Joan Lunden	new permeable di NETA t that didn't intimic and eradicate th NETA APTE: nces in medicine	riveway to solve (S) date the athletic e stigma that o (S) X (S) over the past s	e an ongoir (CC) and coura nly smoker (CC) (CC) everal year	ng floodi N/A ageous lu rs contra N/A N/A rs. The r	#102H ung cand acted the #105H #1804I new lung

the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.

Tue, Feb 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 184 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn					
	how experience shapes the brain and body together, allowing them to adapt to the o the brain forms memories by storing and processing billions of pieces of information		ent and dev	elop new	skills. Pl	us, learn
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#213H
	Women and Orgasms					
	much do you know about the different orgasms women can have? Then, could your , healthy hygiene tips from a health and wellness physician.	daily cholester	ol medication	be affect	ing your	love life?
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	is: Teeth grinding, Workplace stress, Products to relieve Sunburn					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					
23:30:00	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.

Wed, Feb 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 185 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents visubscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	ewers with an in-depth descr hber of healthcare digital ser	iption of the vices includi	different s	services	
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global hea		dangering th	ne efficacy	of antib	piotics.
01:00:00	Staying Healthy #751 (Living The Healthy Life)	SFPBS	(S)	(CC)	N/A	#751H
Livin	ng the Healthy Life Disease prevention and healthy lifestyle info Focus: F	itness/wellness myths.				
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	nber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
	omen every year. That's more than all cancers combined. But 80% of can e of heart disease in women and how we can lower cardiac risk and dea Health Trends #1226 (On-Demand Care Tips)		be prevented (S)	d. This epi (CC)	isode dig N/A	gs into th #1226⊦
	David Mishkin discusses the Care On Demand app - Conditions address /th of Telehealth.	sed and treated, benefits to p	patients and	families, a	and conf	linued
04:00:00	Kids & Teens #752 (Tongue Ties Treatments)	SFPBS	(S)	(CC)	N/A	#752H
	cialists share their expertise on how to care for children from birth throug about the little-known ailment of Tongue-ties and the symptoms, side eff				ennifer (Couceyro
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a	ber of healthcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the l or women's health issue. It is the cause of death for 1 in 5 women in the omen every year. That's more than all cancers combined. But 80% of ca e of heart disease in women and how we can lower cardiac risk and dea	U.S., and heart disease and rdiac and stroke events can l	stroke comb	pined caus	se the de	eath of 1 i
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1311H
desig	body strength and flexibility is vital in maintaining your balance, mobility, gned to challenge and improve your balance by strengthening your core ding & barre workout!					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#208H
	Salute to the Sun Part 2					
07:00:00	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 anxie	ty, depression, and post-trau	imatic stress	s in our yo	uth. In tl	he Health

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 01/01/2023 - 03/31/2023

Page 186 of 366

10. 00/2//2				i age	100 01	500
Wed, Feb	15, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
	Episode 8					
	aftermath of a tragic incident in the heart of Poplar ripples through the community come personal anguish to help the injured.	y. As Nonnatus Hou	se faces its o	darkest da	ay, the te	eam mus
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
patie one o	Minimally Invasive Lung Cancer Treatment ng cancer surgery, it's common practice worldwide to remove a large area of the int's quality of life post-surgery. Japanese doctors have developed a procedure th case, the surgery took an hour and less than a spoonful of blood was lost. The pa k. We report on the innovative method and its potential.	nat involves removin	ig only a sm	all amoun	t of the l	ung. In
09:30:00	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 Institut al contributions to uncovering the mysteries of sleep. It developed a device that c o 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 br	ain wave	es during
10:00:00	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 strequences. Stress in all ages, as well as pandemic-related stress, affects our ove as depression and anxiety.					issues
10:30:00	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 bringi ine. Childhood vaccine rates continue to decrease in certain areas of the country eback.					
11:00:00	Conscious Living Art Imitates Life	NETA	(S)	(CC)	N/A	#110H
as a danc icon	s life imitate art and art imitate life? To see for ourselves, we dive into the world o planet. Ferry with us to the shores of Naoshima - Japan's surreal art island - whe e and music immersion celebrating the five elements of nature in Bali. Back in th from the South Side of Chicago. Finally, break bread at the intersection of art, po jurant.	ere art looms larger l e U.S., hit the grour	than life. The	en lose yo ith a blac	burself in k vintage	a sacred e fashion
11:30:00	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 Ya dreams. A front yard deck surrounded by Florida Friendly plants is built and a ne to improper stormwater runoff.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
T 1-	Episode 8	An Name - to - 11	f !!	ala al contra		
	aftermath of a tragic incident in the heart of Poplar ripples through the community come personal anguish to help the injured.	y. As Nonnatus Hou:	se faces its (darkest da	ay, the te	eam must
13:00:00	Call The Midwife Episode 1	PBS	(S)	(CC)	DVI	#1101H
	aster 1967 and preparations are underway for a colourful Easter Bonnet parade n routine building work nearby uncovers a terrible secret.	outside Nonnatus H	louse. Howe	ver, Trixie	e is left s	hocked
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1114H
	is: Autism, brain cancer, skin care		、 /	. /		
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1116H
Foot	e: Skin aara mantal haalth haln, atraka					

Focus: Skin care, mental health help, stroke

Wed, Feb 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 187 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Hea triz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment uctor 6. Mission to the Bahamas - Angie Wagner, Cadena					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr ard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	. Martha Viera 3. The Power of Maco	ca - Dr. Lia J	iannine 4.	Dental	Myths - E
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608F
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing th the brain forms memories by storing and processing billions of p		ent and dev	elop new	skills. Pl	us, learn
19:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
19:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid em sidered the next pandemic, antibiotic resistance is a threat to glo		dangering th	e efficacy	of antib	iotics.
20:00:00	Alzheimer's: What You Can Do	APTEX	(S)	(CC)	N/A	#0H
sleer and	HEIMER'S: WHAT YOU CAN DO is an hour-long documentary t p patterns, exercise, stress levels, and other daily health habits h personal stories about holistic treatment approaches, the film ex entia.	nave dramatic effects on our cognitiv	e abilities as	we age.	With sci	entific da
21:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	te the fight to develop mental illness standards rooted in empiricated of the standards rooted in empiricated with our ever-shifting definitions and diagnoses of n		how science	and soci	etal facto	ors are
	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
22:00:00	Minimally Invasive Lung Cancer Treatment		()	· · /		

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.

Wed, Feb 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 188 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	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 I al contributions to uncovering the mysteries of sleep. It developed a device that can be o and analyze sleep quality. Research has revealed the importance of REM sleep, duri of it is associated with a higher risk of dementia and obesity.	used at home	to easily m	easure bra	ain wave	es during
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

23:30:00 Second Opinion with Joan Lunden

Anxiety

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

APTEX

(S)

(CC)

N/A #1707H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 189 of 366

Thu, Feb 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with 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 service	vices includi	ng teleme		included
00:30:00	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 we tes.	ork is to stop pre-d	iabetes from	ı turning ir	nto full-fl	edged
01:00:00	Orthopedics (Knee Surgery Therapy)	SFPBS	(S)	(CC)	N/A	#753H
suffe	ng care of your body. From surgical to nonsurgical procedures, learn the treatmen red trauma. Focus: Dr. Carlos Alvarado (MOSMI) discusses knee surgery and exp pedic surgery.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with ubscription plan AllHealthGo has created to offer users access to a number of hea ultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital service	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	nson's Disease is the fastest growing neurological disorder in the world. It affects six million people worldwide. The symptoms generally develop slowly over years, nand. While tremors are common in Parkinson's, the disease progression is uniqu nents of Parkinson's Disease, and the search for a cure.	sometimes startin	g with a bare	ely noticea	able tren	nor in jus
03:00:00	Health Trends #1229 (Cerebral Palsy Update)	SFPBS	(S)	(CC)	N/A	#1229H
Dr. L	ucinda Arenas discusses rehabilitation treatment for patients with cerebral palsy.					
04:00:00	All About Cancer (Lung Cancer)	SFPBS	(S)	(CC)	N/A	#754H
Lung	disease (cancer) and treatments.			()		
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 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	an in-depth descr althcare digital ser	iption of the vices includi	different s	services	
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one l	nson's Disease is the fastest growing neurological disorder in the world. It affects six million people worldwide. The symptoms generally develop slowly over years, aand. While tremors are common in Parkinson's, the disease progression is uniqu ments of Parkinson's Disease, and the search for a cure.	sometimes startin	g with a bare	ely noticea	able tren	nor in jus
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1312H
good	nuscles of your core act as the scaffolding surrounding your torso, back, and side posture. This is why having a strong and flexible core is essential to looking and fighten the core and open the chest and pectorals - leaving you with improved post	feeling young. This				
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#209H
	Salute to the Sun Part 3					
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville					

Episode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My Florida Yard crew gives the 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.

Thu, Feb 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 190 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
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 the brain forms memories by storing and processing billions of pieces of inf		ent and dev	elop new	skills. Pl	us, learn
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 import oscopes have been developed in Japan to tackle the problem. One can judg uracy. The other indicates lesions during an exam, even indistinct ones, like s that are beneficial for gut health and explain how they should be eaten.	je a lesion's malignancy i	n 0.4 secono	d with alm	lost 100	%
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#106H
	The Road to Patient Safety					
to en weel	dents at medical institutions can sometimes put patients' lives at risk. The Na nsure medical safety. Everyone who works there, from medical professional k, and each is examined to determine the cause, with information disclosed pment. The system is based on Kaizen, a core principle of Toyota Motor.	s to administrative staff, o	can report in	cidents. T	here are	e 250 a
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
Alon	Alopecia Areata ecia areata is a common autoimmune disorder that often results in unpredic	table bair loss. It offects	roughly 6.9	million no	onlo in ti	no Linito
	es and is one of the most requested topics from viewers every year.		Tougrily 0.0 I		opie in ti	
10:30:00	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 Americar s they can prevent developing memory issues of any kind. There is a promising at what we can do to keep our brain healthy.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#412H
Hear	rt defects in newborns, Hijacking the brain - addiction, Diabetic foot wounds	, Direct Effects - for admi	nistering me	dications,	Hip rep	lacemen
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#102H
	Jill Costello					
patie	g cancer diagnoses for young, non-smoking individuals are a growing trend. ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a ase would eventually define her legacy.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
A no	Visualizing Tiny Blood Vessels In 3d w technology can capture clear images of tiny blood vessels using light and	ultracound This will one	blo bottor tr	atmonte	such as	
reco trans	nstructive surgery for patients who have had a part of their head, neck or br splant skin flaps containing blood vessels from a different area of the body, alize transparent, thin lymph vessels, and improve the treatment of lymphed	east removed due to can decreasing the burden or	cer. Doctors	can safe	ly cut an	d
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
bless ferm	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boas sings of Lake Biwa. The lake is home to several indigenous species, many ented dish Funazushi, which contains a lactic bacterium that boosts the boo kes. We introduce recipes using these fish.	of which are used in Shig	a's traditiona	al dishes.	They inc	lude the
13:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
-	Who's Normal?	- 41	h			
Irac	e the fight to develop mental illness standards rooted in empirical science rate	amer than dogma. Learn	now science	e and soci	etal fact	ors are

Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.

Thu, Feb 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 191 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed	SFPBS	(S)	(CC)	N/A	#214H
	ling time for romance when you have a full house. Plus, the meaning s about whether medications cause ED.	g behind those steamy dreams. T	Then a men's	s sexual h	ealth ph	ysician
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1136H
Foci	us: Blue zones, water safety, swim safety					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1501H
Stab	us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & Allergole Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth Ouellet alona					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar Spinal e Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Common C rcises you can do Anywhere, Arianne Traverso, Yoga instructor					,
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:40:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the	ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDI power of storytelling. In this one-hour special, physicians share their esentation, and anti-racist efforts in the medical community.					through
18:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
the (repo	COMING TRAUMA RESPONSIVE explores the effects of childhood t COVID-19 pandemic, schools across the United States strained to morted significant increases in depression and general anxiety from stuning, practices and resources.	neet the social and emotional nee	eds of studer	nts. Most s	school d	istricts
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#108H
	All About Your Skin					
	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
19:30:00					4 - E .II EI.	adaad
Cas	es of, and morbidity from, diabetes continues to rise. One of the critic	cal areas of work is to stop pre-d	liabetes from	i turning ir		eugeu

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.

Thu, Feb 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 192 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	Becoming Trauma Responsive	APTEX	(S)	(CC)	N/A	#0H
the (repo	COMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learnin COVID-19 pandemic, schools across the United States strained to meet the social an rted significant increases in depression and general anxiety from students and educa ing, practices and resources.	d emotional ne	eds of stude	nts. Most	school d	istricts
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#214H
	Medications That Can Cause Ed					
	ing time for romance when you have a full house. Plus, the meaning behind those ste about whether medications cause ED.	eamy dreams.	Then a men's	s sexual h	ealth ph	ysician
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1136H
Focu	us: Blue zones, water safety, swim safety					
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	#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.

Fri, Feb 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 193 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a numl	of healthcare digital service	iption of the vices includi	different s		included i
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, b sequences. Stress in all ages, as well as pandemic-related stress, affects out h as depression and anxiety.					issues
01:00:00	Health Trends (Gallbladder Disease)	SFPBS	(S)	(CC)	N/A	#755H
	I out the latest trends that contribute to a healthy life. Focus: Dr. Michael Gor tyle to help prevent gallbladder disease and gallstones.	zalez Ramos exlains the	e latest trenc	Is that cor	ntribute 1	to a health
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital service	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the o	ast cancer is the most common cancer among women worldwide, and this dia tional and psychological challenges, as well. It is something no one wants to diagnosis, and their support can be crucial to recovery. The couple goes thro icer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact o
03:00:00	Mental Health #1231 (Mental Health Help)	SFPBS	(S)	(CC)	N/A	#1231H
Hea	ther Winters and Demian Laudisio discuss Mental Health. Focus: First Aid.					
04:00:00	Orthopedics (Female Sports Injuries)	SFPBS	(S)	(CC)	N/A	#756H
	n surgical to nonsurgical procedures, learn the treatments that will restore yo andro Centurion, Primary care Orthopedics & Sports Medicine explains how					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number sultations, emotional advice, second-opinion consultations, as well as a number	of healthcare digital service	vices includi	ng teleme		included in
05:30:00	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 dia otional and psychological challenges, as well. It is something no one wants to diagnosis, and their support can be crucial to recovery. The couple goes thro icer Spouse."	face alone. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1313H
med	ntaining full body strength & flexibility is vital to feeling energetic and youthful lium paced standing workout will activate your mitochondrial powerhouses; re feeling young!					
06:30:00	Wai Lana Yoga Salute to the Sun Part 4	APTEX	(S)	(CC)	N/A	#210H
07:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
-						

Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 194 of 366

Fri, Feb 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	DVI	#1108H
	Episode 8					
	aftermath of a tragic incident in the heart of Poplar ripples through the community. come personal anguish to help the injured.	. As Nonnatus Hou	se faces its	darkest da	ay, the te	eam must
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
la lu	Minimally Invasive Lung Cancer Treatment		ha awaa tha			
patie one	ng cancer surgery, it's common practice worldwide to remove a large area of the o ent's quality of life post-surgery. Japanese doctors have developed a procedure that case, the surgery took an hour and less than a spoonful of blood was lost. The pat k. We report on the innovative method and its potential.	at involves removir	ng only a sm	all amoun	nt of the I	ung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
glob: sleej	p is said to be the biggest black box of modern science. The International Institute al contributions to uncovering the mysteries of sleep. It developed a device that ca p 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 m	easure br	ain wave	es during
10:00:00	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 acce die sooner than white people. Compared with whites, members of racial and ethni- ices and often receive lower-quality care. Addressing health disparities is increasir er has the disparity in access to healthcare become more obvious than with the pa arities that exist in health and healthcare in the U.S.	ic minorities are les ngly important as o	s likely to re ur population	ceive prev n become	ventive h s more o	nealth diverse.
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
cost	r word, globally the number of people diagnosed is expected to double every 20 ye to our healthcare system, it takes an emotional toll on families as they care for the usses Alzheimer's Disease from a caregiver and a public health perspective.					
11:00:00	Flip My Florida Yard (Sfpbs) Anfuso-Greene Family - Jacksonville	SFPBS	(S)	(CC)	N/A	
					1.07.0	#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.	rd crew gives the A w permeable drive	nfuso-Greer vay to solve	ne family t an ongoir	the front	yard of
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. Medical Frontiers	rd crew gives the A w permeable drivey APTEX	nfuso-Greer vay to solve (S)	ne family f an ongoir (CC)	the front	yard of
their due 11:30:00 Colo endo	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important built poscopes have been developed in Japan to tackle the problem. One can judge a less	w permeable drives APTEX It finding and diagn sion's malignancy i	vay to solve (S) osing polyps n 0.4 second	an ongoir (CC) s is difficul d with alm	the front ng floodii N/A It. 2 AI-po lost 1009	yard of ng issue #105H owered
their due 11:30:00 Colo endo accu	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. Medical Frontiers Detecting Cancer with Ai in cancer is the second deadliest cancer in the US. Early detection is important bur	w permeable drives APTEX It finding and diagn sion's malignancy i	vay to solve (S) osing polyps n 0.4 second	an ongoir (CC) s is difficul d with alm	the front ng floodii N/A It. 2 AI-po lost 1009	yard of ng issue #105H owered
their due 11:30:00 Colo endo accu food	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur pscopes have been developed in Japan to tackle the problem. One can judge a les irracy. The other indicates lesions during an exam, even indistinct ones, like a car r s that are beneficial for gut health and explain how they should be eaten. Call The Midwife	w permeable drives APTEX It finding and diagn sion's malignancy i	vay to solve (S) osing polyps n 0.4 second	an ongoir (CC) s is difficul d with alm	the front ng floodii N/A It. 2 AI-po lost 1009	yard of ng issue #105H owered
their due 11:30:00 Colo endo accu food 12:00:00	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur pscopes have been developed in Japan to tackle the problem. One can judge a les uracy. The other indicates lesions during an exam, even indistinct ones, like a car r s that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8	w permeable drives APTEX t finding and diagn sion's malignancy i navigation system. PBS	(S) (S) osing polyps n 0.4 second We also intr (S)	an ongoir (CC) s is difficul d with alm oduce fer (CC)	the front ng floodii N/A It. 2 Al-pr ost 1009 mented DVI	yard of ng issue #105H owered % Japanese #1108H
their due 11:30:00 Colo endo accu food 12:00:00 The	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur pscopes have been developed in Japan to tackle the problem. One can judge a les irracy. The other indicates lesions during an exam, even indistinct ones, like a car r s that are beneficial for gut health and explain how they should be eaten. Call The Midwife	w permeable drives APTEX t finding and diagn sion's malignancy i navigation system. PBS	(S) (S) osing polyps n 0.4 second We also intr (S)	an ongoir (CC) s is difficul d with alm oduce fer (CC)	the front ng floodii N/A It. 2 Al-pr ost 1009 mented DVI	yard of ng issue #105H owered % Japanese #1108H
their due 11:30:00 Colo endo accu food 12:00:00 The	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur pscopes have been developed in Japan to tackle the problem. One can judge a les uracy. The other indicates lesions during an exam, even indistinct ones, like a car r is that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8 aftermath of a tragic incident in the heart of Poplar ripples through the community.	w permeable drives APTEX t finding and diagn sion's malignancy i navigation system. PBS	(S) (S) osing polyps n 0.4 second We also intr (S)	an ongoir (CC) s is difficul d with alm oduce fer (CC)	the front ng floodii N/A It. 2 Al-pr ost 1009 mented DVI	yard of ng issue #105H owered % Japanese #1108H
their due 11:30:00 Colo endc accu food 12:00:00 The over 13:00:00 Join	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur pscopes have been developed in Japan to tackle the problem. One can judge a les uracy. The other indicates lesions during an exam, even indistinct ones, like a car r is that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8 aftermath of a tragic incident in the heart of Poplar ripples through the community. come personal anguish to help the injured.	w permeable drives APTEX It finding and diagn sion's malignancy i navigation system. PBS . As Nonnatus Hou PBS	(S) (S) osing polyps n 0.4 second We also intr (S) se faces its (S)	an ongoir (CC) s is difficul d with alm oduce fer (CC) darkest da (CC)	the front ng floodin N/A It. 2 Al-pr lost 1009 mented DVI ay, the te N/A	yard of ng issue #105H owered Japanese #1108H eam must #801H
their due 11:30:00 Colo endc accu food 12:00:00 The over 13:00:00 Join	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important built biscopes have been developed in Japan to tackle the problem. One can judge a less iracy. The other indicates lesions during an exam, even indistinct ones, like a car r is that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8 aftermath of a tragic incident in the heart of Poplar ripples through the community. come personal anguish to help the injured. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected a	w permeable drives APTEX It finding and diagn sion's malignancy i navigation system. PBS . As Nonnatus Hou PBS	(S) (S) osing polyps n 0.4 second We also intr (S) se faces its (S)	an ongoir (CC) s is difficul d with alm oduce fer (CC) darkest da (CC)	the front ng floodin N/A It. 2 Al-pr lost 1009 mented DVI ay, the te N/A	yard of ng issue #105H owered Japanese #1108H eam must #801H
their due 11:30:00 Colo endc accu food 12:00:00 The over 13:00:00 Join com 14:00:00	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur becopes have been developed in Japan to tackle the problem. One can judge a les iracy. The other indicates lesions during an exam, even indistinct ones, like a car r is that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8 aftermath of a tragic incident in the heart of Poplar ripples through the community. come personal anguish to help the injured. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected a plicated multiple birth.	w permeable drives APTEX It finding and diagn sion's malignancy i navigation system. PBS . As Nonnatus Hou PBS and shocking case.	(S) osing polyps n 0.4 second We also intr (S) se faces its (S) The other m	an ongoir (CC) s is difficul d with alm oduce fer (CC) darkest da (CC) nidwives n	the front ng floodin N/A tt. 2 Al-pr lost 1009 mented DVI ay, the te N/A nust han	yard of ng issue #105H owered Japanese #1108H eam must #801H dle a
their due 11:30:00 Colo endc accu food 12:00:00 The over 13:00:00 Join com 14:00:00	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. Medical Frontiers Detecting Cancer with Ai on cancer is the second deadliest cancer in the US. Early detection is important bur bscopes have been developed in Japan to tackle the problem. One can judge a les iracy. The other indicates lesions during an exam, even indistinct ones, like a car r is that are beneficial for gut health and explain how they should be eaten. Call The Midwife Episode 8 aftermath of a tragic incident in the heart of Poplar ripples through the community. come personal anguish to help the injured. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected a plicated multiple birth. Health Insiders	w permeable drives APTEX It finding and diagn sion's malignancy i navigation system. PBS . As Nonnatus Hou PBS and shocking case.	(S) osing polyps n 0.4 second We also intr (S) se faces its (S) The other m	an ongoir (CC) s is difficul d with alm oduce fer (CC) darkest da (CC) nidwives n	the front ng floodin N/A tt. 2 Al-pr lost 1009 mented DVI ay, the te N/A nust han	yard of ng issue #105H owered Japanese #1108H eam must #801H dle a

Fri, Feb 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 195 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1401H
	us: 1. Sleep Problems, Dr. Jeremy Tabak 2. Sleep Hygiene, Dr. Jeren ety for Children, Dr. Mario Zambrano 5. Cooking Methods (pressure co				D 4. Ho	liday
15:15:00	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
	us: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health an ve Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu N					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
Now Univ pron docu	v, a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical So nising research to discover biomarkers in the blood that indicate how umentary tracks a year of Rau and Patel's research and findings, and	ciences in the Skaggs School o the brain reacts following a tra	Tom Rau an f Pharmacy, ımatic brain i	d Sarg Pa are in the njury. The	atel, from e early st e one-ho	n the ages of our
Now Univ pron docu athle	n, a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical So nising research to discover biomarkers in the blood that indicate how	a definitive determination. Drs. ciences in the Skaggs School o the brain reacts following a trau	Tom Rau an f Pharmacy, ımatic brain i	d Sarg Pa are in the njury. The	atel, from e early st e one-ho	n the ages of our
Now Univ pron docu athle	a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Sc nising research to discover biomarkers in the blood that indicate how to umentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope:	a definitive determination. Drs. ciences in the Skaggs School o the brain reacts following a trac the quest for funding to continu	Tom Rau an f Pharmacy, imatic brain i ie their work (S)	d Sarg Pa are in the njury. The while als (CC)	atel, from e early st e one-ho o followi	n the ages of ur ng the
Now Univ pron docu athle	a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Sci nising research to discover biomarkers in the blood that indicate how to umentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall	a definitive determination. Drs. ciences in the Skaggs School o the brain reacts following a trau the quest for funding to continu SFPBS	Tom Rau an f Pharmacy, imatic brain i ie their work	d Sarg Pa are in the njury. The , while als	atel, from e early st e one-ho o followi N/A	n the ages of ur ng the #101H
Now Univ pron docu athle 18:00:00	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden 	a definitive determination. Drs. ciences in the Skaggs School o the brain reacts following a trau the quest for funding to continu SFPBS	Tom Rau an f Pharmacy, imatic brain i ie their work (S)	d Sarg Pa are in the njury. The while als (CC)	atel, from e early st e one-ho o followi N/A	n the ages of ur ng the #101H
Now Univ pron docc athle 18:00:00 19:00:00 19:30:00 Stre cons	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau the quest for funding to continu SFPBS NETA APTEX	Tom Rau an f Pharmacy, imatic brain i ie their work (S) (S) (S) al physical ar	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC)	atel, fron e early st e one-ho o followi N/A N/A N/A health	n the ages of ur ng the #101H #109H #1807H
Now Univ pron doct athle 18:00:00 19:00:00 19:30:00 Stre cons such	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhel sequences. Stress in all ages, as well as pandemic-related stress, affect 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau the quest for funding to continu SFPBS NETA APTEX	Tom Rau an f Pharmacy, imatic brain i ie their work (S) (S) (S) al physical ar	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC)	atel, fron e early st e one-ho o followi N/A N/A N/A health	n the ages of ur ng the #101H #109H #1807H
Now Univ pron docc athle 18:00:00 19:00:00 19:30:00 19:30:00 Stre cons such 20:00:00 Hos the p	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhel sequences. Stress in all ages, as well as pandemic-related stress, affendational depression and anxiety. 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau- the quest for funding to continu SFPBS NETA APTEX Imed, but stress comes with rea ects our overall health, and con APTEX INE: SPEAKING OF RACE con	Tom Rau an f Pharmacy, imatic brain i ie their work (S) (S) al physical ar tributes to ot (S)	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC) nd mental her menta (CC) ts and he	atel, fron e early st e one-ho o followi N/A N/A N/A health al health al health N/A althcare	n the ages of ur ng the #101H #109H #1807H issues #0H
Now Univ pron docc athle 18:00:00 19:00:00 19:30:00 Stre cons such 20:00:00 Hos the p	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhele sequences. Stress in all ages, as well as pandemic-related stress, affen as depression and anxiety. Art + Medicine: Speaking of Race ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDIC power of storytelling. In this one-hour special, physicians share their e 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau- the quest for funding to continu SFPBS NETA APTEX Imed, but stress comes with rea ects our overall health, and con APTEX INE: SPEAKING OF RACE con	Tom Rau an f Pharmacy, imatic brain i ie their work (S) (S) al physical ar tributes to ot (S)	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC) nd mental her menta (CC) ts and he	atel, fron e early st e one-ho o followi N/A N/A N/A health al health al health N/A althcare	n the ages of ur ng the #101H #109H #1807H issues #0H
Now Univ pron docc athle 18:00:00 19:00:00 19:30:00 19:30:00 Stre cons such 20:00:00 Hos the j repr 21:00:00 ALZ slee and	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhele sequences. Stress in all ages, as well as pandemic-related stress, affen as depression and anxiety. Art + Medicine: Speaking of Race ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDIC power of storytelling. In this one-hour special, physicians share their e esentation, and anti-racist efforts in the medical community. 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau- the quest for funding to continu- SFPBS NETA APTEX Imed, but stress comes with rea ects our overall health, and con APTEX SINE: SPEAKING OF RACE con experiences with race, racism, of APTEX elves into the research that sho dramatic effects on our cognitive	Tom Rau an f Pharmacy, imatic brain i is their work (S) (S) (S) al physical ar tributes to ot (S) nnects the ar lisparities in (S) ows how our re abilities as	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC) nd mental her menta (CC) ts and he health car (CC) social inte	atel, from e early st e one-ho o followi N/A N/A N/A health al health al health N/A althcare re and N/A eractions With sci	the ages of ur ng the #101H #109H #1807H issues #0H through #0H s, diet, entific data
Now Univ pron docc athle 18:00:00 19:00:00 19:30:00 19:30:00 Stre cons such 20:00:00 Hos the j repr 21:00:00 ALZ slee and	 a team of scientists is attempting to develop a blood test to provide a versity of Montana's Department of Biomedical and Pharmaceutical Scinising research to discover biomarkers in the blood that indicate how tumentary tracks a year of Rau and Patel's research and findings, and etes and trainers as they navigate the current concussion protocol. Finding Hope: Preventing Disease and Staying Healthy Town Hall Doctor Q & A Dealing with Mental Health Issues In Children Second Opinion with Joan Lunden Stress ss is a word that people throw around when they are feeling overwhel sequences. Stress in all ages, as well as pandemic-related stress, affen as depression and anxiety. Art + Medicine: Speaking of Race ted by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDIC power of storytelling. In this one-hour special, physicians share their e esentation, and anti-racist efforts in the medical community. Alzheimer's: What You Can Do HEIMER'S: WHAT YOU CAN DO is an hour-long documentary that d p patterns, exercise, stress levels, and other daily health habits have personal stories about holistic treatment approaches, the film explore 	a definitive determination. Drs. ciences in the Skaggs School of the brain reacts following a trau- the quest for funding to continu- SFPBS NETA APTEX Imed, but stress comes with rea ects our overall health, and con APTEX SINE: SPEAKING OF RACE con experiences with race, racism, of APTEX elves into the research that sho dramatic effects on our cognitive	Tom Rau an f Pharmacy, imatic brain i is their work (S) (S) (S) al physical ar tributes to ot (S) nnects the ar lisparities in (S) ows how our re abilities as	d Sarg Pa are in the njury. The , while als (CC) (CC) (CC) nd mental her menta (CC) ts and he health car (CC) social inte	atel, from e early st e one-ho o followi N/A N/A N/A health al health al health N/A althcare re and N/A eractions With sci	the ages of ur ng the #101H #109H #1807H issues #0H through #0H s, diet, entific data

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 196 of 366

Start	Title Subtitle		Stereo	Сар	AS2	Episode
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 I al contributions to uncovering the mysteries of sleep. It developed a device that can be o and analyze sleep quality. Research has revealed the importance of REM sleep, duri of it is associated with a higher risk of dementia and obesity.	used at home	to easily m	easure br	ain wave	es during
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 Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H

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

Fri, Feb 17, 2023

Sat, Feb 18, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 197 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital se	rvices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID cine. Childhood vaccine rates continue to decrease in certain are eback.					
01:00:00	Sports Medicine #757 (Safe Exercises)	SFPBS	(S)	(CC)	N/A	#757H
okay	t common exercises that can be questionable: How deep should ?? Dumbbell pull overs safe? How should we overhead press? B nost common questions about popular exercises to prevent any	arbell, dumbbell or kettlebell? Dr. I	at pull down I			
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access t sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital se	cription of the rvices includi	different s	services	included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about to -COVID symptoms.	he long-term health effects of the p	eople who are	e suffering	from de	bilitating
03:00:00	Healthy Living #1250 (Aging Throat Issues)	SFPBS	(S)	(CC)	N/A	#1250H
Henr	ry Guzman and Dr. Vivero discuss swallowing difficulties with ag	ing in support of Better Hearing an	d Speech Mo	nth.		
04:00:00	Sports Medicine (Pre-Surgical Rehab)	SFPBS	(S)	(CC)	N/A	#758H
	ing-edge treatment and prevention of injuries related to sports ar pa Sharma discuss pre-surgical rehabilitation, golfer/tennis elbov				Corsa a	ind Dr.
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access i sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital se	rvices includi	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 to -COVID symptoms.	he long-term health effects of the p	eople who are	e suffering	from de	bilitating
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#114H
	Alma's New Kicks/Star Ball					
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#208H
	Bee Haven					
	tt's the buzz in urban gardens? The SCIGIRLS use math, mappinenix neighborhood.	ng and data visualization to help a	colony of bee	s thrive in	a downt	own
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#611H
	Parrot Power					
This	e flying over the Amazon rainforest, the gang share a bowl of co confuses everybody until he says it's because parrots come in a y colorful parrots as they can in the Amazon. Science Concept: 3	almost every color. Soon the bros a	that the jelly t re off on a cre	beans rem eature mis	ind him sion to f	of parrots ind as

07:30:00 Doctor Q & A A Plastic Surgeon Answers Your Questions (S) (CC) N/A #104H

NETA

Sat, Feb 18, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 198 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3601H
	Segment 1					
	eping with the Health Channel's spirit of innovative prov (with English subtitles) featuring groundbreaking med					
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
	Segment 1					
	eping with the Health Channel's spirit of innovative prov v (with English subtitles) featuring groundbreaking med					
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 Segment 4	SFPBS	(S)	(CC)	N/A	#4304H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4305H
10:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4306H
11:07:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4307H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 199 of 366

Sat, Feb 18, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4308H
	Segment 8					
11:31:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4309H
	Segment 9					
11:43:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4310H
	Segment 10					
12:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
the p	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICINE: SPEAKING (power of storytelling. In this one-hour special, physicians share their experiences with ra esentation, and anti-racist efforts in the medical community.					through
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	#213H
	Women and Orgasms					
	much do you know about the different orgasms women can have? Then, could your da , healthy hygiene tips from a health and wellness physician.	ally cholester	ol medication	i be affect	ing your	· love life?
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
Focu	is: Teeth grinding, Workplace stress, Products to relieve Sunburn					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	is: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatment for the Elderly, I Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J., Dr. Howard Abraha		ısovanik 3. E	aptist Ho	me Heal	lth Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
Focu	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 C	, psychothera	. ,			
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat: in ren requiring hospitalization to treat RSV infections, and of course, COVID-19. Infection ain why this is happening and what we can do to stay as healthy as possible.					
18:00:00	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.

Sat, Feb 18, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 200 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:30:00	- Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#202H
	Anfuso-Greene Family - Jacksonville	020	(0)	(00)		
their	ode #202 ANFUSO-GREENE FAMILY – JACKSONVILLE The Flip My dreams. A front yard deck surrounded by Florida Friendly plants is bu to improper stormwater runoff.					
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	#1808H
	Vaccine Hesitancy					
vacc	cine hesitancy continues to be an issue in the U.S., with COVID contin ine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
20:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face ren requiring hospitalization to treat RSV infections, and of course, CC ain why this is happening and what we can do to stay as healthy as po	VID-19. Infectious disease ex				
21:00:00	Art + Medicine: Speaking of Race	APTEX	(S)	(CC)	N/A	#0H
Host the p	Art + Medicine: Speaking of Race red by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their ex esentation, and anti-racist efforts in the medical community.	NE: SPEAKING OF RACE cor	nects the ar	ts and he	althcare	
Host the p repre	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their ex	NE: SPEAKING OF RACE cor	nects the ar	ts and he	althcare	
Host the p repre	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their exesentation, and anti-racist efforts in the medical community.	NE: SPEAKING OF RACE cor periences with race, racism, d	inects the ar	ts and hea health car	althcare e and	through
Host the p repre 22:00:00 How	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their exesentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS	inects the ar isparities in (S)	ts and health car health car (CC)	althcare e and N/A	through #213H
the p repre 22:00:00 How	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their ex esentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia Women and Orgasms much do you know about the different orgasms women can have? Th	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS	inects the ar isparities in (S)	ts and health car health car (CC)	althcare e and N/A	through #213H
Host the p repre 22:00:00 How Plus, 22:30:00	bed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI bower of storytelling. In this one-hour special, physicians share their ex- esentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia Women and Orgasms much do you know about the different orgasms women can have? Th , healthy hygiene tips from a health and wellness physician.	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS en, could your daily cholesterc	(S) (S) (S)	ts and hea health car (CC) h be affect	althcare e and N/A ing your	through #213H love life?
Host the p repre 22:00:00 How Plus, 22:30:00	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI bower of storytelling. In this one-hour special, physicians share their ex- essentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia Women and Orgasms much do you know about the different orgasms women can have? Th , healthy hygiene tips from a health and wellness physician. Health Insiders	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS en, could your daily cholesterc	(S) (S) (S)	ts and hea health car (CC) h be affect	althcare e and N/A ing your	through #213H love life?
Host the p repre 22:00:00 How Plus, 22:30:00 Focu	ed by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their ex- essentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia Women and Orgasms much do you know about the different orgasms women can have? Th , healthy hygiene tips from a health and wellness physician. Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS en, could your daily cholesterc SFPBS	(S) (S) (S) (S)	ts and hea health car (CC) h be affect (CC)	althcare e and N/A ing your N/A	through #213H love life? #1070H
Host the p repre 22:00:00 How Plus, 22:30:00 Focu	 by Dr. Jon Hallberg and Dr. Tseganesh Selameab, ART + MEDICI power of storytelling. In this one-hour special, physicians share their exesentation, and anti-racist efforts in the medical community. Sex Talk with Dr. Lia Women and Orgasms much do you know about the different orgasms women can have? The healthy hygiene tips from a health and wellness physician. Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn Doctor Q & A 	NE: SPEAKING OF RACE cor periences with race, racism, d SFPBS en, could your daily cholesterc SFPBS	(S) (S) (S) (S)	ts and hea health car (CC) h be affect (CC)	althcare e and N/A ing your N/A	through #213H love life? #1070H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 201 of 366

Sun, Feb	19, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpredictable hair leas and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 ı	million pe	ople in t	he United
01:00:00	Staying Healthy #751 (Living The Healthy Life)	SFPBS	(S)	(CC)	N/A	#751H
Livir	g the Healthy Life Disease prevention and healthy lifestyle info Focus: Fitness/wellness	s myths.				
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 healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. Yor women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1 i
03:00:00	Health Trends #1224 (Update)	SFPBS	(S)	(CC)	N/A	#1224H
Find	out the latest trends that contribute to a healthy life.			, ,		
04:00:00	Kids & Teens #752 (Tongue Ties Treatments)	SFPBS	(S)	(CC)	N/A	#752H
	cialists share their expertise on how to care for children from birth through young adulth about the little-known ailment of Tongue-ties and the symptoms, side effects, diagnosis			ller and J	ennifer (Couceyro
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the United States. r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hear men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1 i
issu						
	Alma's Way Singing on the 6 Train/Safinas Doggy Problem	PBS	(S)	(CC)	DVI	#118H
06:00:00	Singing on the 6 Train/Safinas Doggy Problem Scigirls	PBS PBSPL	(S) (S)	(CC) (CC)	DVI N/A	#118H #209H
06:00:00 06:30:00 Best	Singing on the 6 Train/Safinas Doggy Problem	PBSPL	(S)	(CC)	N/A	#209H
06:00:00 06:30:00 Best	Singing on the 6 Train/Safinas Doggy Problem Scigirls Pedal Power friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power to bikes. Wild Kratts	PBSPL	(S)	(CC)	N/A	#209H
06:00:00 06:30:00 Best their 07:00:00 Whil	Singing on the 6 Train/Safinas Doggy Problem Scigirls Pedal Power friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power to bikes.	PBSPL ools to engine PBS Aviva, Martin a	(S) er an ice crea (S) and Chris go	(CC) am-make (CC) on an ad	N/A r that's p N/A	#209H bowered b #606H
06:00:00 06:30:00 Best their 07:00:00 Whil	Singing on the 6 Train/Safinas Doggy Problem Scigirls Pedal Power friends Angela, Olivia, Margaret and Rebecca don welding masks and rev up power to bikes. Wild Kratts The Real Ant Farm e Koki and Jimmy work on the family farm of Wild Kratt kid Scarlett, harvesting crops, A	PBSPL ools to engine PBS Aviva, Martin a	(S) er an ice crea (S) and Chris go	(CC) am-make (CC) on an ad	N/A r that's p N/A	#209H bowered b #606H

Sun, Feb 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 202 of 366

Start	Title Subtitle	e Distrib	Stereo	Сар	AS2	Episode
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H
	eping with the Health Channel's spirit of innova	tive programming, Vida y Salud is a fast-paced, fur ng medical breakthroughs that help families find so				
08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4503H
	Segment 3					
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	SFPBS	(S)	(CC)	N/A	#4701H
		tive programming, Vida y Salud is a fast-paced, fur ng medical breakthroughs that help families find so				
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

Sun, Feb 19, 2023

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

Title

Page 203 of 366

Episode

#4708H

#4709H

#4710H

#1108H

#801H

#1114H

#1116H

#1601H

#1602H

#1603H

#1604H

#1605H

#1606H

#1607H

#1608H

#0H

Subtitle Start Distrib Stereo Cap AS2 11:21:00 Vida Y Salud SFPBS (S) (CC) N/A Segment 8 SFPBS 11:32:00 Vida Y Salud (S) (CC) N/A Segment 9 Vida Y Salud SFPBS 11:45:00 (S) (CC) N/A Segment 10 12:00:00 Call The Midwife PBS (S) (CC)DVI Episode 8 The aftermath of a tragic incident in the heart of Poplar ripples through the community. As Nonnatus House faces its darkest day, the team must overcome personal anguish to help the injured. PBS 13:00:00 Call The Midwife (S) (CC)N/A Join Nonnatus House in welcoming two new nuns. Valerie deals with an unexpected and shocking case. The other midwives must handle a complicated multiple birth. 14:00:00 Health Insiders SFPBS (S) (CC)N/A Focus: Autism, brain cancer, skin care 14:30:00 Health Insiders SFPBS (S) (CC) N/A Focus: Skin care, mental health help, stroke SFPBS 15:00:00 Smartlife (S) (CC) N/A Focus: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent Study - Dr. Ted Feldman 3. Children Mental Health -Beatriz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los Rios 5. Yoga for Seniors - Arianne Traverso, yoga instructor 6. Mission to the Bahamas - Angie Wagner, Cadena SFPBS 15:14:00 Smartlife (CC) N/A (S) 15:32:00 Smartlife SFPBS (S) (CC)N/A SFPBS (CC) 15:47:00 Smartlife (S) N/A 16:00:00 Smartlife SFPBS (CC)N/A (S) Focus: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. Martha Viera 3. The Power of Macca - Dr. Lia Jiannine 4. Dental Myths - Dr. Howard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician 16:13:00 Smartlife SFPBS (S) (CC) N/A 16:26:00 Smartlife SFPBS (S) (CC)N/A Smartlife SFPBS 16:39:00 (S) (CC) N/A 17:00:00 Becoming Trauma Responsive APTEX (S) (CC)N/A BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts

reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources. -----. . . -..... *(***)** (0.0) N1/A #40011

18:00:00	Finding Hope-Town Hall	SEPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					

Sun, Feb 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 204 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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	#1809H
	Alopecia Areata					
	ecia areata is a common autoimmune disorder that often results in es and is one of the most requested topics from viewers every year.		roughly 6.8 r	nillion peo	ople in th	ne United
20:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn					
	how experience shapes the brain and body together, allowing them the brain forms memories by storing and processing billions of piec		ent and devi	elop new	SKIIIS. PI	us, learn
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
	Who's Normal?					
	e the fight to develop mental illness standards rooted in empirical so oly entwined with our ever-shifting definitions and diagnoses of men		how science	and soci	etal facto	ors are
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#214H
	Medications That Can Cause Ed					
	ing time for romance when you have a full house. Plus, the meaning about whether medications cause ED.	g behind those steamy dreams. T	hen a men's	sexual h	ealth ph	ysician
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1136H
Focu	us: Blue zones, water safety, swim safety					
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	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)					
	ve continue to track "long-haulers," we are learning more about the l -COVID symptoms.	ong-term health effects of the pe	ople who are	e suffering	from de	bilitating

Mon, Feb 20, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 205 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are incre s they can prevent developing memory issues of any kind. There is a promising body o ing at what we can do to keep our brain healthy.					
01:00:00	Orthopedics (Knee Surgery Therapy)	SFPBS	(S)	(CC)	N/A	#753H
suffe	ng care of your body. From surgical to nonsurgical procedures, learn the treatments th ered trauma. Focus: Dr. Carlos Alvarado (MOSMI) discusses knee surgery and explain opedic surgery.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an is subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
onel	six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.					
03:00:00	Health Trends #1226 (On-Demand Care Tips)	SFPBS	(S)	(CC)	N/A	#1226H
	David Mishkin discusses the Care On Demand app - Conditions addressed and treated th of Telehealth.	d, benefits to p	patients and	families, a	and conf	tinued
04:00:00	All About Cancer (Lung Cancer)	SFPBS	(S)	(CC)	N/A	#754H
Lung	disease (cancer) and treatments.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	different s		included
05:30:00	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 nea six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	etimes startin	g with a bare	ely noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1314H
brea	advanced, body shaping workout will tone and strengthen your arms, abs, core, waist thtaking Bermuda for this full-body standing workout that will liberate your joints and co entire body.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#211H
	Release, Arch and Stretch					
07:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#103H
01.00.00	Rise and Fall of the Asylum	. 50		(00)		

Rise and Fall of the Asylum

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

Mon, Feb 20, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 206 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:80	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Nonnatus House in welcoming two new nuns. Valerie deals with an unexpective plicated multiple birth.	cted and shocking case.	The other m	idwives m	ust han	dle a
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d					
reco trans	ew technology can capture clear images of tiny blood vessels using light and instructive surgery for patients who have had a part of their head, neck or bre splant skin flaps containing blood vessels from a different area of the body, d alize transparent, thin lymph vessels, and improve the treatment of lymphede	east removed due to can ecreasing the burden or	cer. Doctors	can safel	ly cut and	d
09:30:00	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 sings of Lake Biwa. The lake is home to several indigenous species, many o sented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish.	f which are used in Shig	a's traditiona	I dishes.	They inc	lude the
10:00:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
The are	ennials were born between the years 1981 and 1996. At 73 million, they are the ymake up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before the termine the overall health of America. This episode discusses the issue of Mille	ey are also the least heal them. How their health p	thy generation	on in rece	ent times	and they
10:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	It obesity is associated with a decrease in life expectancy for both men and w 163 million adults in the U.S. are overweight or obese - two thirds of men, an gering, but people still struggle every day to drop the pounds. Everyone has episode discusses the challenges and solutions for sustained weight loss.	nd more than 60% of wor	men. The da	mage to h	nealth is	
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
			(0)	()		
	Superfoods In Shiga - Blessings of Lake Biwa					
bles ferm	Superfoods In Shiga - Blessings of Lake Biwa art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or inented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish.	s one of Japan's highest f which are used in Shig	life expectat	ncies, we Il dishes.	focus or They inc	the lude the
bles ferm strol	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or nented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers	s one of Japan's highest f which are used in Shig	life expectat	ncies, we Il dishes.	focus or They inc which ca	the lude the
bles ferm strok 11:30:00	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or eented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX	life expecta a's traditiona contains asta (S)	ncies, we Il dishes. axanthin, (CC)	focus or They inc which ca N/A	the lude the an preven #111H
bles ferm strol 11:30:00 In pa diet. dish	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or nented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v	life expecta a's traditiona contains asta (S) life expecta regetables a	ncies, we Il dishes. axanthin, (CC) ncies, we nd beans.	focus or They inc which ca N/A focus or . As a rea	the lude the an preven #111H the loca sult,
bles ferm strol 11:30:00 In pa diet. dish	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or nented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v	life expecta a's traditiona contains asta (S) life expecta regetables a	ncies, we Il dishes. axanthin, (CC) ncies, we nd beans.	focus or They inc which ca N/A focus or . As a rea cles and	the lude the an preven #111H the loca sult,
bles ferm strol 11:30:00 In pa diet. dish agin 12:00:00 Join	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many o nented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk.	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS	life expectal a's traditiona contains ast (S) life expectal regetables a elp maintain (S)	ncies, we al dishes. (CC) ncies, we nd beans. the musc (CC)	focus or They inc which ca N/A focus or . As a re cles and N/A	#111H the loca sult, prevent #801H
bles ferm strol 11:30:00 In pa diet. dish agin 12:00:00 Join	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or nented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpect	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS	life expectal a's traditiona contains ast (S) life expectal regetables a elp maintain (S)	ncies, we al dishes. (CC) ncies, we nd beans. the musc (CC)	focus or They inc which ca N/A focus or . As a re cles and N/A	#111H #111H the local sult, prevent #801H
bies ferm strol 11:30:00 In pa diet. dish agin 12:00:00 Join com 13:00:00 See	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many or bented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpect plicated multiple birth.	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS cted and shocking case. PBS	life expectal a's traditiona contains ast (S) life expectal regetables a lelp maintain (S) The other m (S)	ncies, we al dishes. (CC) ncies, we nd beans. the musc (CC) idwives m (CC)	focus or They inc which ca N/A focus or . As a re cles and N/A nust hand	the lude the an preven #111H the local sult, prevent #801H dle a #802H
bies ferm strol 11:30:00 In pa diet. dish agin 12:00:00 Join com 13:00:00 See	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many of eented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpect plicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independence,	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS cted and shocking case. PBS	life expectal a's traditiona contains ast (S) life expectal regetables a lelp maintain (S) The other m (S)	ncies, we al dishes. (CC) ncies, we nd beans. the musc (CC) idwives m (CC)	focus or They inc which ca N/A focus or . As a re cles and N/A nust hand	the lude the an preven #111H the local sult, prevent #801H dle a #802H
bies ferm strok 11:30:00 In pa diet. dish agin 12:00:00 Join com 13:00:00 See fami 14:00:00	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many of bented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a c es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpect plicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independence, ly with an undiagnosed illness.	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS cted and shocking case. PBS and how Sister Hilda an	life expectal a's traditiona contains asta (S) life expectal regetables a lelp maintain (S) The other m (S) d the team v	ncies, we al dishes. axanthin, (CC) ncies, we nd beans. the musc (CC) idwives m (CC) vork hard	focus or They inc which ca N/A focus or . As a rec cles and N/A nust hand N/A to help a	the lude the an preven #111H the loca sult, prevent #801H dle a #802H a Ghanaia
bles ferm strok 11:30:00 In pa diet. dish agin 12:00:00 Join com 13:00:00 See fami 14:00:00	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts sings of Lake Biwa. The lake is home to several indigenous species, many of bented dish Funazushi, which contains a lactic bacterium that boosts the body kes. We introduce recipes using these fish. Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism art 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts The area is home to many temples. Buddhism gave rise to Shojin Ryori, a ci- es with such ingredients are common in Shiga. Kanpyo prevents lifestyle disc g. We introduce easy recipes using these foods and soy milk. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexpect plicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independence, ity with an undiagnosed illness. Health Insiders	s one of Japan's highest f which are used in Shig y's immunity. Biwa trout APTEX s one of Japan's highest uisine that uses mainly v eases, while soybeans h PBS cted and shocking case. PBS and how Sister Hilda an	life expectal a's traditiona contains asta (S) life expectal regetables a lelp maintain (S) The other m (S) d the team v	ncies, we al dishes. axanthin, (CC) ncies, we nd beans. the musc (CC) idwives m (CC) vork hard	focus or They inc which ca N/A focus or . As a re cles and N/A nust hand N/A to help a N/A	the lude the an prevent #111H the loca sult, prevent #801H dle a #802H a Ghanaia

Mon, Feb 20, 2023

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

_...

Page 207 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	erts discuss therapy for herniated disks in the back, finding ways to get better sle ery for breast cancer and we highlight services available at the Lighthouse for the		lant-based f	oods in ye	our diet,	cosmetic
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108H
17:00:00	Triple Threat Town Hall	SFPBS	(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.

18:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
scier Bridg diagu Now Univ prom docu	CUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising tists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Pay ger Skillicorn, a member of a high school football team recovering from concussion hostic protocols are improving, however, concussion identification still relies heavily , a team of scientists is attempting to develop a blood test to provide a definitive de ersity of Montana's Department of Biomedical and Pharmaceutical Sciences in the hising research to discover biomarkers in the blood that indicate how the brain reac mentary tracks a year of Rau and Patel's research and findings, and the quest for ites and trainers as they navigate the current concussion protocol.	ton Agnew, a unive s. Concussion awar y on observed symp termination. Drs. To Skaggs School of F ts following a traum	ersity wom reness is c otoms and om Rau ar Pharmacy atic brain	en's socce on the rise self-report nd Sarg Pa , are in the injury. The	er playe and cur ing by a itel, fror early s one-ho	r, and rrent athletes. n the tages of our
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 Brain Health	APTEX	(S)	(CC)	N/A	#1810H

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

20:00:00 **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 Becoming Trauma Responsive APTEX (CC) (S)

(S)

(CC)

N/A #0

N/A

#0H

APTEX

BECOMING TRAUMA RESPONSIVE explores the effects of childhood trauma on learning, behavior, and developing relationships. Throughout the COVID-19 pandemic, schools across the United States strained to meet the social and emotional needs of students. Most school districts reported significant increases in depression and general anxiety from students and educators alike, underscoring the need for trauma-informed training, practices and resources.

	Daily Program Listing II WPBTHC					
Date: 03/27/2				Page	208 of	366
Mon, Feb	20, 2023					
	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					
	splant skin flaps containing blood vessels from a different area of the body, decreasing alize transparent, thin lymph vessels, and improve the treatment of lymphedema. Medical Frontiers Superfoods In Shiga - Blessings of Lake Biwa	APTEX	(S)	(CC)	N/A	#110H
bless ferm	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Ja sings of Lake Biwa. The lake is home to several indigenous species, many of which are ented dish Funazushi, which contains a lactic bacterium that boosts the body's immuni ses. We introduce recipes using these fish.	e used in Shig	a's traditiona	al dishes.	They inc	lude the
23:00:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#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.

_

Tue, Feb 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 209 of 366

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 subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	icare digital ser	vices includii	ng teleme		included i
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 accessi 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 pandrarities that exist in health and healthcare in the U.S.	ninorities are les	s likely to re ur populatio	ceive prev n become	ventive l	health diverse.
01:00:00	Maternity Care (Pregnancy & Post-Partum Care)	SFPBS	(S)	(CC)	N/A	#759H
	nancy care and childbirth. Everything you need to know about pregnancy, childbirth a s you everything you need to know about pregnancy, childbirth and post-partum care.		n care. Focu	s: Dr. Elle	n Schwa	artzbard
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 ser	vices includii	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H
	Racial Disparities In Maternal Health					
othe	nant women in the United States are more than twice as likely to die from complication r high-income countries in the world. And behind these statistics lie startling racial dis then of color.					
03:00:00	All About Cancer #1252 (Surviving Cancer)	SFPBS	(S)	(CC)	N/A	#1252H
	Adrian Cristian and Alicia Soler-Cancio discuss the Survivorship Program. Focus: Ref ivors' Day.	nabilitative treat	ments in sup	port of Na	ational (Cancer
04:00:00	Mental Health #760 (Body Image's Impact)	SFPBS	(S)	(CC)	N/A	#760H
well	tional wellness. Everything you need to know to enjoy life - from balancing activities a ness. Focus: Dr.Melissa Spann, Psychotherapist, gives you some tips on body image ness.					
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 includi	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 complication r high-income countries in the world. And behind these statistics lie startling racial dis inter of color.		0 ,			
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 is why keeping it lubricated, strong, flexible and healthy is so important to a balanced ding, beginner workout you will liberate each and every layer of connective tissue. All	d and pain free l	ody. By wo	rking your	full bod	ly in this al
06:30:00	Wai Lana Yoga Stretch, Tone & Salute	APTEX	(S)	(CC)	N/A	#212H
07:00:00	Happy Yoga with Sarah Starr Panoramic Wilderness	NETA	(S)	(CC)	N/A	#601H
Boy	Failurating wilderness	ing a chair for a	unnort Indu	Idina aon	tlo opoto	ad atrataba

Revel in the beauty of the panoramic wilderness as you enjoy a modified yoga session using a chair for support. Including gentle seated stretches designed to create more mobility in your upper body, standing balance poses to strengthen and tone the legs, and seated warrior moves to open your hips.

Tue, Feb 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 210 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
childre	Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a triple threat en requiring hospitalization to treat RSV infections, and of course, COVID-19. Infect n why this is happening and what we can do to stay as healthy as possible.					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#107H
	Minimally Invasive Lung Cancer Treatment					
patien one ca	g cancer surgery, it's common practice worldwide to remove a large area of the org t's quality of life post-surgery. Japanese doctors have developed a procedure that ase, the surgery took an hour and less than a spoonful of blood was lost. The patie We report on the innovative method and its potential.	involves removir	ng only a sm	all amoun	it of the l	lung. In
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
	Exploring The Mystery of Good Sleep					
global sleep	is said to be the biggest black box of modern science. The International Institute for contributions to uncovering the mysteries of sleep. It developed a device that can and analyze sleep quality. Research has revealed the importance of REM sleep, d f it is associated with a higher risk of dementia and obesity.	be used at home	e to easily m	easure br	ain wave	es during
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706I
	Caregiving: The Sandwich Generation					
relativ	81 the term "sandwich generation" was coined to describe a group of Americans where a the same time. Today, millions of families are facing the dual challenge of satisfy aving children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707I
new re	ty is the most common mental-health disorder in the United States, affecting nearly esearch, millennials have become the most anxious generation in history. This epis e treated.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#413H
Reger	nerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Pl	hysical Therapy,	. ,	ealth - Life	Pharm.	
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett		· · /	· · /		
he wa	Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. s going to tell his family. In episode 3 of Hope is Here we meet Hank and his family with a hopeful attitude and mission that his cancer journey would be, in his words	y and learn how				
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#111H
	Superfoods In Shiga - A Diet Influenced By Buddhism					
diet. T dishes	t 2 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine the s with such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, w . We introduce easy recipes using these foods and soy milk.	hat uses mainly	vegetables a	ind beans	. As a re	esult,
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#112H
	Japan's Best Hospital for Parkinson's Disease					
Parkir	ison's disease is a progressive neurological disorder for which there is no cure. We	e focus on a hos	pital that con	trols its s	vmptom	s to rais

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.

_

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 211 of 366

	01/01/2023 - 03/31/2023			. ~ge	21101	
Tue, Feb 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
13:00:00	Hippocrates Cafe: Reflections on the Pandemic	APTEX	(S)	(CC)	N/A	#0H
exam Rene	nour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMI ine the impact of COVID-19 through music, art, animation, photography, story, poet e Crichlow, the documentary offers a range of perspectives on how COVID-19 has a duals have processed the trauma associated with the pandemic.	ry, and dance. H	losted by Dr	. Jon Hall	berg and	d Dr.
14:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed	SFPBS	(S)	(CC)	N/A	#214H
	ng time for romance when you have a full house. Plus, the meaning behind those ste about whether medications cause ED.	eamy dreams. T	'hen a men's	sexual h	ealth ph	ysician
14:30:00	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	ty 3. Dr. Joh	n Martin:	Types o	f fillers
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	s: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips - Dr. Lisa C ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy for Childrer					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
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1805H
	s: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Omar Issa 3. As nosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sandy Root	sk the Expert Se	gment - Dr.	Scarlet C	onstant 4	1.
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
scien Bridg diagr Now, Unive prom docu	CUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising tists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payto er Skillicorn, a member of a high school football team recovering from concussions. Inostic protocols are improving, however, concussion identification still relies heavily of a team of scientists is attempting to develop a blood test to provide a definitive detersity of Montana's Department of Biomedical and Pharmaceutical Sciences in the S ising research to discover biomarkers in the blood that indicate how the brain reacts mentary tracks a year of Rau and Patel's research and findings, and the quest for futes and trainers as they navigate the current concussion protocol.	on Agnew, a uni Concussion aw on observed syn rmination. Drs. kaggs School o following a trau	versity wome areness is o nptoms and Tom Rau an f Pharmacy, matic brain i	en's socce n the rise self-repor d Sarg Pa are in the njury. The	er player and curr ting by a atel, from early st e one-ho	, and rent thletes. the ages of ur
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
Enior	Beth Reynolds - St. Petersburg	burg whore ber	neownor Pot	h Round	de hae h	een
battli	ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Peters ng weeds and sandspurs in her front yard. The team of landscape professionals wor vill serve as an example for her friends and neighbors to follow.					
18:30:00	Hope Is Here Hank Baskett	NETA	(S)	(CC)	N/A	#103H
Llopk	Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago.	At the time his t	houghte wor	e not of h	imealf h	it of how

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."

Tue, Feb 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 212 of 366

	Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	 #101H
19.00.00	Stomach Pain, Reflux Disease and Ibs		(0)	(00)	IN/A	#10111
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
and o servi Neve	cross America, there are large and persistent racial differences in health a die sooner than white people. Compared with whites, members of racial a ices and often receive lower-quality care. Addressing health disparities is er has the disparity in access to healthcare become more obvious than wi arities that exist in health and healthcare in the U.S.	and ethnic minorities are les increasingly important as c	ss likely to re our population	eceive prev n become	ventive h s more o	nealth diverse.
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
	nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis i e issues affecting our children and offer practical advice based on researc Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall		(S)	(CC)	N/A	#102H
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#214H
22:00:00	Sex Talk with Dr. Lia Medications That Can Cause Ed	SFPBS	(S)	(CC)	N/A	#214H
Findi				. ,		
Findi talks	Medications That Can Cause Ed ing time for romance when you have a full house. Plus, the meaning behind			. ,		
Findi talks 22:30:00 Focu	Medications That Can Cause Ed ing time for romance when you have a full house. Plus, the meaning behin about whether medications cause ED.	nd those steamy dreams. T SFPBS	⁻ hen a men's (S)	s sexual he	ealth ph <u>y</u> N/A	ysician #1001H
Findi talks 22:30:00 Focu (cosr	Medications That Can Cause Ed ing time for romance when you have a full house. Plus, the meaning behin about whether medications cause ED. Health Insiders us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-tl	nd those steamy dreams. T SFPBS	⁻ hen a men's (S)	s sexual he	ealth ph <u>y</u> N/A	ysician #1001H
talks 22:30:00 Focu	Medications That Can Cause Ed ing time for romance when you have a full house. Plus, the meaning behin about whether medications cause ED. Health Insiders us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the metic procedures)	nd those steamy dreams. T SFPBS he-counter medication safe	Then a men's (S) ety 3. Dr. Joh	s sexual h (CC) nn Martin:	ealth phy N/A Types o	ysician #1001H f fillers
Findi talks 22:30:00 Focu (cosr	Medications That Can Cause Ed ing time for romance when you have a full house. Plus, the meaning behin about whether medications cause ED. Health Insiders us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-ti metic procedures) Doctor Q & A	nd those steamy dreams. T SFPBS he-counter medication safe	Then a men's (S) ety 3. Dr. Joh	s sexual h (CC) nn Martin:	ealth phy N/A Types o	ysician #1001H f fillers

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 213 of 366

Wed, Feb	22 2023					
	Title		_	_		
Start	Subtitle	Distrib	Stereo	Сар	_ <u>AS2</u>	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included
00:30:00	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 Alzhein r word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their low usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come wi	ith a trer	nendous
01:00:00	All About Cancer (After-Cancer Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#761H
	ention and treatment. Ways to prevent some cancers; lifestyle, family history and more on a healthy lifestyle after cancer to try and calm your fears of a cancer recurrence.	e. Focus: Dr. g	eetha Namp	iaparamp	il gives	us some
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 healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	iption of the vices includir	ng teleme		included
02:30:00	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 i 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	All About Cancer (Breast Care)	SFPBS	(S)	(CC)	N/A	#1255H
Brea	st Cancer and nutrition is the focus of a new book "Experts in Pink."					
04:00:00	Health Trends (Weight-Loss Surgery)	SFPBS	(S)	(CC)	N/A	#762H
	t's happening in Health. Find out the latest trends that contribute to a healthy life. Focu surgery that can help you reach your goals.	s: Dr.Jorge R	abazza weig	hs in on a	a popula	r weight-
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and i effective 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	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1316H
	Miranda along the stunning Bermuda coastline for an advanced, standing & floor work cle cells in your legs and full body this workout will leave you feeling invigorated, strong				activatir	ng the
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#213H
	Stretch Your Back					
07:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#103H
07.00.00						
Follo	Rise and Fall of the Asylum we the rise and fall of mental asylums in the United States. Visit the nation's largest de- hang in the balance, and discover the harsh realities of care both inside and outside.	facto mental h	nealth facility	, meet the	e detaine	ees whose
Follo	w the rise and fall of mental asylums in the United States. Visit the nation's largest de-	facto mental h PBS	nealth facility (S)	, meet the (CC)	e detaine N/A	es whose #801H

		-	ogram Listing II PBTHC					
ate: 03/27/2	2023	01/01/202	23 - 03/31/2023			Page	214 of	366
Wed, Feb	22, 2023							
Start		Title Subtitle		Distrib	Stereo	Сар	AS2	Episo
09:00:00	Medical Frontiers			APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In	n 3d						
reco trans	w technology can capture clear ima nstructive surgery for patients who splant skin flaps containing blood ve alize transparent, thin lymph vessel	have had a part of their h essels from a different are	ead, neck or breast remo a of the body, decreasin	oved due to can	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						
bless	art 1 of a 2-part series on superfood sings of Lake Biwa. The lake is hon ented dish Funazushi, which contai kes. We introduce recipes using the	ne to several indigenous sins a lactic bacterium that	species, many of which a	are used in Shig	a's traditiona	I dishes.	They inc	lude the
10:00:00	Second Opinion with Joan Lunde Heart Disease In Women	en		APTEX	(S)	(CC)	N/A	#1708I
majo 3 wo	rt Disease is the leading cause of do or women's health issue. It is the ca omen every year. That's more than a e of heart disease in women and ho	use of death for 1 in 5 wo all cancers combined. But	men in the U.S., and hea t 80% of cardiac and stro	art disease and	stroke comb	ined caus	se the de	eath of 1
10:30:00	Second Opinion with Joan Lunde Parkinson's Disease	en		APTEX	(S)	(CC)	N/A	#1709I
than one l	six million people worldwide. The s hand. While tremors are common ir ments of Parkinson's Disease, and	symptoms generally devel n Parkinson's, the disease	op slowly over years, so	metimes starting	, g with a bare	ely noticea	able trem	nor in jus
11:00:00	Conscious Living The Detox Diaries			NETA	(S)	(CC)	N/A	#111H
been world mona	gular detox routine can keep the po n an essential part of life for thousar d's best healing hotels. It's difficult in astery tucked into the hills of Umbri from your kitchen. We learn how a	nds of years. On this epis f not impossible to escape a, Italy for a digital detox.	ode, we venture high into e from technology these Luckily you don't have t	o the Himalayas days, so we ver to travel across t	for a healing iture way off he world for	g yoga de the grid t a cleanse	tox at or o an and e, you ca	ne of the cient an do it
11:30:00	Flip My Florida Yard (Sfpbs)			SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg							
battli	ode #203 BETH REYNOLDS – ST. ing weeds and sandspurs in her fro will serve as an example for her frie	nt yard. The team of land	scape professionals wor					
12:00:00	Call The Midwife			PBS	(S)	(CC)	N/A	#801H
	Nonnatus House in welcoming two plicated multiple birth.	new nuns. Valerie deals	with an unexpected and	shocking case.	The other m	idwives n	nust han	dle a
13:00:00	Call The Midwife			PBS	(S)	(CC)	N/A	#802H
	how Lucille assists an elderly hoard ly with an undiagnosed illness.	der struggling to keep her	independence, and how	v Sister Hilda an	d the team v	vork hard	to help a	a Ghana
14:00:00	Health Insiders			SFPBS	(S)	(CC)	N/A	#1002
	us- 1. Dr. Lauren Carcas: Breast ca ver questions)	ncer risk factors 2. Dr. Ma	ark Dylewski: Lung cance	er screenings 3.	Dr. Gosha E	Brusovani	k: Back	pain
(VICV)				SFPBS	(S)	(CC)	N/A	#1003I
14:30:00	Health Insiders							
14:30:00 Focu	Health Insiders us- 1. Dr. Gosha Brusovanik: Back p upational therapy for children	oain causes 2. Torre Was	hington: Body building (Torre Washingto	on's story) 3.	Vickie Za	amora:	
14:30:00 Focu	us- 1. Dr. Gosha Brusovanik: Back p	pain causes 2. Torre Was	hington: Body building (Torre Washingto	on's story) 3. (S)	Vickie Za	amora: N/A	#1901

Wed, Feb 22, 2023

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

Page 215 of 366

-	Title			-		
Start	Subtitle	Distrib	Stereo	Сар	<u>AS2</u>	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:55:00	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

16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:37:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
17:00:00	Finding Hope: Preventing Disease and Staying Healthy Town Hall	SFPBS	(S)	(CC)	N/A	#101H
18:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H

18:00:00 Downwinders and the Radioactive West APTEX (S) (CC) N/A

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 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

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 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.

21:00:00 Hippocrates Cafe: Reflections on the Pandemic APTEX (S) (CC) N/A #0H The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.

22:00:00 Medical Frontiers APTEX #109H (S) (CC)N/A 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.

Wed, Feb 22, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 216 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
	Superfoods In Shiga - Blessings of Lake Biwa					
	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Ja sings of Lake Biwa. The lake is home to several indigenous species, many of which are			,		

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 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 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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 217 of 366

				, age		000
Thu, Feb 2	23, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
They are e	Millennial Health II 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 xperiencing declining health faster than any other recent generation before them. How mine 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
01:00:00	Plastic/ Cosmetic Surgery #763	SFPBS	(S)	(CC)	N/A	#763H
	restoration and reconstruction. Learn the latest techniques involving the restoration, reager (BHSF)	econstruction	, or alteration	n of the bo	ody. Dr.	Rafael
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	ire digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
	Lung Cancer					
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in a er screening guidelines allow for the screening for younger individuals with less of a sm nger a death sentence.					
03:00:00	All About Cancer (Urogenital System)	SFPBS	(S)	(CC)	N/A	#1259H
Dr. B	runo Bastos discusses genitourinary cancer.					
04:00:00	Staying Healthy (Stress Management)	SFPBS	(S)	(CC)	N/A	#764H
	g the Healthy Life. Disease prevention and healthy lifestyle info. Focus: Beth Ruhmann les stress management and meditation for disease prevention and maintaining a health		nmunity Heal	lth Progra	m Coord	dinator
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	ire digital ser	vices includi	ng teleme		included i
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 a er screening guidelines allow for the screening for younger individuals with less of a sm nger a death sentence.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1317H
easie	igth & suppleness throughout your entire body is vital to doing all of the activities that y st ways to prevent injury and do any activity efficiently! This all-standing, back strength ties safely and with ease.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#214H
	Abs-Strengthening Leg Exercises		. •			
07:00:00	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.

Thu, Feb 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 218 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future		. ,			
08:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
	Preventing Disease and Staying Healthy Town Hall					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#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 inv case, the surgery took an hour and less than a spoonful of blood was lost. The patient v k. We report on the innovative method and its potential.	olves removir	ng 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 for In al contributions to uncovering the mysteries of sleep. It developed a device that can be p and analyze sleep quality. Research has revealed the importance of REM sleep, durin of it is associated with a higher risk of dementia and obesity.	used at home	e to easily m	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 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 alone diagnosis, and their support can be crucial to recovery. The couple goes through cancer cer Spouse."	. The spouse	of the cance	er patient	feels the	e impact o
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 health effe -COVID symptoms.	ects of the pe	ople who are	suffering	from de	bilitating
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#413H
Reg	enerative injection for pain, Exosomes - regenerative medicine, Brain aneurysms, Phys	ical Therapy,	Digestive he	alth - Life	Pharm.	
	Hope Is Here		(0)	(00)		
11:30:00		NETA	(S)	(CC)	N/A	#103H
11:30:00	Hank Baskett	NETA	(S)	(CC)	N/A	#103H
Han he w		the time his t nd learn how	houghts wer	e not of h	imself bi	ut of how
he w	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers	the time his t nd learn how	houghts wer	e not of h	imself bu orward to	ut of how
Han he w heal 12:00:00 In pa diet. dish	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At as going to tell his family. In episode 3 of Hope is Here we meet Hank and his family ar th with a hopeful attitude and mission that his cancer journey would be, in his words, "a	the time his t nd learn how joyful one." APTEX pan's highest uses mainly v	houghts wer he was able (S) life expecta vegetables a	re not of h to push fo (CC) ncies, we ind beans.	imself bu prward to N/A focus or . As a re	ut of how owards #111H n the loca soult,
Han he w heal 12:00:00 In pa diet. dish	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and the with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism 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, whil g. We introduce easy recipes using these foods and soy milk. Medical Frontiers	the time his t nd learn how joyful one." APTEX pan's highest uses mainly v	houghts wer he was able (S) life expecta vegetables a	re not of h to push fo (CC) ncies, we ind beans.	imself bu orward to N/A focus or . As a re cles and	ut of how owards #111H n the loca soult,
Han he w heal 12:00:00 In pa diet. dish agin 12:30:00 Park patie The	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and th with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism 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, whil g. We introduce easy recipes using these foods and soy milk.	the time his t nd learn how joyful one." APTEX pan's highest uses mainly le soybeans h APTEX cus on a hos fficult to visit t	houghts wer he was able (S) life expecta vegetables a help maintair (S) bital that con he hospital t	re not of hi to push fo (CC) ncies, we ind beans the muso (CC) throls its sy because o	imself bu orward to N/A focus or . As a re cles and N/A ymptoms of their sy	ut of how owards #111H In the loca isult, prevent #112H is to raise ymptoms.
Han he w heal 12:00:00 In pa diet. dish agin 12:30:00 Park Park	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and the with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism 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, whil g. We introduce easy recipes using these foods and soy milk. Medical Frontiers Japan's Best Hospital for Parkinson's Disease cinson's disease is a progressive neurological disorder for which there is no cure. We for ents' quality of life. It is developing a system to remotely diagnose patients who find it di plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. T cinson's disease by analyzing sebum. The Mysteries of Mental Illness	the time his t nd learn how joyful one." APTEX pan's highest uses mainly le soybeans h APTEX cus on a hos fficult to visit t	houghts wer he was able (S) life expecta vegetables a help maintair (S) bital that con he hospital t	re not of hi to push fo (CC) ncies, we ind beans the muso (CC) throls its sy because o	imself bu orward to N/A focus or . As a re cles and N/A ymptoms of their sy vay to dia	ut of how owards #111H In the loca isult, prevent #112H is to raise ymptoms.
Han he w heal 12:00:00 In pa diet. dish agin 12:30:00 Park patie The Park 13:00:00	Hank Baskett k Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. At vas going to tell his family. In episode 3 of Hope is Here we meet Hank and his family and the with a hopeful attitude and mission that his cancer journey would be, in his words, "a Medical Frontiers Superfoods In Shiga - A Diet Influenced By Buddhism 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, whil g. We introduce easy recipes using these foods and soy milk. Medical Frontiers Japan's Best Hospital for Parkinson's Disease tinson's disease is a progressive neurological disorder for which there is no cure. We for ents' quality of life. It is developing a system to remotely diagnose patients who find it di plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. T dinson's disease by analyzing sebum.	the time his t nd learn how joyful one." APTEX pan's highest uses mainly le soybeans h APTEX cus on a hosp fficult to visit t The hospital h PBS	houghts wer he was able (S) life expecta vegetables a help maintair (S) bital that con he hospital t as also deve (S)	re not of hi to push fo (CC) ncies, we ind beans. in the music (CC) strols its sy because o eloped a w (CC)	imself bu orward to N/A focus or . As a re cles and N/A ymptoms of their sy vay to dia N/A	ut of how owards #111H In the loca sult, prevent #112H is to raise ymptoms. agnose #103H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 219 of 366

10. 00/21/2				i ugu	, 210 01	000
Thu, Feb 2	23, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#215H
	The Abcs of Lubricants e are many different lubricants available, but do you know which one is best for you? I opause and how anxiety can affect your relationship.	[⊃] lus, keeping	your love life	alive dur	ing and a	after
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	s- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, A CIO FAGUNDES: Proton therapy	NN DEVELAS	SCO: Women	& heart o	disease	3. DR.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2001H
Over	s: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surgery Options for all Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna Werner, RD pid Nodules - Dr. Robert Udelsman					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2002H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2003H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:01:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2005H
	s: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Restoration - Dr. John M rtance of Play for Adults - Amy Exum, psychotherapist 5. Ask the Experts Segment - I			- Dr. Ber	nie Fern	andez 4.
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	s: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Restoration - Dr. John M rtance of Play for Adults - Amy Exum, psychotherapist 11. Ask the Experts Segment -			- Dr. Ber	nie Fern	andez 10.
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0
nurse choic threa	NING 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 es about how they want to live, how much medical technology they can accept, what tened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film le define what makes life worth living.	patients with li they hope for,	fe-threatenin and how that	g illness a at hope ev	as they r volves wi	nake hen life is
18:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H
THE Born Succ Gerd brain move psyc	than a decade ago, author and academic Gerda Saunders was diagnosed with cereb GERDA THAT REMAINS, she embarks on a journey of self-discovery and inquiry as and raised in South Africa during the early years of apartheid, Gerda was shaped by ess in school carried over into a career of writing and teaching math, science, English, a's brain began to fail her. Her degenerative brain became a new space for study fron suffers an additional insult, I have less brain power to puzzle out my remaining self," is through her changing realities with intimacy and honesty in front of the camera. Obso nological experience as she navigates the loss of certain parts of her intellectual ident articulates her experience of dementia with groundbreaking nuance, poetry and vulner	the effects of her academic , and gender s n a scientific a Gerda says. F servational foc ity in real time	the illness be experiences studies. But a ind personal filmed over the btage draws	gin to uni and inqu at the prim perspectione course viewers in	ravel her isitive na ne of her ve. "Eve of six ye ito her	r identity. ature. Her life's worl ry time my ears, Gero
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	#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.

Thu, Feb 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 220 of 366

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
20:00:00	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 atened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film ole define what makes life worth living.	batients with li they hope for,	fe-threatenin and how that	g illness a at hope ev	as they r olves w	nake hen life is
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#103H
	Rise and Fall of the Asylum					
	wy the rise and fall of mental asylums in the United States. Visit the nation's largest de- hang in the balance, and discover the harsh realities of care both inside and outside.	facto mental l	nealth facility	, meet the	e detaine	es whose
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#215H
	The Abcs of Lubricants					
	e are many different lubricants available, but do you know which one is best for you? F opause and how anxiety can affect your relationship.	Plus, keeping	your love life	alive dur	ing and	after
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	us- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, Al CIO FAGUNDES: Proton therapy	NN DEVELAS	CO: Women	& heart o	lisease	3. DR.
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	#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.

Fri, Feb 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 221 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included
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 th gering, but people still struggle every day to drop the pounds. Everyone has different re spisode discusses the challenges and solutions for sustained weight loss.	an 60% of wo	men. The da	mage to I	nealth is	
01:00:00	Mental Health (Video Game Addiction)	SFPBS	(S)	(CC)	N/A	#765H
	tional wellness. Everything you need to know to enjoy life - from balancing activities ar less. Focus: Dr.Daniel Bober has the latest medical information on the growing problem ite.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	nisuse and overuse of antibiotics is contributing to the rapid emergence of resistant basis sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	of antib	iotics.
03:00:00	Kids and Teens (Teen Anxiety)	SFPBS	(S)	(CC)	N/A	#1262H
	adira Torres discusses warding off anxiety and depression in kids during the summer. lose their sense of belonging.	Focus: When	there is no i	routine, be	oredom	sets in an
04:00:00	Mental Health #766 (Holiday Depression & Anxiety)	SFPBS	(S)	(CC)	N/A	#766H
well	tional wellness. Everything you need to know to enjoy life - from balancing activities ar less. Focus: Nicole Rodriguez and Martin Lopez, both psychotherapists offer some tips ession and anxiety during the holidays.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i ubscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance misuse and overuse of antibiotics is contributing to the rapid emergence of resistant ba sidered the next pandemic, antibiotic resistance is a threat to global health and food se		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1318H
stret	ong core and back are the best way to prevent poor posture or rounding shoulders. In the vertebrae of your spine while strengthening your core and back. The combination and relieve pain while strengthening your posture.		ate, standing			
06:30:00	Wai Lana Yoga Salute to the Sun	APTEX	(S)	(CC)	N/A	#215H
07:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#103H
	Rise and Fall of the Asylum					

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

Fri, Feb 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 222 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Nonnatus House in welcoming two new nuns. Valerie deals with an unexplicated multiple birth.	pected and shocking case.	The other m	idwives m	ust han	dle a
09:00:00	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 a onstructive surgery for patients who have had a part of their head, neck or splant skin flaps containing blood vessels from a different area of the bod alize transparent, thin lymph vessels, and improve the treatment of lymph	breast removed due to can y, decreasing the burden or	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 ferm	art 1 of a 2-part series on superfoods found in Shiga Prefecture, which bo sings of Lake Biwa. The lake is home to several indigenous species, mar iented dish Funazushi, which contains a lactic bacterium that boosts the b kes. We introduce recipes using these fish.	ly of which are used in Shig	a's traditiona	I dishes.	They inc	lude the
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 r high-income countries in the world. And behind these statistics lie startlinen of color.					
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	rt valve replacement is an area in medicine which has made great advanted of the patient.	cements and is a very comr	non procedu	re. This pi	rocedure	e is 94-
11:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#203H
	Beth Reynolds - St. Petersburg					
battl	sode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads the flip weeds and sandspurs in her front yard. The team of landscape profest will serve as an example for her friends and neighbors to follow.					
11:30:00	Medical Frontiers The Road to Patient Safety	APTEX	(S)	(CC)	N/A	#106H
	dents at medical institutions can sometimes put patients' lives at risk. The nsure medical safety. Everyone who works there, from medical profession k, and each is examined to determine the cause, with information disclos	hals to administrative staff, o	can report inc	cidents. TI	here are	250 a
wee	pment. The system is based on Kaizen, a core principle of Toyota Motor.				ooodaro	
wee					N/A	#801H
wee equi 12:00:00 Join	ipment. The system is based on Kaizen, a core principle of Toyota Motor.	PBS	(S)	(CC)	N/A	#801H
wee equi 12:00:00 Join com	ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an une	PBS	(S)	(CC)	N/A	#801H
wee equi 12:00:00 Join com 13:00:00 See	ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unex plicated multiple birth.	PBS pected and shocking case.	(S) The other m (S)	(CC) idwives m (CC)	N/A hust han N/A	#801H dle a #802H
wee equi 12:00:00 Join com 13:00:00 See	 ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexplicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independent 	PBS pected and shocking case.	(S) The other m (S)	(CC) idwives m (CC)	N/A hust hand N/A to help a	#801H dle a #802H
wee equi 12:00:00 Join com 13:00:00 See fami 14:00:00 Focu	ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unex iplicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independen ily with an undiagnosed illness.	PBS spected and shocking case. PBS ce, and how Sister Hilda an SFPBS	(S) The other m (S) d the team w (S)	(CC) idwives m (CC) vork hard (CC)	N/A nust hand N/A to help a N/A	#801H dle a #802H a Ghanai #1005H
wee equi 12:00:00 Join com 13:00:00 See fami 14:00:00 Focu	 ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexplicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independentily with an undiagnosed illness. Health Insiders us- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer) 	PBS spected and shocking case. PBS ce, and how Sister Hilda an SFPBS	(S) The other m (S) d the team w (S)	(CC) idwives m (CC) vork hard (CC)	N/A nust hand N/A to help a N/A	#801H dle a #802H a Ghanai #1005H
wee equi 12:00:00 Join com 13:00:00 See fami 14:00:00 Focu Dr. 5 14:30:00 Focu	 ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexplicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independentily with an undiagnosed illness. Health Insiders us- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cancer Jose Llach: ER vs. Urgent Care 	PBS spected and shocking case. PBS ce, and how Sister Hilda an SFPBS er prevention) 2. Wilbert Fue SFPBS	(S) The other m (S) d the team w (S) erte, Mayret ((S)	(CC) idwives m (CC) vork hard (CC) Gonzalez: (CC)	N/A nust hand N/A to help a N/A Antibiot N/A	#801H dle a #802H a Ghanai #1005H ic safety #1006H
wee equi 12:00:00 Join com 13:00:00 See fami 14:00:00 Focu Dr. (14:30:00 Focu	 ipment. The system is based on Kaizen, a core principle of Toyota Motor. Call The Midwife Nonnatus House in welcoming two new nuns. Valerie deals with an unexplicated multiple birth. Call The Midwife how Lucille assists an elderly hoarder struggling to keep her independen ily with an undiagnosed illness. Health Insiders us- 1. Dr. Jill Waibel, Dr. Naiara Braghiroli: Vectra skin exams (skin cance Jose Llach: ER vs. Urgent Care Health Insiders us- 1. DR. JOHNATHAN FIALKOW Diet & cholesterol 2. DR. MICHAEL S 	PBS spected and shocking case. PBS ce, and how Sister Hilda an SFPBS er prevention) 2. Wilbert Fue SFPBS	(S) The other m (S) d the team w (S) erte, Mayret ((S)	(CC) idwives m (CC) vork hard (CC) Gonzalez: (CC)	N/A nust hand N/A to help a N/A Antibiot N/A	#801H dle a #802H a Ghanai #1005H ic safety #1006H

Fri, Feb 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 223 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
Focu	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exercise and Heart Disea	ise - Dr. Oma	r Issa 3. Ask	the Expe	erts Seg	ment - Amy

Exercise and Heart Disease - Dr. Omar Issa 3. Ask the Experts Segment - Amy Exum, psychotherapist 4. Obesity and Related Medical Problems - Dr. Luciano Fiszer 5. 4 Reasons Sitting is Bad for your Health - Dr. Lisa Corsa

16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
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
 Finding Hope-Town Hall
 SFPBS
 (S)
 (CC)
 N/A
 #103H

 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.

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 Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H

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

20:00:00 Hippocrates Cafe: Reflections on the Pandemic

APTEX (S) (CC) N/A #0H

The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic.

21:00:00 Concussion: Answers in the Blood?

APTEX (S) (CC) N/A #0H

CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the quest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.

	Daily Program Listing II WPBTHC					
Date: 03/27/2	Date: 03/27/2023 01/01/2023 - 03/31/2023			Page	224 of	366
Fri, Feb 2	4, 2023					
	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					
trans	Instructive surgery for patients who have had a part of their head, neck or breast remove plant skin flaps containing blood vessels from a different area of the body, decreasing the lize transparent, thin lymph vessels, and improve the treatment of lymphedema. Medical Frontiers					
	Superfoods In Shiga - Blessings of Lake Biwa				_	
bless	rt 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Ja sings of Lake Biwa. The lake is home to several indigenous species, many of which are ented dish Funazushi, which contains a lactic bacterium that boosts the body's immunit es. We introduce recipes using these fish.	used in Shig	a's traditiona	l dishes.	They inc	lude the
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 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.

_

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 225 of 366

Sat, Feb 2						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relati	181 the term "sandwich generation" was coined to describe a group of Americans who ves at the same time. Today, millions of families are facing the dual challenge of sand having children later. This episode focuses on these caregivers.					
01:00:00	Nutrition & Health (2019 Trends)	SFPBS	(S)	(CC)	N/A	#768H
Dr. A	my Kimberlain shares the nutrition trends for 2019: -plant-based protein -legume past	a -probiotics -		• •	many mo	ore
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included ir
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 i etes.	s to stop pre-d	liabetes from	turning ir	nto full-fl	edged
03:00:00	Mental Health (Grief Relief)	SFPBS	(S)	(CC)	N/A	#1264H
Amy	Exum & Nicole Rodriguez discuss grieving and the different stages of grief.					
04:00:00	Healthy Living (Avoiding Processed Foods)	SFPBS	(S)	(CC)	N/A	#770H
home	ning it healthy though the holidays. Focus: How to avoid processed foods during the here amade marinades, salad dressing, etc. Henry Guzman, RN (BHSF) - HOST Thi Squire - GUEST Drew Thomason, Executive Chef (HH)					lanager
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 healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diabe	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work i etes.	s to stop pre-d	liabetes from	turning ir	nto full-fl	edged
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#130H
	Howard Flies The Coop/Supper Surprise n Howard discovers he's afraid of pigeons, Alma and her friends try to help him get ov nis dad, she feels nervous about what "mystery dish" they're going to serve.	ver it. When Alı	ma is invited	to have d	linner wi	th Andre
06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#210H
	Super Sleuths forensics summer camp, super sleuths Emi and friends team up with real forensic scie en of the Forest" ceremonial mask.	entists to solve	the mysterio	ous theft o	of the pri	celess
	Wild Kratts	PBS	(S)	(CC)	N/A	#139H

team discovers that nocturnal creatures only come out at night and learn that eyes help a creature see by collecting the light that comes from objects all around. But when the tarsier troop is in danger of losing one of their own, Chris and Martin must tap into their newfound understanding of nocturnal living and help the troubled tarsier family.

Sat, Feb 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 226 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4501H

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

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4502H
08:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4503H
08:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4504H
08:49:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#4505H
08:59:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#4506H
09:14:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4507H
09:25:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#4508H
09:37:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4509H
09:48:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#4510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#4701H

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

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#4702H
10:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#4703H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#4704H
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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 227 of 366

Sat,	Feb	25,	2023	

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:08:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#4707H
11:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4708H
	Segment 8					
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#4709H
11:45:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#4710H
	Segment 10		(-)	()		
12:00:00	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now face a tu Iren requiring hospitalization to treat RSV infections, and of course, COVID ain why this is happening and what we can do to stay as healthy as possib	D-19. Infectious disease ex				
13:00:00	Hippocrates Cafe: Reflections on the Pandemic	APTEX	(S)	(CC)	N/A	#0H
exar Rene	hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE nine the impact of COVID-19 through music, art, animation, photography, ee Crichlow, the documentary offers a range of perspectives on how COV iduals have processed the trauma associated with the pandemic.	story, poetry, and dance. H	losted by Dr.	. Jon Hall	berg and	d Dr.
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#214H
	Medications That Can Cause Ed					
	ing time for romance when you have a full house. Plus, the meaning behir about whether medications cause ED.	nd those steamy dreams. T	hen a men's	sexual he	ealth phy	ysician
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-th	he-counter medication safe	ty 3. Dr. Joh	n Martin	Types	c c:u
(COS	metic procedures)				Types o	f fillers
,	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
15:00:00 Focu		- Dr. Lisa Corsa 3. Innovati	ons in Spine	(CC) Surgery	N/A - Dr. Go:	#1801H
15:00:00 Focu Brus	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips	- Dr. Lisa Corsa 3. Innovati	ons in Spine	(CC) Surgery	N/A - Dr. Go:	#1801H
15:00:00 Focu Brus 15:15:00	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir	ons in Spine nez Peñalver	(CC) Surgery⊸ , Carol Ja	N/A - Dr. Go: amoult	#1801H sha
15:00:00 Focu Brus 15:15:00 15:27:00	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips iovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f Smartlife	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir SFPBS	ons in Spine nez Peñalver (S)	(CC) Surgery - , Carol Ja (CC)	N/A - Dr. Go: amoult N/A	#1801H sha #1802H
15:00:00 Focu Brus 15:15:00 15:27:00 15:40:00	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips ovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f Smartlife Smartlife	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir SFPBS SFPBS	ons in Spine nez Peñalver (S) (S)	(CC) Surgery ; Carol Ja (CC) (CC)	N/A - Dr. Go: amoult N/A N/A	#1801H sha #1802H #1803H
15:00:00 Focu Brus 15:15:00 15:27:00 15:40:00 15:58:00 Focu	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips iovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f Smartlife Smartlife Smartlife	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir SFPBS SFPBS SFPBS SFPBS ar Issa 3. Ask the Expert Se	ons in Spine hez Peñalver (S) (S) (S) (S)	(CC) Surgery - Carol Ja (CC) (CC) (CC) (CC)	N/A - Dr. Go: imoult N/A N/A N/A	#1801H sha #1802H #1803H #1804H #1805H
15:00:00 Focu Brus 15:15:00 15:27:00 15:40:00 15:58:00 Focu	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f Smartlife Smartlife Smartlife us: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Oma	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir SFPBS SFPBS SFPBS SFPBS ar Issa 3. Ask the Expert Se	ons in Spine hez Peñalver (S) (S) (S) (S)	(CC) Surgery - Carol Ja (CC) (CC) (CC) (CC)	N/A - Dr. Go: imoult N/A N/A N/A	#1801H sha #1802H #1803H #1804H #1805H
15:00:00 Focu Brus 15:15:00 15:27:00 15:40:00 15:58:00 Focu Diag	Smartlife us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exercise Tips sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional Literacy f Smartlife Smartlife Smartlife us: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Dr. Oma nosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with Demo - Sau	- Dr. Lisa Corsa 3. Innovati for Children - Beatriz Martir SFPBS SFPBS SFPBS SFPBS ar Issa 3. Ask the Expert Se ndy Root	ons in Spine nez Peñalver (S) (S) (S) (S) gment - Dr. S	(CC) Surgery - , Carol Ja (CC) (CC) (CC) (CC) Scarlet Co	N/A - Dr. Go: moult N/A N/A N/A N/A onstant 4	#1801H sha #1802H #1803H #1804H #1805H 4.

_

Sat, Feb 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 228 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	Concussion: Answers in the Blood?	APTEX	(S)	(CC)	N/A	#0H
scien Bridg diagr Now, Unive prom docu	CUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising r tists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton per Skillicorn, a member of a high school football team recovering from concussions. (nostic protocols are improving, however, concussion identification still relies heavily o a team of scientists is attempting to develop a blood test to provide a definitive deter ersity of Montana's Department of Biomedical and Pharmaceutical Sciences in the Sk ising research to discover biomarkers in the blood that indicate how the brain reacts mentary tracks a year of Rau and Patel's research and findings, and the quest for fur tes and trainers as they navigate the current concussion protocol.	n Agnew, a uni Concussion aw n observed syr mination. Drs. aggs School o following a trau	taken by two versity wome vareness is o nptoms and a Tom Rau an f Pharmacy, umatic brain i	University en's socce n the rise self-report d Sarg Pa are in the njury. The	r player and cur ing by a tel, fron early st one-hc	r, and rent athletes. n the ages of our
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#103H
	Hank Baskett					
he wa	K Baskett was given the grim diagnosis of stage 4 lung cancer almost ten years ago. A as going to tell his family. In episode 3 of Hope is Here we meet Hank and his family h with a hopeful attitude and mission that his cancer journey would be, in his words, "	and learn how				
18:30:00	Flip My Florida Yard (Sfpbs) Beth Reynolds - St. Petersburg	SFPBS	(S)	(CC)	N/A	#203H
battli	ode #203 BETH REYNOLDS – ST. PETERSBURG The flip crew heads to St. Petersl ng weeds and sandspurs in her front yard. The team of landscape professionals work will serve as an example for her friends and neighbors to follow.					
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#101H
	Stomach Pain, Reflux Disease and Ibs			()		
relati	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation 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 same aving children later. This episode focuses on these caregivers.					
20:00:00	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 New des-long debate over cancer rates, the costs of patriotism, and the responsibility of a RADIOACTIVE WEST chronicles the history of the testing program, and shares the sin reporting on these ongoing issues, the documentary explores how the legacy of nu	nation to prote stories of Utaha	e resulting fa tot its citizens ans who lived	s. DOWNV I downwin	VINDEF d from t	RS AND the Nevada
21:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0
nurse choic threa	NING HOPE is an award-winning film that captures people who are weighing what mees who guide them and help carry out their decisions. The documentary follows eight tes about how they want to live, how much medical technology they can accept, what tened. DEFINING HOPE is optimistic and reminds us that we have choices. It's a film le define what makes life worth living.	patients with lit they hope for,	fe-threatenin and how tha	g illness a It hope evo	s they r olves w	nake hen life is
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#214H
Eindi	Medications That Can Cause Ed ng time for romance when you have a full house. Plus, the meaning behind those ste	amy droame T	hon a mon'a	eovual br	alth nh	veician
	about whether medications cause ED.	any ucans. I		SCAUDI IIE		ysiciali
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1001H
	s- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. Jose Llach: Over-the-counter r netic procedures)	nedication safe	ety 3. Dr. Joh	n Martin: ⁻	Types o	f fillers
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 Stress	APTEX	(S)	(CC)	N/A	#1807H

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

Sun, Feb 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 229 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir 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 includi	ng teleme	services dicine	included i
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, affecting nearly or research, millennials have become the most anxious generation in history. This episod be treated.					
01:00:00	All About Cancer (After-Cancer Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#761H
	ention and treatment. Ways to prevent some cancers; lifestyle, family history and more on a healthy lifestyle after cancer to try and calm your fears of a cancer recurrence.	. Focus: Dr. g	geetha Namp	piaparamp	il gives	us some
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 ser	vices includii	ng teleme		included in
02:30:00	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.	s a very comr	mon procedu	ıre. This p	rocedur	e is 94-
03:00:00	All About Cancer (Breast Care)	SFPBS	(S)	(CC)	N/A	#1255H
Brea	st Cancer and nutrition is the focus of a new book "Experts in Pink."					
04:00:00	Health Trends (Weight-Loss Surgery)	SFPBS	(S)	(CC)	N/A	#762H
	t's happening in Health. Find out the latest trends that contribute to a healthy life. Focus surgery that can help you reach your goals.	s: Dr.Jorge R	abazza weig	hs in on a	i popula	r weight-
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	are digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	t valve replacement is an area in medicine which has made great advancements and is effective and can drastically increase the life expectancy of the patient.	s a very comr	non procedu	ıre. This p	rocedur	e is 94-
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#119H
	Too Corny/Alma Tags Along					
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#301H
	Frog Whisperers					
	n St. Louis SciGirls find the amphibian population in decline, they hop to it! Alanna, Ma pare frog and toad calls and report on their amphibian neighbors.	dison, Amano	a and Clara	hit urban	and rura	al sites to
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#140H
	Raptor Roundup					
chef, Kratt	in and Chris challenge themselves to ID as many hawks, eagles, owls, falcons and vult Gaston Gourmand has his own plan for the raptors and has been capturing them all ir s team succeed in rescuing the raptors before they become Gourmand's next gourmet it classification and birds of prey - to round up the raptors and return them to where the	his quest to delicacy? Th	find the tasti ey'll have to	est bird w use every	ing. Will thing th	the Wild

07:30:00 Doctor Q & A

Alzheimer's Disease: Hope for the Future

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

Sun, Feb 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 230 of 366

Start	Title 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 pro v (with English subtitles) featuring groundbreaking med					
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	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
In ke	Segment 1 eeping with the Health Channel's spirit of innovative pro	paramming. Vida v Salud is a fast-paced, fun a	and informati	ve Spanis	sh-langu	age healt
	v (with English subtitles) featuring groundbreaking med					
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					

	Segment 4					
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

Sun, Feb 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 231 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	Call The Midwife	PBS	(S)	(CC)	N/A	#801H
	Nonnatus House in welcoming two new nuns. Valerie deals with plicated multiple birth.	an unexpected and shocking case.	The other m	nidwives n	nust han	dle a
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#802H
	how Lucille assists an elderly hoarder struggling to keep her inde ly with an undiagnosed illness.	pendence, and how Sister Hilda an	id the team v	work hard	to help a	a Ghanaia
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1002H
	us- 1. Dr. Lauren Carcas: Breast cancer risk factors 2. Dr. Mark Dy wer questions)	ylewski: Lung cancer screenings 3.	Dr. Gosha I	Brusovani	k: Back	pain
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1003H
	us- 1. Dr. Gosha Brusovanik: Back pain causes 2. Torre Washingt upational therapy for children	ton: Body building (Torre Washingto	on's story) 3	. Vickie Za	amora:	
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
	us: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. M ra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5			drome of I	Menopa	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
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
Dr. J	us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Facto lane Mendez 4. Caring for the Caregivers of Alzheimer's - Andray ey Epstein					
16:13:00	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
	Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H
17:00:00		for a statute there at the second second	o of oovoro	influonzo	moro co	niore and
Triple child	e Threat: Flu, RSV & COVID Nearly 3 years after COVID we now Iren requiring hospitalization to treat RSV infections, and of course ain why this is happening and what we can do to stay as healthy a	e, COVID-19. Infectious disease ex				

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.

Sun, Feb 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 232 of 366

S	Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode	
19:	00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H	
19:	30:00	Second Opinion with Joan Lunden	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.

20:00:00 Concussion: Answers in the Blood? APTEX (CC) N/A #0H (S) CONCUSSION: ANSWERS IN THE BLOOD? tells the intertwined story of the promising research undertaken by two University of Montana scientists - Drs. Tom Rau and Sarj Patel - and the real experiences of two athletes: Payton Agnew, a university women's soccer player, and Bridger Skillicorn, a member of a high school football team recovering from concussions. Concussion awareness is on the rise and current diagnostic protocols are improving, however, concussion identification still relies heavily on observed symptoms and self-reporting by athletes. Now, a team of scientists is attempting to develop a blood test to provide a definitive determination. Drs. Tom Rau and Sarg Patel, from the University of Montana's Department of Biomedical and Pharmaceutical Sciences in the Skaggs School of Pharmacy, are in the early stages of promising research to discover biomarkers in the blood that indicate how the brain reacts following a traumatic brain injury. The one-hour documentary tracks a year of Rau and Patel's research and findings, and the guest for funding to continue their work, while also following the athletes and trainers as they navigate the current concussion protocol.

21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H	
	The New Frontiers						

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

22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#215H
	The Abcs of Lubricants					
	e are many different lubricants available, but do you know which one is best for you? Plopause and how anxiety can affect your relationship.	us, keeping yo	ur love life	alive duri	ng and	after
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1004H
	s- 1. Wilbert Fuerte & Mayret Gonzalez: Penicillin allergy 2. DR. ALVARO GOMEZ, AN CIO FAGUNDES: Proton therapy	N DEVELASCO	D: Women	& heart c	lisease	3. DR.
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	#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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 233 of 366

Mon, Feb 2	27, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an 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 includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	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 hear men every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	pined caus	se the de	eath of 1 ir
01:00:00	Plastic/ Cosmetic Surgery #763	SFPBS	(S)	(CC)	N/A	#763H
	restoration and reconstruction. Learn the latest techniques involving the restoration, renger (BHSF)	econstruction	, or alteratio	n of the bo	ody. Dr.	Rafael
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 includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a sn nger a death sentence.					
03:00:00	All About Cancer (Urogenital System)	SFPBS	(S)	(CC)	N/A	#1259H
Dr. B	runo Bastos discusses genitourinary cancer.					
04:00:00	Staying Healthy (Stress Management)	SFPBS	(S)	(CC)	N/A	#764H
	g the Healthy Life. Disease prevention and healthy lifestyle info. Focus: Beth Ruhmanr nes stress management and meditation for disease prevention and maintaining a healt			. ,	m Coord	linator
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an in ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	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 er screening guidelines allow for the screening for younger individuals with less of a sn nger a death sentence.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1401H
_	Full Body Alignment					
muso	er alignment allows us to use our body the way it was designed to be used - without pucles, or spine. In just 23 minutes, this all-standing workout will improve your posture an s and pains while strengthening your entire body.					
06:30:00	Wai Lana Yoga Keep Your Balance!	APTEX	(S)	(CC)	N/A	#216H
07:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
	The New Frontiers					

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

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 234 of 366 Mon, Feb 27, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #802H See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness. 09.00.00 APTEX #111H Medical Frontiers (S) (CC) N/A 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 (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 APTEX N/A #112H Medical Frontiers (S)(CC)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. 11:30:00 APTEX 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 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. 12:00:00 Call The Midwife PBS (S) (CC) N/A #802H See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness. 13:00:00 Call The Midwife PBS (S) (CC) N/A #803H Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect. 14:00:00 SFPBS Health Insiders (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 14:30:00 Health Insiders SFPBS (S) (CC)N/A #1008H

Daily Program Listing II

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

Mon, Feb 27, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 235 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2201H
Way	our: Choices after Breast Cancer Surgery; Medicare Update, Pre s to Add Flavor to Food, 2nd hour: How to Manage Work Stress, Habits that Wreck Your Teeth		ercise, Fillers	s vs Face		
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205H
How	to Manage Work Stress, Exercises to Prevent & Treat Tech Neck	<, Endometriosis, Back Pain Q & A	, Bad Habits	that Wrec	k Your 1	Feeth
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2208H
17:00:00	Defining Hope	APTEX	(S)	(CC)	N/A	#0
exan Rene	Hippocrates Cafe: Reflections on the Pandemic hour-long documentary HIPPOCRATES CAFE: REFLECTIONS (nine the impact of COVID-19 through music, art, animation, photo be Crichlow, the documentary offers a range of perspectives on h iduals have processed the trauma associated with the pandemic.	ography, story, poetry, and dance. I ow COVID-19 has affected our live	Hosted by Dr	. Jon Hall	berg and	d Dr.
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
19:30:00	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 is r women's health issue. It is the cause of death for 1 in 5 women men every year. That's more than all cancers combined. But 80% e of heart disease in women and how we can lower cardiac risk a	in the U.S., and heart disease and of cardiac and stroke events can	stroke comb	ined caus	e the de	eath of 1 ir
20:00:00	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 nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h	ne responsibility of a nation to prote am, and shares the stories of Utaha	ect its citizens ans who lived	s. DOWN\ d downwin	WINDEF	RS AND he Nevad
21:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H
THE Born succ Gerd brain move psyc	e than a decade ago, author and academic Gerda Saunders was a GERDA THAT REMAINS, she embarks on a journey of self-disc and raised in South Africa during the early years of apartheid, Ge ess in school carried over into a career of writing and teaching ma la's brain began to fail her. Her degenerative brain became a new a suffers an additional insult, I have less brain power to puzzle out es through her changing realities with intimacy and honesty in from hological experience as she navigates the loss of certain parts of articulates her experience of dementia with groundbreaking nuand	overy and inquiry as the effects of erda was shaped by her academic ath, science, English, and gender s v space for study from a scientific a t my remaining self," Gerda says. F nt of the camera. Observational foo her intellectual identity in real time	the illness be experiences studies. But a ind personal filmed over the btage draws of	egin to unr and inqui at the prim perspectivne course viewers in	avel her sitive na e of her /e. "Evel of six ye to her	identity. Iture. Her life's work ry time my ears, Gerd

	Daily Program Listing II WPBTHC							
Date: 03/27/2023 01/01/2023 - 03/31/202				Page	236 of	366		
Mon, Feb 2	27, 2023							
	Title							
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode		
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#111H		
	Superfoods In Shiga - A Diet Influenced By Buddhism							
dishe	The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisine that swith such ingredients are common in Shiga. Kanpyo prevents lifestyle diseases, whil g. We introduce easy recipes using these foods and soy milk. Medical Frontiers							
	Japan's Best Hospital for Parkinson's Disease							
Parkinson's disease is a progressive neurological disorder for which there is no cure. We focus on a hospital that controls its symptoms to raise patients' quality of life. It is developing a system to remotely diagnose patients who find it difficult to visit the hospital because of their symptoms. The plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. The hospital has also developed a way to diagnose Parkinson's disease by analyzing sebum.								
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	#1809H		

Alopecia Areata

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 237 of 366

Tue, Feb 2	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wi subscription plan AllHealthGo has created to offer users access to a number of h ultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	/ices includir	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one h	inson's Disease is the fastest growing neurological disorder in the world. It affect six million people worldwide. The symptoms generally develop slowly over years hand. While tremors are common in Parkinson's, the disease progression is unic ments of Parkinson's Disease, and the search for a cure.	s, sometimes starting	g with a bare	ely noticea	able tren	nor in just
01:00:00	Pain Management (Cannabis)	SFPBS	(S)	(CC)	N/A	#771H
Canr detai	nabis industry: current state of affairs in Florida (laws), treatment uses, patient or	utcomes, issues pert		e in hospil	tals and	financial
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wi subscription plan AllHealthGo has created to offer users access to a number of h ultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	/ices includir	ng teleme		included
02:30:00	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 st equences. Stress in all ages, as well as pandemic-related stress, affects our over as depression and anxiety.					issues
03:00:00	Brain Health (Stroke Help)	SFPBS	(S)	(CC)	N/A	#1266H
Danie	el D'Amour discusses stroke awareness.					
04:00:00	All About Cancer (Cancer Updates)	SFPBS	(S)	(CC)	N/A	#772H
	ention and treatment. Ways to prevent some cancers; lifestyle, family history and t trends to prevent cancer.	d more Focus: Dr. C		omez upo	lates us	on the
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wi subscription plan AllHealthGo has created to offer users access to a number of h ultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	ices includir	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	equences. Stress in all ages, as well as pandemic-related stress, affects our over a depression and anxiety.					issues
06:00:00	Classical Stretch: By Essentrics Hamstring Stretches	APTEX	(S)	(CC)	N/A	#1402H
back	you know that having healthy, flexible hamstrings will improve your overall postur . This 23 minute Classical Stretch workout will strengthen and stretch your ribs, and hamstrings so that you can stand taller and sit straighter.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#217H
	Abs and Thighs		·			
07:00:00	Happy Yoga with Sarah Starr Fiery Ocean Sunset	NETA	(S)	(CC)	N/A	#602H

Allow the natural energy of the ocean waves and golden, fiery sunset to inspire your practice. Enjoy this intermediate yoga session as we flow slowly and gracefully through standing and seated poses creating more movement around the hips and hamstrings through an effective set of postures including lunges, forward folds and hip opening stretches.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 238 of 366

10. 00/21/	01/01/2023 - 03/31/2023			i ugo	200 01	000
Tue, Feb 2	28, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#107H
	Getting A Good Night's Sleep					
08:00:00	Finding Hope-Town Hall Mental Health Crisis In Teenagers & Young Adults	SFPBS	(S)	(CC)	N/A	#103H
Chai	nges in education and the effects of the pandemic have increased anxiety, depression, a 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.					
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d					
reco trans	w technology can capture clear images of tiny blood vessels using light and ultrasound. nstructive surgery for patients who have had a part of their head, neck or breast remove plant skin flaps containing blood vessels from a different area of the body, decreasing t alize transparent, thin lymph vessels, and improve the treatment of lymphedema.	ed due to can	cer. Doctors	can safe	ly cut an	d
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#110H
10.00	Superfoods In Shiga - Blessings of Lake Biwa	aan'a hishaat	life evecto		foous of	a tha
bless	In 1 of a 2-part series on superfoods found in Shiga Prefecture, which boasts one of Jap sings of Lake Biwa. The lake is home to several indigenous species, many of which are ented dish Funazushi, which contains a lactic bacterium that boosts the body's immunit es. We introduce recipes using these fish.	used in Shig	a's traditiona	al dishes.	They inc	lude the
10:00:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	turning ir	nto full-fle	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	as is a word that people throw around when they are feeling overwhelmed, but stress co equences. Stress in all ages, as well as pandemic-related stress, affects our overall hear as depression and anxiety.					issues
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#501H
PTS	D, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical	uses of CBD).			
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#104H
	Gina Hollenbeck					
diag	Hollenbeck is positive about life. Every day she lives with an optimistic desire to overcomosis. 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.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
Kom	Fighting Covid-19 with Kampo Medicine	nt Chinaga	lassia A Ka	maa farm	ulation h	
num symj	po is a Japanese traditional medicine that is based on information contained in an ancie erous medicinal properties and is effective for many symptoms. This makes Kampo suit otoms. We look at how Kampo formulations are prescribed, through 1 patient who was o ow Kampo can prevent depressive symptoms, and how it can prevent coronavirus infec	able for treat cured. We als	ing long CO	VID, whic	h has va	rious
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health	ana manalara 19		ale		
	In has a unique system of preventive healthcare called the Ningen Dock. The examinati ases that are difficult to detect in their early stages. It's becoming popular among foreigr 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changin	n visitors as t	hey can have	e the cheo	ckup for	about
US\$	recipes that are effective against lifestyle diseases.	-				
US\$	recipes that are effective against lifestyle diseases. Triple Threat Town Hall	SFPBS	(S)	(CC)	N/A	#0H

- Eab 28 2023 т...

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 239 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#215H
	The Abcs of Lubricants					
	re are many different lubricants available, but do you know which opause and how anxiety can affect your relationship.	ו one is best for you? Plus, keeping ו	your love life	alive duri	ing and a	after
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. U	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah nderstanding Addiction - Dan Simmons (Hazelden Naples Found betes- 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 ationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. F di Glandt					Snack -
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Finding Hope:	SFPBS	(S)	(CC)	N/A	#101H
7:00:00						
	Preventing Disease and Staying Healthy Town Hall					
18:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#204H
Epis land		onald family is in for the surprise of th as well. In the episode, the team als	neir lives as t	their back	yard turr	ns into a
Epis land	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola code #204 THE MCDONALD FAMILY – PENSACOLA The McDo scape that's not only good for Florida but safe for their two dogs scape, how to protect the waterfront, and techniques on how to k Hope Is Here	onald family is in for the surprise of th as well. In the episode, the team als	neir lives as t	their back	yard turr	ns into a
Epis land land 18:30:00 Gina diag	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola code #204 THE MCDONALD FAMILY – PENSACOLA The McDo scape that's not only good for Florida but safe for their two dogs scape, how to protect the waterfront, and techniques on how to k	onald family is in for the surprise of th as well. In the episode, the team als keep a yard pet friendly. NETA otimistic desire to overcome and thriv	neir lives as t to unpacks w (S) ve despite a s	their back vorking wit (CC) stage 4 lu	yard turr th a slop N/A ng cance	ns into a bed #104H er
Epis land land 18:30:00 Gina diag only	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola sode #204 THE MCDONALD FAMILY – PENSACOLA The McDo iscape that's not only good for Florida but safe for their two dogs iscape, how to protect the waterfront, and techniques on how to k Hope Is Here Gina Hollenbeck a Hollenbeck is positive about life. Every day she lives with an op nosis. As a young mother of two boys, she forges ahead towards	onald family is in for the surprise of th as well. In the episode, the team als keep a yard pet friendly. NETA otimistic desire to overcome and thriv	neir lives as t to unpacks w (S) ve despite a s	their back vorking wit (CC) stage 4 lu	yard turr th a slop N/A ng cance	ns into a bed #104H er
Epis land land 18:30:00 Gina diag	Flip My Florida Yard (Sfpbs) Mcdonald Family - Pensacola sode #204 THE MCDONALD FAMILY – PENSACOLA The McDo scape that's not only good for Florida but safe for their two dogs scape, how to protect the waterfront, and techniques on how to k Hope Is Here Gina Hollenbeck a Hollenbeck is positive about life. Every day she lives with an op nosis. As a young mother of two boys, she forges ahead towards herself but for others who suffer from this deadly disease.	onald family is in for the surprise of th as well. In the episode, the team als keep a yard pet friendly. NETA otimistic desire to overcome and thriv s a vibrant and meaningful journey w	neir lives as t to unpacks w (S) ve despite a vith a mission	their back vorking wil (CC) stage 4 lu n to help fi	yard turr th a slop N/A ng canco ind a cur	#104H er re for not

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.

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 240 of 366 Tue, Feb 28, 2023 Title Cap Start Subtitle Distrib Stereo AS2 Episode 20:00:00 I Go Home APTEX (S) (CC) N/A #0H The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement. 21:00:00 Hippocrates Cafe: Reflections on the Pandemic APTEX (S) (CC) N/A #0H The hour-long documentary HIPPOCRATES CAFE: REFLECTIONS ON THE PANDEMIC features a collection of performances by artists who examine the impact of COVID-19 through music, art, animation, photography, story, poetry, and dance. Hosted by Dr. Jon Hallberg and Dr. Renee Crichlow, the documentary offers a range of perspectives on how COVID-19 has affected our lives. It also examines the various ways individuals have processed the trauma associated with the pandemic. 22:00:00 SFPBS Sex Talk with Dr. Lia (S) (CC)N/A #215H The Abcs of Lubricants There are many different lubricants available, but do you know which one is best for you? Plus, keeping your love life alive during and after menopause and how anxiety can affect your relationship. 22:30:00 Health Insiders SFPBS (CC) #1109H (S) N/A Focus: Arthritis exercise, functional medicine, depression 23:00:00 Doctor Q & A NETA (S) (CC)N/A #108H All About Your Skin APTEX 23:30:00 #1810H Second Opinion with Joan Lunden (S) (CC)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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 241 of 366

Title Subtitle All Health Go O-minute informational program, hosted by Sasha Rionda, presents viewers with an ir pacription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden The Cancer Spouse cancer is the most common cancer among women worldwide, and this diagnosis not nal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Commute informational program, hosted by Sasha Rionda, presents viewers with an ir pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	are digital ser to manage n APTEX t only brings p e. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	vices includii nedical costs (S) physical chal e of the cance is episode ta (S) test techniqu (S) ription of the vices includii	ng teleme (CC) Ilenges, b er patient akes on th (CC) ues to impl (CC) different s ng teleme	N/A services dicine N/A ut signifi feels the topic o N/A rove you N/A services	#1710H cant e impact or of "The #775H ur memory #0H
Subtitle All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir poscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden The Cancer Spouse cancer is the most common cancer among women worldwide, and this diagnosis not nal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r Spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden	SFPBS n-depth descr are digital ser to manage n APTEX t only brings p e. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	(S) ription of the vices includii nedical costs (S) physical chal e of the cance is episode ta (S) test techniqu (S) ription of the vices includii nedical costs	(CC) different s ng teleme (CC) llenges, b er patient akes on th (CC) ues to impl (CC) different s ng teleme	N/A services dicine N/A ut signifi feels the topic o N/A rove you N/A services dicine	#0H included i #1710H cant e impact o of "The #775H ur memory #0H included i
D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir oscription plan AllHealthGo has created to offer users access to a number of healthcat tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden The Cancer Spouse cancer is the most common cancer among women worldwide, and this diagnosis not nal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r Spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	n-depth descr are digital ser to manage n APTEX t only brings p c. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	ription of the vices includii nedical costs (S) physical chal e of the cance is episode ta (S) test techniqu (S) ription of the vices includii nedical costs	different s ng teleme (CC) llenges, b er patient akes on th (CC) ues to impo (CC) different s ng teleme	services dicine N/A ut signifi feels the le topic o N/A rove you N/A services dicine	included #1710H cant impact c of "The #775H ur memory #0H included
 biscription plan AllHealthGo has created to offer users access to a number of healthcatations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden The Cancer Spouse cancer is the most common cancer among women worldwide, and this diagnosis not nal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r Spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go Deminute informational program, hosted by Sasha Rionda, presents viewers with an ir poscription plan AllHealthGo has created to offer users access to a number of healthcatations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy 	are digital ser to manage n APTEX t only brings p e. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	vices includii nedical costs (S) physical chal e of the cance is episode ta (S) test techniqu (S) ription of the vices includii nedical costs	ng teleme (CC) Ilenges, bi er patient akes on th (CC) ues to impl (CC) different s ng teleme	N/A N/A ut signifi feels the topic o N/A rove you N/A services dicine	#1710H cant e impact c of "The #775H ar memory #0H included i
The Cancer Spouse cancer is the most common cancer among women worldwide, and this diagnosis not nal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r Spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an in pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	t only brings p e. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	ohysical chal e of the cance is episode ta (S) test techniqu (S) ription of the vices includia nedical costs	llenges, bi er patient akes on th (CC) les to impl (CC) different s ng teleme	ut signifi feels the le topic o N/A rove you N/A services dicine	cant e impact c of "The #775H ir memory #0H included i
cancer is the most common cancer among women worldwide, and this diagnosis not inal and psychological challenges, as well. It is something no one wants to face alone gnosis, and their support can be crucial to recovery. The couple goes through cancer r Spouse." Brain Health (Memory Tips) ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an in pscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	e. The spouse r together. Th SFPBS explain the lat SFPBS n-depth descr are digital ser to manage n APTEX	e of the cance is episode ta (S) test techniqu (S) ription of the vices includia nedical costs	er patient akes on th (CC) es to impl (CC) different s ng teleme	feels the topic of N/A rove you N/A services idicine	e impact c of "The #775H Ir memory #0H included i
ry, Learning, Concentration Focus: Henry Guzman and Nurse Rosemarie Schwitzer e g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir oscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	SFPBS n-depth descr are digital ser to manage n APTEX	(S) ription of the vices includin nedical costs	(CC) (GC) different s ng teleme	N/A N/A services dicine	r memory #0H included
g and concentration. All Health Go D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir oscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	SFPBS n-depth descr are digital ser to manage n APTEX	(S) ription of the vices includii nedical costs	(CC) different s ng teleme s.	N/A services dicine	#0H included in
D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir oscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	n-depth descr are digital ser to manage n APTEX	ription of the vices includio nedical costs	different s ng teleme s.	services dicine	included i
oscription plan AllHealthGo has created to offer users access to a number of healthca tations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy	are digital ser to manage n APTEX	vices includii nedical costs	ng teleme	dicine	
Vaccine Hesitancy		(S)	(CC)	N/A	#1808H
Mental Health (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1291H
hing you need to know to enjoy life - from balancing activities and efforts - to achievin	ig psychologi	cal and emot	tional well	lness.	
Spine & Back Care (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#776H
			()		
All Health Co	SEDDS	(8)		NI/A	#0H
D-minute informational program, hosted by Sasha Rionda, presents viewers with an ir oscription plan AllHealthGo has created to offer users access to a number of healthca	n-depth descr are digital ser	ription of the vices includi	different s	services	
Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1403H
Upper Back Strength					
0 ² 11 0			<i>y</i> ,		
Wai Lana Yoga Sit Awhile	APTEX	(S)	(CC)	N/A	#218H
The Mysteries of Mental Illness The New Frontiers	PBS	(S)	(CC)	N/A	#104H
	 e. Childhood vaccine rates continue to decrease in certain areas of the country, settil ack. Mental Health (Latest Tips) ning you need to know to enjoy life - from balancing activities and efforts - to achievir Spine & Back Care (Your Aching Back) Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease you All Health Go Oninute informational program, hosted by Sasha Rionda, presents viewers with an inscription plan AllHealthGo has created to offer users access to a number of healthcrations, emotional advice, second-opinion consultations, as well as a number of tools Second Opinion with Joan Lunden Vaccine Hesitancy e hesitancy continues to be an issue in the U.S., with COVID continually bringing this e. Childhood vaccine rates continue to decrease in certain areas of the country, settil ack. Classical Stretch: By Essentrics Upper Back Strength strong, flexible upper back in this full body Classical Stretch workout. The standing existing flexible back. Wai Lana Yoga Sit Awhile 	e. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for fack. Mental Health (Latest Tips) SFPBS ing you need to know to enjoy life - from balancing activities and efforts - to achieving psychologi Spine & Back Care (Your Aching Back) SFPBS Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back All Health Go SFPBS D-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth desci- scription plan AllHealthGo has created to offer users access to a number of healthcare digital ser rations, emotional advice, second-opinion consultations, as well as a number of tools to manage ri- Second Opinion with Joan Lunden APTEX Vaccine Hesitancy e hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light b. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for fack. Classical Stretch: By Essentrics APTEX Upper Back Strength strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will hest muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-us strong, flexible back. Wai Lana Yoga APTEX Wai Lana Yoga APTEX The Mysteries of Mental Illness PBS	 a. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly erad ack. Mental Health (Latest Tips) SFPBS (S) ing you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emo Spine & Back Care (Your Aching Back) SFPBS (S) Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back. All Health Go SFPBS (S) -minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the bacription plan AllHealthGo has created to offer users access to a number of healthcare digital services includi ations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs Second Opinion with Joan Lunden APTEX (S) Vaccine Hesitancy e hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not e. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly erad ack. Classical Stretch: By Essentrics APTEX (S) Upper Back Strength is full body Classical Stretch workout. The standing exercises will help improve test muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work strong, flexible back. Wai Lana Yoga APTEX (S) Sit Awhile The Mysteries of Mental Illness PBS (S) 	e. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated dis ack. Mental Health (Latest Tips) SFPBS (S) (CC) ning you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional well Spine & Back Care (Your Aching Back) SFPBS (S) (CC) Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back. All Health Go SFPBS (S) (CC) Dr.minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different ses scription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telement ations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. Second Opinion with Joan Lunden APTEX (S) (CC) Vaccine Hesitancy e hesitancy continues to be an issue in the U.S., with COVID continually bringing this topic to light. But it's not just abou e. Childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated dis ack. Classical Stretch: By Essentrics APTEX (S) (CC) Upper Back Strength trong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your post est muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire strong, flexible upper back in this full body Classical Stretch workout. The standing exercises will help improve your post est muscles. The floor exercises will strengthen the stabilizer hip muscles, and the isometric sit-ups will work the entire strong, flexible back. Wai Lana Yoga APTEX (S) (CC) Sit Awhile The Mysteries of Mental Illness PBS (S) (CC)	Mental Health (Latest Tips) SFPBS (S) (CC) N/A ning you need to know to enjoy life - from balancing activities and efforts - to achieving psychological and emotional wellness. Spine & Back Care (Your Aching Back) SFPBS (S) (CC) N/A Dr. Gosha Brusovanik explains the latest techniques for spine care to help ease your aching back. SFPBS (S) (CC) N/A All Health Go SFPBS (S) (CC) N/A -minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services socription plan AllHealthGo has created to offer users access to a number of healthcare digital services including telementiations, emotional advice, second-opinion consultations, as well as a number of tools to manage medical costs. N/A Second Opinion with Joan Lunden APTEX (S) (CC) N/A vaccine Hesitancy e 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 CO as childhood vaccine rates continue to decrease in certain areas of the country, setting us up for formerly eradicated diseases to ack. S (CC) N/A Upper Back Strength Itron, flexible upper back in this full body Classical Stretch workout. The standing exercises will work the entire tors to strong, flexible back. (S) (CC) N/A Wai Lana Yoga

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

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 242 of 366 Wed, Mar 01, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #802H See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness. 09.00.00 Medical Frontiers APTEX (CC) (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. 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 #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 NETA N/A Conscious Living (S)(CC)#112H Future Forward The Jetsons, Back to the Future, and the Minority Report all paint a fantastic picture of what the future will look like --flying self driving cars, anyone? But there are many ideas, innovations and communities that give us an experience of what a better future looks like right now. Buckle your seatbelts and take a leap forward with us as we visit sustainable Singapore. There we dig into its melting pot, which harmoniously integrates race, religion and culture into some of the tastiest street food in the world. In Indonesia we tap into our ancient roots to uncover pearls of wisdom for a better tomorrow. Then we ride on the cutting edge of the cruelty free movement in Italy, with a carbon zero vegan leather factory outfitting the world's top sports cars. 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 PBS Call The Midwife (S) (CC) N/A #802H See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness. 13:00:00 Call The Midwife PBS #803H (S) (CC)N/A Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect. 14:00:00 Health Insiders SFPBS (S)(CC) N/A #1010H 14:30:00 Health Insiders SFPBS (S) (CC) N/A #1011H 15:00:00 Smartlife SFPBS (CC) N/A #201H (S)

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

Wed, Mar 01, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 243 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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
Focu	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr.	Metee Comko	ornruecha, N	icklaus C	hildren's	s Hospital

Spinituality at the End of Life – Rev. Guillerno Escalona 2. What is vaping? – Dr. Metee Comkorn/decha, Nicklaus Children's Hospital
 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
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H

In the 1950s and '60s, the U.S. government conducted a series of nuclear tests in the Nevada desert. The resulting fallout would kick off a decades-long debate over cancer rates, the costs of patriotism, and the responsibility of a nation to protect its citizens. DOWNWINDERS AND THE RADIOACTIVE WEST chronicles the history of the testing program, and shares the stories of Utahans who lived downwind from the Nevada site. In reporting on these ongoing issues, the documentary explores how the legacy of nuclear testing continues to affect the country today.

18:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
19:00:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
19:30:00	Second Opinion with Joan Lunden	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."

20:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H	
More	than a decade and author and academic Gerda Saunders was diagnosed	with cerebral microvascular	Aseasih		or of d	ementia	In

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.

21:00:00 I Go Home

APTEX (S) (CC) N/A #0H

The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.

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.

Wed, Mar 01, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 244 of 366

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	inson's disease is a progressive neurological disorder for which there is no cure. We for ents' quality of life. It is developing a system to remotely diagnose patients who find it dif plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. T inson's disease by analyzing sebum.	ficult to visit t	he hospital b	ecause o	f their s	ymptoms.
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	#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.

Thu, Mar 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 245 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pres subscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital se	ription of the vices includi	different s		included
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about th -COVID symptoms.	e long-term health effects of the pe	eople who are	e suffering	I from de	bilitating
01:00:00	Sports Medicine (Self-Defense Tips)	SFPBS	(S)	(CC)	N/A	#777H
	ing-edge treatment and prevention of injuries related to sports an er, has some unique exercises and moves to address the growing			s: Jerome	Turner ,	gym
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pressubscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital se	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye		roughly 6.8	million peo	ople in th	ne United
03:00:00	Plastic/Cosmetic Surgery (Cell Phone Neck)	SFPBS	(S)	(CC)	N/A	#1293F
Dr. J	lacob Steiger discusses text neck.					
04:00:00	Primary Care (Dangerous Diseases)	SFPBS	(S)	(CC)	N/A	#780H
Russ	ction control: overview of major threats such as Ebola and Zika; a sell , Director of Infection Control and Prevention Services alerts cs of infection control.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, pres subscription plan AllHealthGo has created to offer users access to sultations, emotional advice, second-opinion consultations, as we	o a number of healthcare digital se	ription of the vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809F
	Alopecia Areata					
	ecia areata is a common autoimmune disorder that often results es and is one of the most requested topics from viewers every ye		rougnly 6.8	million peo	opie in tr	
06:00:00	Classical Stretch: By Essentrics Improve Your Posture	APTEX	(S)	(CC)	N/A	#1404H
moti	ock your spine by stretching and lubricating connective tissue in y on, your joints in your spine, hips and feet will feel liberated, mak posture at your own pace.			•		-
06:30:00	Wai Lana Yoga Breathe Away Your Stress	APTEX	(S)	(CC)	N/A	#219H
07:00:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#204H
land	Mcdonald Family - Pensacola ode #204 THE MCDONALD FAMILY – PENSACOLA The McDon scape that's not only good for Florida but safe for their two dogs a scape, how to protect the waterfront, and techniques on how to k	as well. In the episode, the team al				
07:30:00	Doctor O & A	ΝΕΤΔ	(S)		N1/A	#110H

07:30:00 Doctor Q & A NETA (S) (CC) N/A #110H The Battle Against Breast Cancer

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Thu, Mar 02, 2023 Title Subtitle Distrib Stereo Start 08:00:00 I Go Home APTEX (S) the struggles and triumphs of the disability rights movement. 09:00:00 Medical Frontiers APTEX (S) Visualizing Tiny Blood Vessels In 3d

AS2

Episode

Cap

(CC) N/A #0H The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on #109H (CC)N/A 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 (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. 11:00:00 NFTA (CC) N/A #501H Innovations In Medicine (S) PTSD, Spotting Skin Cancer, Varicose Veins, Mammography with new technology, Medical uses of CBD. 11:30:00 Hope Is Here NETA (S) (CC) #104H 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. 12:00:00 APTEX 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 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 APTEX Medical Frontiers (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 The Mysteries of Mental Illness PBS #104H (S) (CC)N/A The New Frontiers

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

Dete: 02/27/	WPBTHC			Deee	047	200
Date: 03/27/				Page	247 of	300
Thu, Mar	J2, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex	SFPBS	(S)	(CC)	N/A	#216H
	ies continue to highlight the many benefits of the physical act of intimacy, plus cular cancer, then a therapist discusses healing after sexual trauma.	s why self-exams are so	important i	n preventi	ng brea	st and
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	is- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BR MARCIO FAGUNDES Proton therapy & clinical trials	RUSOVANIK, patient: Sp	ine surgery	(Patient	story – F	Paola) 3.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#301H
	is: 1. Burns at home -First Aid and Prevention - Dr. Ricardo Castrellon 2. Thai y Schechter 4. Autism Overview -CARD Program - Silvia Gil & Yumina Myers					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
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#305H
	is: 1. Different Types of Procedure for Back Pain - Dr. Jose Mena 2. Exercise: ipational Therapy? - Vickie Zamora 4. Ask the Expert Segment - Dr. Jonathar					is
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#306H
16:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#308H
17:00:00	Gerda That Remains	APTEX	(S)	(CC)	N/A	#0H
THE Borr succ Gerc brair mov psyc	e than a decade ago, author and academic Gerda Saunders was diagnosed w GERDA THAT REMAINS, she embarks on a journey of self-discovery and in and raised in South Africa during the early years of apartheid, Gerda was sha ess in school carried over into a career of writing and teaching math, science, la's brain began to fail her. Her degenerative brain became a new space for s a suffers an additional insult, I have less brain power to puzzle out my remaining through her changing realities with intimacy and honesty in front of the carn hological experience as she navigates the loss of certain parts of her intellect articulates her experience of dementia with groundbreaking nuance, poetry ar	quiry as the effects of th aped by her academic e. , English, and gender stu tudy from a scientific and ng self," Gerda says. Fili nera. Observational foota ual identity in real time.	e illness be xperiences udies. But a d personal med over th age draws v	gin to unr and inqui t the prim perspectivne course viewers in	avel her sitive na e of her ⁄e. "Ever of six ye to her	identity. ture. Her life's work, ry time my ears, Gerda

Daily Program Listing II

18:00:00 I Go Home APTEX (S) (CC) N/A #0H The powerful one-hour documentary I GO HOME chronicles the role institutionalization played in the life of people with intellectual disabilities in 1960s America. Using the story of Pennhurst State School and Hospital in eastern Pennsylvania as an example of the abuse and neglect that was taking place on a national level, the program details how those with intellectual disabilities were treated in society, the resulting changes that were needed, and the community-based efforts in place today. Archival photos and footage along with interviews with people with intellectual disabilities, advocates, researchers, scientists, parents, social workers, and many more help raise awareness about the issue and shine a light on the struggles and triumphs of the disability rights movement.

19:00:00	Doctor Q & A Heart Attacks and Strokes	NETA	(S)	(CC)	N/A	#111H
19:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	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.

Thu, Mar 02, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 248 of 366

	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
20:00:00	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 Neva ades-long debate over cancer rates, the costs of patriotism, and the responsibility of a n RADIOACTIVE WEST chronicles the history of the testing program, and shares the standard reporting on these ongoing issues, the documentary explores how the legacy of nuclear tests is the second se	ation to prote ories of Utaha	ct its citizens	s. DOWN\ d downwir	WINDEF	RS AND the Nevada
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#104H
	The New Frontiers					
	at today's most cutting-edge treatments, based on the latest understanding of mental ulation surgery, infusions of ketamine and modern electro-convulsive therapy.	illness, with p	rofiles of pat	tients und	ergoing	deep brain
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#216H
	The Health Benefits of Sex					
	lies continue to highlight the many benefits of the physical act of intimacy, plus why self cular cancer, then a therapist discusses healing after sexual trauma.	-exams are s	o important i	in prevent	ing brea	st and
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	us- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVAN MARCIO FAGUNDES Proton therapy & clinical trials	IIK, patient: S	pine surgery	y (Patient	story – I	Paola) 3.
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	#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.

Fri, Mar 03, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 249 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number ultations, emotional advice, second-opinion consultations, as well as a numl	of healthcare digital service	ption of the vices includi	different s		included i
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 co r high-income countries in the world. And behind these statistics lie startling en of color.					
01:00:00	Maternity Care (Pregnancy Tips)	SFPBS	(S)	(CC)	N/A	#782H
	ything you need to know about pregnancy, childbirth and post-partum care. the latest updates on current birth control options and family planning.	Focus: Dr. Victoria Bede	l, Dr.Sarah I	Bedell and	d Dr. Joa	inna Bede
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number ultations, emotional advice, second-opinion consultations, as well as a numl	of healthcare digital serv	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans s they can prevent developing memory issues of any kind. There is a promis ng at what we can do to keep our brain healthy.					
03:00:00	Health Trends (Hernia Help)	SFPBS	(S)	(CC)	N/A	#1295H
Dr. G	Gonzalez Ramos discusses minimally invasive and robotic surgery treatment	t options for hernias.				
04:00:00	Staying Healthy (Yoga Lifestyle)	SFPBS	(S)	(CC)	N/A	#785H
	ase prevention and healthy lifestyle info. Focus: Yoga expert and teacher Le how to get started.	eslie Glickman shows us	the benefits	of Yoga a	against c	lisease,
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewer subscription plan AllHealthGo has created to offer users access to a number ultations, emotional advice, second-opinion consultations, as well as a number of the second secon	of healthcare digital service	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans s they can prevent developing memory issues of any kind. There is a promis ng at what we can do to keep our brain healthy.					
06:00:00	Classical Stretch: By Essentrics Leg Toning	APTEX	(S)	(CC)	N/A	#1405H
lowe	ase joint tension and activate the stabilizer muscles in your core and legs, w r body. By working gently yet effectively, you'll also liberate your hips, which floor workout will leave your body feeling energized throughout the day.	hile you stretch and stre will help improve your g	ngthen all 6 ait and balai	50 muscle nce. This	es and to full-body	ne your standing
06:30:00	Wai Lana Yoga Do It All!	APTEX	(S)	(CC)	N/A	#220H
	The Mysteries of Mental Illness	PBS	(6)		N1/A	#104H
07:00:00	The Wysteries of Merital Inness	FD3	(S)	(CC)	N/A	#10411

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

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 250 of 366 Fri, Mar 03, 2023 Title Subtitle Distrib Stereo Cap AS2 Start 08:00:00 Call The Midwife PBS (S) (CC) N/A See how Lucille assists an elderly hoarder struggling to keep her independence, and how Sister Hilda and the team work hard to help a Ghanaian family with an undiagnosed illness. 09.00.00 APTEX Medical Frontiers (S) (CC)N/A 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 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 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.

Episode

#802H

#111H

#112H

#1703H

#204H

N/A

10:30:00 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.

SFPBS

(S)

(CC)

11:00:00 Flip My Florida Yard (Sfpbs)

addiction

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	#107H
	Minimally Invasive Lung Cancer Treatment					
pat one	ung cancer surgery, it's common practice worldwide to remove a large area of the ient's quality of life post-surgery. Japanese doctors have developed a procedure the e case, the surgery took an hour and less than a spoonful of blood was lost. The patek. We report on the innovative method and its potential.	nat involves removing	only a sn	nall amoun	t of the	lung. In
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#802H
	e how Lucille assists an elderly hoarder struggling to keep her independence, and nily with an undiagnosed illness.	how Sister Hilda and	the team	work hard	to help	a Ghanaiar
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#803H
	op by the clinic, where the Turners oversee a measles vaccination trial while the teauggling mother accept her son's birth defect.	am prepare for the W	hitsun bar	nk holiday.	Valerie	helps a
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1015H
Foo	cus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MA	RTINEZ Erectile Dyst	function 3.	DR. DAN	IEL BO	BER Opioid

Fri, Mar 03, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 251 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#401H
	us: 1. Flu Season-How to Stay Healthy - Dr. Yvonne Johnson 2. When to G dren's Hospital 4. Diabetes - Dr. Paul Jellinger 5. Identifying Eating Disorde		Johnson 3. S	Scoliosis ir	n Teens	- Nicklau
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#402H
15:32:00	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
Carc	us: 1. Horse therapy to work through relationships - Dr. Shelley Green 2. Se diovascular Risks - Dr. Jonathan Fialkow 4. Gua Sha - Dr. Vladimir Turovsk rcise - 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	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
	RADIOACTIVE WEST chronicles the history of the testing program, and s In reporting on these ongoing issues, the documentary explores how the le					
18:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Thro Sele men	Art + Medicine: Healthy Aging bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a nameab. The hour-long program focuses on the four M's framework: "Mobili hory), "Medication" and "what Matters" to older adults. The program offers v g and improve one's quality of life.	APTEX around aging with co-host ty," "Mentation" (or more of	(S) s Drs. Jon H commonly th	(CC) allberg an ought of a	N/A d Tsega s mood	#0H anesh and
Thro Sele men agin	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a sameab. The hour-long program focuses on the four M's framework: "Mobili hory), "Medication" and "what Matters" to older adults. The program offers v	APTEX around aging with co-host ty," "Mentation" (or more of	(S) s Drs. Jon H commonly th	(CC) allberg an ought of a	N/A d Tsega s mood	#0H anesh and
Thro Sele men agin	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a sameab. The hour-long program focuses on the four M's framework: "Mobili nory), "Medication" and "what Matters" to older adults. The program offers was and improve one's quality of life.	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar	(S) s Drs. Jon H commonly th t and medici	(CC) allberg an ought of a ine can he	N/A d Tsega s mood lp prom	#0H anesh and ote health
Thro Sele men agin 19:00:00	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a mameab. The hour-long program focuses on the four M's framework: "Mobili nory), "Medication" and "what Matters" to older adults. The program offers v g and improve one's quality of life.	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar	(S) s Drs. Jon H commonly th t and medici	(CC) allberg an ought of a ine can he	N/A d Tsega s mood lp prom	#0H anesh and ote health
Thro Sele men agin 19:00:00 19:30:00	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a mameab. The hour-long program focuses on the four M's framework: "Mobili hory), "Medication" and "what Matters" to older adults. The program offers w g and improve one's quality of life. Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar NETA APTEX	(S) s Drs. Jon H commonly th t and medici (S) (S)	(CC) allberg an ought of a ine can he (CC) (CC)	N/A d Tsega s mood lp prom N/A N/A	#0H anesh and ote health #101H #1802H
Thro Sele men agin 19:00:00 19:30:00 Preg othe	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a mameab. The hour-long program focuses on the four M's framework: "Mobili nory), "Medication" and "what Matters" to older adults. The program offers w g and improve one's quality of life. Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar NETA APTEX complications related to pr	(S) s Drs. Jon H commonly th t and medici (S) (S) regnancy or	(CC) allberg an ought of a ne can he (CC) (CC) childbirth f	N/A d Tsega s mood lp prom N/A N/A than tho	#0H anesh and ote health #101H #1802H se in mos
Sele men agin 19:00:00 19:30:00 Preg othe	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a mameab. The hour-long program focuses on the four M's framework: "Mobili hory), "Medication" and "what Matters" to older adults. The program offers w g and improve one's quality of life. Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from o r high-income countries in the world. And behind these statistics lie startling	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar NETA APTEX complications related to pr	(S) s Drs. Jon H commonly th t and medici (S) (S) regnancy or	(CC) allberg an ought of a ne can he (CC) (CC) childbirth f	N/A d Tsega s mood lp prom N/A N/A than tho	#0H anesh and ote healt #101H #1802H se in mo
Thro Sele men agin 19:00:00 19:30:00 Preg othe worr 20:00:00 Life unde with histo and that from Devo socie	an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a mameab. The hour-long program focuses on the four M's framework: "Mobili hory), "Medication" and "what Matters" to older adults. The program offers w g and improve one's quality of life. Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from o r high-income countries in the world. And behind these statistics lie startling then of color.	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar NETA APTEX complications related to pro- g racial disparities in the con- APTEX ellectual and development intary that takes an intimative face as well as insight fults and their families, film ve. Viewers see each fam film also offers profession i Flores, an advocacy spet and Human Development Planning; professor Jorge	(S) s Drs. Jon H commonly th t and medici (S) (S) regnancy or are, treatme (S) tal disabilitie te look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	(CC) allberg an ought of a ine can he (CC) (CC) childbirth f nt, and he (CC) es (I/DD) a he lives of ng national ts from the ve and his he Strong Carey, dis	N/A d Tsega s mood lp prom N/A N/A N/A than tho alth outo N/A re not fu six adu l experts sir every in a unic storical c Center sability a	#0H anesh and ote healt #101H #1802H se in mo comes fo #0H ully lts living s and rday lives jue way context for activism
Thro Sele men agin 19:00:00 19:30:00 Preg othe worr 20:00:00 Life unde with histo and that from Devo socie	 bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues a sameab. The hour-long program focuses on the four M's framework: "Mobilitiory), "Medication" and "what Matters" to older adults. The program offers were grand improve one's quality of life. Doctor Q & A Stomach Pain, Reflux Disease and Ibs Second Opinion with Joan Lunden Racial Disparities In Maternal Health gnant women in the United States are more than twice as likely to die from or r high-income countries in the world. And behind these statistics lie startling ten of color. A Good Life is full of joys and struggles. But the experiences of individuals living with interstood or appreciated by everyone. A GOOD LIFE is an hour-long docume l/DD and their families. The film shares the challenges and opportunities the providing the opportunity to share their stories from a first-person perspection is specific to the time period and constructs into which they were born. The experts, including Dan Meyers, Al Sigl Community president emeritus; Jein elopmental Disabilities; professor Tamar Heller of the Institute on Disability pologist, professor, and author; Nicole VanGorder of Upstate Special Needs 	APTEX around aging with co-host ty," "Mentation" (or more of iewers insight into how ar NETA APTEX complications related to pro- g racial disparities in the con- APTEX ellectual and development intary that takes an intimative face as well as insight fults and their families, film ve. Viewers see each fam film also offers profession i Flores, an advocacy spet and Human Development Planning; professor Jorge	(S) s Drs. Jon H commonly th t and medici (S) (S) regnancy or are, treatme (S) tal disabilitie te look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	(CC) allberg an ought of a ine can he (CC) (CC) childbirth f nt, and he (CC) es (I/DD) a he lives of ng national ts from the ve and his he Strong Carey, dis	N/A d Tsega s mood lp prom N/A N/A N/A than tho alth outo N/A re not fu six adu l experts sir every in a unic storical c Center sability a	#0H anesh and ote healt #101H #1802H se in mo comes fo #0H Illy Ills living s and rday lives jue way context for activism

Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.

	Daily Program Listing II WPBTHC									
Date: 03/27/2023 01/01/2023 - 03/31				Page	252 of	of 366				
Fri, Mar 0	3, 2023									
	Title									
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode				
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#111H				
	Superfoods In Shiga - A Diet Influenced By Buddhism									
dishe	The area is home to many temples. Buddhism gave rise to Shojin Ryori, a cuisin as with such ingredients are common in Shiga. Kanpyo prevents lifestyle disease g. We introduce easy recipes using these foods and soy milk. Medical Frontiers									
	Japan's Best Hospital for Parkinson's Disease									
patier The p	inson's disease is a progressive neurological disorder for which there is no cure. nts' quality of life. It is developing a system to remotely diagnose patients who fir plan is to collect 3D data on patients' movements to aid AI in diagnosing the diso inson's disease by analyzing sebum.	nd it difficult to visit the	e hospital b	because of	f their sy	/mptoms.				
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 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.

Adapto The Coyote

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 253 of 366

10. 00/LI/				. ugo	200 0.	000
Sat, Mar (04, 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 i subscription plan AllHealthGo has created to offer users access to a number of healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included in
00:30:00	Second Opinion with Joan Lunden 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.	s a very com	mon procedu	re. This p	rocedur	e is 94-
01:00:00	Staying Healthy (Supermom Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#786H
	ase prevention and healthy lifestyle info. Focus: Sandi Glandt, fitness expert, spotlight ie importance of Supermom staying healthy, so Moms can take care of everyone else.	s her Miracle	Mom Mornin	g. The we	llness g	uru shows
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 healthc ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
Neve dispa 03:00:00	ices and often receive lower-quality care. Addressing health disparities is increasingly or 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. Sports Medicine (Shoulder Issues) Derek Papp and Philip DePaola discuss shoulder pathology. Focus: Dislocations, tendi itis.	mic of COVID	-19. This epi (S)	sode exar (CC)	nines th N/A	e racial #1297H
04:00:00	Kids & Teens (Kids Headaches)	SFPBS	(S)	(CC)	N/A	#787H
Spec	cialists share their expertise on how to care for children from birth through young adult loods for dealing with migraines and headaches in kids and teenagers.		. ,	. ,		
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	ng teleme		included ir
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 die sooner than white people. Compared with whites, members of racial and ethnic mini- ices and often receive lower-quality care. Addressing health disparities is increasingly er has the disparity in access to healthcare become more obvious than with the pander arities that exist in health and healthcare in the U.S.	norities are les mportant as c	ss likely to re our populatio	ceive pre n become	ventive l s more	health diverse.
06:00:00	Alma's Way Chacho Gets A Bath/Frankie's Four Feet	PBS	(S)	(CC)	DVI	#128H
06:30:00	Scigirls Flower Power	PBSPL	(S)	(CC)	DVI	#302H
	irls spring into action! Minnesota sixth-grader Jordan gathers her girls to track change brates by creating a sculpture and a time-lapse video of the season's arrival.	s in flowers ar	nd plants as	spring em	erges, a	ind
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#613H

Sat, Mar 04, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 254 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Getting A Good Night's Sleep	NETA	(S)	(CC)	N/A	#107H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7601H

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

08:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7602H
08:24:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7603H
08:35:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7604H
08:47:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7605H
08:58:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7606H
09:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#7607H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#7608H
09:34:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#7609H
09:46:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#7610H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#7801H

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

10:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#7802H
10:23:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#7803H
10:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#7804H
10:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#7805H
10:55:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#7806H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 255 of 366

Sat, Mar 04, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:06:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#7807H
	Segment 7					
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	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 Teenager e issues affecting our children and offer practical advice based on research.					
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	#215H
	The Abcs of Lubricants					
	e are many different lubricants available, but do you know which one is best for you? opause and how anxiety can affect your relationship.	Plus, keeping	your love life	alive duri	ing and a	after
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. Ui	is: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Longwill 2. Horse the nderstanding Addiction - Dan Simmons (Hazelden Naples Foundation) 4. CPR Trainine etes- 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	is: 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 di Glandt					Snack -
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around agi					

Through an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging with co-hosts Drs. Jon Hallberg and Tseganesh Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 256 of 366

Start	Title					
	Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#104H
	Gina Hollenbeck					
diag	Hollenbeck is positive about life. Every day she lives with an opti- nosis. As a young mother of two boys, she forges ahead towards herself but for others who suffer from this deadly disease					
18:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#204H
	Mcdonald Family - Pensacola					
land	ode #204 THE MCDONALD FAMILY – PENSACOLA The McDon scape that's not only good for Florida but safe for their two dogs a scape, how to protect the waterfront, and techniques on how to ke	s well. In the episode, the team als				
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	#1803H
	Heart Valve Replacement					
	t valve replacement is an area in medicine which has made great effective and can drastically increase the life expectancy of the pa		non procedu	ıre. This p	rocedure	e is 94-
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
21:00:00	Downwinders and the Radioactive West	APTEX	(S)	(CC)	N/A	#0H
In th deca THE	Downwinders and the Radioactive West e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h	lear tests in the Nevada desert. Th e responsibility of a nation to prote m, and shares the stories of Utaha	e resulting fa ot its citizens ans who lived	allout wou s. DOWN\ d downwir	Id kick c NINDEF nd from t	off a RS AND he Nevad
In th deca THE	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra	lear tests in the Nevada desert. Th e responsibility of a nation to prote m, and shares the stories of Utaha	e resulting fa ot its citizens ans who lived	allout wou s. DOWN\ d downwir	Id kick c NINDEF nd from t	off a RS AND he Nevada
In th deca THE site. 22:00:00 Ther	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing co SFPBS	e resulting fa ct its citizens ans who lived ontinues to a (S)	allout wou s. DOWN d downwir ffect the c (CC)	Ild kick c WINDEF nd from t country t N/A	ff a RS AND he Nevad oday. #215H
In th deca THE site. 22:00:00 Ther	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia The Abcs of Lubricants e are many different lubricants available, but do you know which o	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing co SFPBS	e resulting fa ct its citizens ans who lived ontinues to a (S)	allout wou s. DOWN d downwir ffect the c (CC)	Ild kick c WINDEF nd from t country t N/A	ff a RS AND he Nevada oday. #215H
In th deca THE site. 22:00:00 Ther men 22:30:00	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia The Abcs of Lubricants e are many different lubricants available, but do you know which o opause and how anxiety can affect your relationship.	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing of SFPBS one is best for you? Plus, keeping	e resulting fa ct its citizens ans who lived ontinues to a (S) your love life	allout wou s. DOWN d downwir ffect the c (CC) alive duri	Id kick c WINDEF nd from t country t N/A ing and a	ff a RS AND he Nevada oday. #215H after
In th deca THE site. 22:00:00 Ther men 22:30:00	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia The Abcs of Lubricants e are many different lubricants available, but do you know which o opause and how anxiety can affect your relationship. Health Insiders	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing of SFPBS one is best for you? Plus, keeping	e resulting fa ct its citizens ans who lived ontinues to a (S) your love life	allout wou s. DOWN d downwir ffect the c (CC) alive duri	Id kick c WINDEF nd from t country t N/A ing and a	ff a SS AND he Nevad oday. #215H after
In th deca THE site. 22:00:00 Ther men 22:30:00 Focu	e 1950s and '60s, the U.S. government conducted a series of nuc ides-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia The Abcs of Lubricants e are many different lubricants available, but do you know which o opause and how anxiety can affect your relationship. Health Insiders is: Arthritis exercise, functional medicine, depression	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing co SFPBS one is best for you? Plus, keeping to SFPBS	e resulting fa ct its citizens ans who lived ontinues to a (S) your love life (S)	allout wou s. DOWN d downwir ffect the c (CC) alive duri (CC)	ld kick c WINDEF nd from t country t N/A ng and a N/A	ff a RS AND he Nevad oday. #215H after #1109H
In th deca THE site. 22:00:00 Ther men 22:30:00 Focu	e 1950s and '60s, the U.S. government conducted a series of nuc des-long debate over cancer rates, the costs of patriotism, and th RADIOACTIVE WEST chronicles the history of the testing progra In reporting on these ongoing issues, the documentary explores h Sex Talk with Dr. Lia The Abcs of Lubricants e are many different lubricants available, but do you know which o opause and how anxiety can affect your relationship. Health Insiders is: Arthritis exercise, functional medicine, depression Doctor Q & A	lear tests in the Nevada desert. The e responsibility of a nation to prote im, and shares the stories of Utaha how the legacy of nuclear testing co SFPBS one is best for you? Plus, keeping to SFPBS	e resulting fa ct its citizens ans who lived ontinues to a (S) your love life (S)	allout wou s. DOWN d downwir ffect the c (CC) alive duri (CC)	ld kick c WINDEF nd from t country t N/A ng and a N/A	ff a RS AND he Nevad oday. #215H after #1109H

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.

Sun, Mar 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 257 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	iption of the vices includir	different s		included
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cand	diagnosis and treatment of lung cancer has been one of the most hopefucer screening guidelines allow for the screening for younger individuals wonger a death sentence.					
01:00:00	Brain Health (Memory Tips)	SFPBS	(S)	(CC)	N/A	#775H
	nory, Learning, Concentration Focus: Henry Guzman and Nurse Rosemaning and concentration.	rie Schwitzer explain the lat	est techniqu	es to impr	rove you	ir memory
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	iption of the vices includir	different s		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
vacc	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
03:00:00	Mental Health (Latest Tips)	SFPBS	(S)	(CC)	N/A	#1291H
Ever	rything you need to know to enjoy life - from balancing activities and effor	ts - to achieving psychologic	cal and emot	ional well	ness.	
04:00:00	Spine & Back Care (Your Aching Back)	SFPBS	(S)	(CC)	N/A	#776H
Focu	us: Dr. Gosha Brusovanik explains the latest techniques for spine care to	help ease your aching back	ζ.			
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital service	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continua cine. Childhood vaccine rates continue to decrease in certain areas of the eback.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#129H
	All About Alma/Alma's Playdate on Alma is consumed with her starring role in a musical, she doesn't unde ome during a playdate at the Rivera house.	erstand why her friends aren	't happy for I	ner. / Alma	a helps l	Harper fee
06:30:00	Scigirls Skygirls	PBSPL	(S)	(CC)	DVI	#303H
	inia SciGirls Emma, Lauren and Madison have the ultimate "stratus upda and and compare their data with satellite images, ultimately creating a "m			ley identif	y clouds	from the
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#302H

uncovers an unlikely animal partner that could ultimately lead either team to victory...or defeat.

Sun, Mar 05, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 258 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

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

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

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

Sun, Mar 05, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:09:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#1607H
11:21:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#1608H
11:32:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#1609H
11:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#1610H
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#802H
	how Lucille assists an elderly hoarder struggling to keep here y with an undiagnosed illness.	er independence, and how Sister Hilda an	id the team v	vork hard	to help a	a Ghanaia
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#803H
	by the clinic, where the Turners oversee a measles vaccir gling mother accept her son's birth defect.	nation trial while the team prepare for the V	Whitsun banl	k holiday.	Valerie	helps a
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1010H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1011H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#201H
	is: 1. Hidden Signs of Heart Disease - Dr. Jonathan Fialkov Martin and patient Tracy 4. OTC Treatments for Hair Res					
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 Escalo sk The Expert Segment – Dan Simmons -Hazelden Betty F · Vargas					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H

emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 260 of 366

Sun, Mar (•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
18:30:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
NFL Many Carri have this a play	hour documentary about the first wheelchair football league in Buffalo, NY. The leagu Foundation and the Bob Woodruff Foundation. The team is made up of athletes who y, like David Cross have served our country. Cross was injured while in the military. H play physical sports," he said. "I tried golf, it was too boring. Getting out there and pla e Frank, playing sports has provided her purpose. "When you're able to play stand-up to forgive sport and then you have to drive on," she said. "Without the Greater Adapt as adults." The team was assembled last season by Norm Page, the President of the against 11 other teams across the country this season, in two separate tournaments i to come home with a trophy, the ability to play this sport is a priceless gift players like	live with disabil le was hit by an ying competitiv o sport for such ive Buffalo Spo Greater Buffalo in Chicago and	lities. Each p IED, and lo ely is everyt a long time orts Program Adaptive S Salt Lake C	blayer has ost his leg hing to me , and then , we would ports Proc ity. While	a differe as a res e." For L you car dn't be a gram. Th these pl	ent story. ult. "I car J.S Veter n't, you uble to do ne team v
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 Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cand	diagnosis and treatment of lung cancer has been one of the most hopeful advances ir er screening guidelines allow for the screening for younger individuals with less of a s nger a death sentence.					
20:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around agir ameab. The hour-long program focuses on the four M's framework: "Mobility," "Menta ory), "Medication" and "what Matters" to older adults. The program offers viewers insi g and improve one's quality of life.	tion" (or more o ight into how ar	commonly th t and medic	nought of a ine can he	as mood	and
21:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and that from Deve socio	s full of joys and struggles. But the experiences of individuals living with intellectual ar rstood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that the I/DD and their families. The film shares the challenges and opportunities they face as rians in the field. The film's producers embedded themselves with these adults and the providing the opportunity to share their stories from a first-person perspective. Viewer s specific to the time period and constructs into which they were born. The film also o experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, and elopmental Disabilities; professor Tamar Heller of the Institute on Disability and Huma plogist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; per for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Dis-	takes an intima well as insights eir families, filn s see each fam ffers profession n advocacy spe n Development professor Jorge	te look into t s from leadir ning momen nily dealing v nal perspect ecialist with t t; Dr. Allison	the lives on the national ts from the vith aging ive and his the Strong Carey, dis	f six adu I experts eir every in a unic storical o Center sability a	Its living s and vday lives que way context for activism
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#216H
	The Health Benefits of Sex					
	ies continue to highlight the many benefits of the physical act of intimacy, plus why se cular cancer, then a therapist discusses healing after sexual trauma.	elf-exams are so	o important i	in preventi	ing brea	st and
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1012H
	s- 1. DR. JOHN MARTIN Cosmetic injections gone wrong 2. DR. GOSHA BRUSOVA MARCIO FAGUNDES Proton therapy & clinical trials	NIK, patient: S	pine surgery	y (Patient :	story – F	Paola) 3.
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 Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

_

Mon, Mar 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 261 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital ser	ription of the vices includir	different s		included
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid em sidered the next pandemic, antibiotic resistance is a threat to glo		dangering th	e efficacy	of antib	piotics.
01:00:00	Sports Medicine (Self-Defense Tips)	SFPBS	(S)	(CC)	N/A	#777H
	ting-edge treatment and prevention of injuries related to sports an iter, has some unique exercises and moves to address the growing		tness. Focus	: Jerome	Turner	, gym
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata					
	becia areata is a common autoimmune disorder that often results tes and is one of the most requested topics from viewers every ye		roughly 6.8 ı	million peo	ople in tl	ne United
03:00:00	Plastic/Cosmetic Surgery (Cell Phone Neck)	SFPBS	(S)	(CC)	N/A	#1293H
Dr.	Jacob Steiger discusses text neck.					
04:00:00	Primary Care (Dangerous Diseases)	SFPBS	(S)	(CC)	N/A	#780H
Rus	ction control: overview of major threats such as Ebola and Zika; a sell , Director of Infection Control and Prevention Services alerts ics of infection control.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, pre- subscription plan AllHealthGo has created to offer users access sultations, emotional advice, second-opinion consultations, as we	to a number of healthcare digital ser	vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809H
Alor	Alopecia Areata becia areata is a common autoimmune disorder that often results	in unpredictable hair loss. It affects	roughly 6.8 i	million per	ople in tl	he United
Stat	tes and is one of the most requested topics from viewers every ye	ear.	rouginy e.e.	ninen per		
	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1406H
	Upper Back & Posture					
06:00:00 Incr isola sede	-	ect imbalances due to weaknesses	that often occ	cur after a	n injury	or a
06:00:00 Incr isola sede impl	Upper Back & Posture ease your range of motion in your hips and shoulders to strength ation exercises are done to stabilize muscles and joints, and corr entary lifestyle. Combined with large sweeping movements, this is	ect imbalances due to weaknesses	that often occ	cur after a	n injury	or a
06:00:00 Incr isola sede	Upper Back & Posture ease your range of motion in your hips and shoulders to strength ation exercises are done to stabilize muscles and joints, and corr entary lifestyle. Combined with large sweeping movements, this rove your overall posture.	ect imbalances due to weaknesses rejuvenating workout will rebalance	that often occ your body, lik	cur after a berate you	n injury Ir should	or a lers and
06:00:00 Incr isola seda impl	Upper Back & Posture ease your range of motion in your hips and shoulders to strength ation exercises are done to stabilize muscles and joints, and corr entary lifestyle. Combined with large sweeping movements, this is rove your overall posture. Wai Lana Yoga	ect imbalances due to weaknesses rejuvenating workout will rebalance	that often occ your body, lik	cur after a berate you	n injury Ir should	or a lers and

Seleameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation" (or more commonly thought of as mood and memory), "Medication" and "what Matters" to older adults. The program offers viewers insight into how art and medicine can help promote healthy aging and improve one's quality of life.

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 262 of 366 Mon, Mar 06, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #803H Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect. 09.00.00 APTEX (S) (CC) Medical Frontiers 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. APTEX 09:30:00 Medical Frontiers (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 #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. 10:30:00 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. 11:00:00 **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. 11:30:00 APTEX Medical Frontiers (S) (CC) 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. 12:00:00 PBS (CC) N/A #803H Call The Midwife (S) Stop by the clinic, where the Turners oversee a measles vaccination trial while the team prepare for the Whitsun bank holiday. Valerie helps a struggling mother accept her son's birth defect. 13:00:00 Call The Midwife PBS (S) (CC) N/A #804H Witness the team's attempt to reunite an estranged mother and daughter who are both pregnant. Trixie's friend is devastated to discover she is pregnant. 14:00:00 Health Insiders SFPBS (S) (CC) N/A #1016H Focus- 1. DR. GOSHA BRUSOVANIK Spine surgery & gimmicks 2. DR. DANIEL MARTINEZ Erectile Dysfunction 3. DR. DANIEL BOBER Opioid addiction SEPBS 14:30:00 #1018H Health Insiders (S) (CC) N/A Focus - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpartum depression & massage therapy 3. JASMIN

TERRANY Self love

Mon, Mar 06, 2023

Page 263 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#501H
	us: 1. Physical Activity & Kids - Dr. Scarlet Constant 2. Avoiding Chil lerick Chaleff 4. Car Seat Proper Setting - Lt. Tony Armijo -Fire stati			nen and H	leart Dis	ease - Dr.
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#502H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#503H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#505H
	us: 1. Hand Arthritis - Dr. Elizabeth Ouellette 2. Occupational Therap ez-Quintairos 4. An Alternative to Facelift - Dr. John Martin 5. What is					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
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	rn how humans begin life as a single cell and, over the course of a li overies that can help humans live longer, healthier lives.	fetime, grow into beings of more	than 37 trillio	on cells. P	'lus, exp	lore new
19:00:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
19:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance misuse and overuse of antibiotics is contributing to the rapid emerge sidered the next pandemic, antibiotic resistance is a threat to global		dangering th	e efficacy	of antib	iotics.
20:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and that from Deve socio	is full of joys and struggles. But the experiences of individuals living erstood or appreciated by everyone. A GOOD LIFE is an hour-long of I/DD and their families. The film shares the challenges and opportun orians in the field. The film's producers embedded themselves with the providing the opportunity to share their stories from a first-person per is specific to the time period and constructs into which they were bo a experts, including Dan Meyers, AI Sigl Community president emerite elopmental Disabilities; professor Tamar Heller of the Institute on Di- ologist, professor, and author; Nicole VanGorder of Upstate Special ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for	documentary that takes an intima nities they face as well as insight hese adults and their families, fill erspective. Viewers see each fan rm. The film also offers professio tus; Jeiri Flores, an advocacy spi sability and Human Developmen Needs Planning; professor Jorg	te look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	the lives on the national ts from the vith aging tive and his he Strong Carey, dis	f six adu al experts eir every in a unio storical o Center sability a	ults living s and /day lives que way context for activism
21:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at i eameab. The hour-long program focuses on the four M's framework: nory), "Medication" and "what Matters" to older adults. The program g and improve one's quality of life.	"Mobility," "Mentation" (or more	commonly th	ought of a	as mood	and
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid 10 with Kampa Modicino					

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.

Mon, Mar 06, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 264 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
US\$	ases that are difficult to detect in their early stages. It's becoming popular among foreign 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changir recipes that are effective against lifestyle diseases.					
US\$	1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by changir					
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	#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.

_

Tue, Mar 07, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 265 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nurr sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital ser	iption of the vices includi	different s		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 a betes.	reas of work is to stop pre-d	iabetes from	n turning ir	nto full-fl	edged
01:00:00	Healthy Living (Heart Disease and Women)	SFPBS	(S)	(CC)	N/A	#790H
	lical experts share the essential factors of a healthy lifestyle. Focus: Dr. I at to women and heart disease.	Bernie Silverstein, cardiologi	st explains v	vhat Angir	na is, an	d the real
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703H
	Alzheimer's: A Public Health Crisis					
disc 03:00:00	to our healthcare system, it takes an emotional toll on families as they c usses Alzheimer's Disease from a caregiver and a public health perspec Kids & Teens (Infant Heart Help)	tive. SFPBS	(S)	(CC)	N/A	nis episodo #1302H
Dr. M	Madaleen Mas discusses the fetal cardiology program at South Miami Ho	ospital. Focus: Common ped	iatric heart c	conditions.		
04:00:00	Staying Healthy (Thyroid Tips)	SFPBS	(S)	(CC)	N/A	#791H
Dise cano	ease prevention and healthy lifestyle info. Focus: Dr.Lara Paraskos bring cer.	s up the growing problem of	thyroid nodu	les which	i can lea	d to thyroi
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a nun sultations, emotional advice, second-opinion consultations, as well as a r	ber of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	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 er word, globally the number of people diagnosed is expected to double er to our healthcare system, it takes an emotional toll on families as they c usses Alzheimer's Disease from a caregiver and a public health perspec	every 20 years. Not only doe are for their loved ones, whil	s Alzheimer'	s come wi	ith a trer	nendous
06:00:00	Classical Stretch: By Essentrics Back Pain Relief	APTEX	(S)	(CC)	N/A	#1407H
you'	ing the spine in all directions, the way it was designed to move, can help Il relieve tension in the lower back with posture and hip isolation exercise istrings to help keep you pain-free!					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#222H
	Stiff Knees and Tight Shoulders?					
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#603H
	Red Rock Sunset					
Basl	k in the glorious red rock sunset as we enjoy a modified seated yoga pra	ctice using a chair for suppo	rt. Including	gentle su	n saluta	tions along

Bask in the glorious red rock sunset as we enjoy a modified seated yoga practice using a chair for support. Including gentle sun salutations along with easy to follow yoga moves to create more mobility and flexibility in the hands, neck, chest, shoulders, back, hips and more.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 266 of 366

				i ugo	200 01	000
Tue, Mar						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
	Alzheimer's Disease: Hope for the Future		ζ-γ	()		
08:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	hugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging ameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentation hory), "Medication" and "what Matters" to older adults. The program offers viewers insig g and improve one's quality of life.	on" (or more	commonly th	ought of a	as mood	and
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 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, whil g. We introduce easy recipes using these foods and soy milk.	uses mainly	vegetables a	ind beans	. As a re	esult,
09:30:00	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. We for ents' quality of life. It is developing a system to remotely diagnose patients who find it dif plan is to collect 3D data on patients' movements to aid AI in diagnosing the disorder. T inson's disease by analyzing sebum.	ficult to visit f he hospital h	the hospital l has also deve	because c eloped a v	of their s	ymptoms
10:00:00	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.					
10:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United States. Yor women's health issue. It is the cause of death for 1 in 5 women in the U.S., and heart ownen every year. That's more than all cancers combined. But 80% of cardiac and stroke of heart disease in women and how we can lower cardiac risk and death.	disease and	stroke comb	ined caus	se the de	eath of 1
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#502H
Air F	Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease,	Migraine and	Headaches	, Knee Pa	in.	
11:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor					
raisi	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 hus rmination to live life to its fullest while fighting for the chance to have children despite a	band recall th	heir cancer jo			
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
Pren dorn	eatment developed by a Japanese doctor and his team is helping women with premature nature menopause is triggered by a malfunctioning of the ovaries and affects even thos nant primordial follicles. We focus on the method, which has been described by TIME M s that can alleviate symptoms such as those of menopause.	e in their teer	ns. The treat	ment invo	lves acti	vating
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	impossible even for surgeons to see the inside of the beating heart in detail with the national tematicians cooperated to develop the heart simulator to reproduce each patient's hear t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pred to save the lives of infants who have heart defects	t. The simula	tor analyzes	the move	ments o	f the

2022 to save the lives of infants who have heart defects.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 267 of 366

10. 00/21/				i ugo	201 01	000
Tue, Mar						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
13:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around agir ameab. The hour-long program focuses on the four M's framework: "Mobility," "Menta nory), "Medication" and "what Matters" to older adults. The program offers viewers insi g and improve one's quality of life.	tion" (or more of	commonly th	nought of a	as mood	and
14:00:00	Sex Talk with Dr. Lia The Health Benefits of Sex	SFPBS	(S)	(CC)	N/A	#216H
	ies continue to highlight the many benefits of the physical act of intimacy, plus why se cular cancer, then a therapist discusses healing after sexual trauma.	If-exams are s	o important i	in preventi	ing brea	st and
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises ants	s to prepare for	childbirth 3	. DR. JAC	OB STE	IGER Chi
5:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#601H
with	us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for Fertility - Dr. Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya Patron, PA lates Reformer - Ginelle Ruffa					
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#602H
5:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#603H
	Art of Warriors Segment					
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#604H
6:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#605H
	is: 1. Importance of Wellness Visits - Dr. Deepa Sharma 2. Boxing and Self-Defense - ucto 4. Ask the Experts - Dr. Harlan Selesnick 5. Cavities - Dr. Jose Blanco	Jerome Turne		ion - Leslie	e Glickm	an, Yoga
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#606H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
	Health Effects of Gaming					
7:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around agir ameab. The hour-long program focuses on the four M's framework: "Mobility," "Menta nory), "Medication" and "what Matters" to older adults. The program offers viewers insi g and improve one's quality of life.	tion" (or more o	commonly th	nought of a	as mood	and
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#205H
	The Johnson Family - Odessa					
8:30:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
Fmil	Emily Bennett Taylor y Bennett Taylor and her husband Miles were newlyweds with a bright future planned.	Just as they w	vere house h	nuntina an	d talking	about
raisi	ng a family Emily received the news that she had stage 4 lung cancer. She and her hu rmination to live life to its fullest while fighting for the chance to have children despite a	isband recall th	neir cancer jo			
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H

 19:00:00
 Doctor Q & A
 NETA
 (S)
 (CC)
 N/A
 #104H

 A Plastic Surgeon Answers Your Questions
 Image: Comparison of the second second

	Daily Program Listing II WPBTHC					
Date: 03/27	/2023 01/01/2023 - 03/31/2023			Page	268 of	f 366
Tue, Mar	07, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
19:30:00	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 betes.	to stop pre-d	iabetes from	ı turning ir	nto full-f	ledged
20:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele mer	bugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging eameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentatic nory), "Medication" and "what Matters" to older adults. The program offers viewers insigh ig and improve one's quality of life.	on" (or more	commonly th	ought of a	as mood	d and
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, a nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teenagers δ 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	#216H
	The Health Benefits of Sex					
	dies continue to highlight the many benefits of the physical act of intimacy, plus why self- icular cancer, then a therapist discusses healing after sexual trauma.	exams are s	o important i	n prevent	ing brea	ast and
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to lants	o prepare for	childbirth 3.	DR. JAC	OB STE	EIGER Chin
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 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.

Wed, Mar 08, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 269 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with 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	Ithcare digital serv	ices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelmed, but stres sequences. Stress in all ages, as well as pandemic-related stress, affects our overal a as depression and anxiety.					issues
01:00:00	Living Well (Holiday Stress Tips)	SFPBS	(S)	(CC)	N/A	#792H
	dling stress and anxiety during the holidays through meditation and yoga. Focus: Jo n, yoga instructor show us new methods of yoga exercises that will help calm your n				logist ar	nd Peter
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with a subscription plan AllHealthGo has created to offer users access to a number of heal sultations, emotional advice, second-opinion consultations, as well as a number of to	Ithcare digital serv	ices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
are e dete	y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. Here the overall health of America. This episode discusses the issue of Millennial Here the second s	How their health p Health.		he years a	ahead w	ill
03:00:00	Health Trends (Heart Help) Steven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: 1	SFPBS	o nationt	(N)	N/A	#1304H
DI. C	seven Schnun and Dr. Kitchmar discuss cardiology and internal medicine. Focus.	rieating the whole	e patient.			
04:00:00	Spine & Back Care (Spine Fractures)	SFPBS	(S)	(CC)	N/A	#795H
Dr. (Gosha Brusovanik discusses spine fractures caused by osteoporosis.					
		05550	(6)			
05:00:00	All Health Go	SFPBS	(3)	(CC)	N/A	#0H
This the s	All Health Go 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 Ithcare digital serv	vices includi	different s	services	
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 heal	an in-depth descr Ithcare digital serv	iption of the /ices includi	different s	services dicine	includec
This the s cons 05:30:00 Mille They are d	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 Second Opinion with Joan Lunden	an in-depth descr thcare digital sen ools to manage m APTEX est, most educate also the least heal How their health p	iption of the /ices includin ledical costs (S) ed, and most thy generati	different s ng teleme (CC) t connecte on in rece	services dicine N/A ed gener ent times	#1704F ation events
This the s cons 05:30:00 Mille They are d	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 Second Opinion with Joan Lunden Millennial Health II emnials were born between the years 1981 and 1996. At 73 million, they are the larger of make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. H	an in-depth descr thcare digital sen ools to manage m APTEX est, most educate also the least heal How their health p	iption of the /ices includin ledical costs (S) ed, and most thy generati	different s ng teleme (CC) t connecte on in rece	services dicine N/A ed gener ent times	#1704F ation events
This the s cons 05:30:00 Mille They are e dete 06:00:00 Join your	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 Second Opinion with Joan Lunden Millennial Health II emnials were born between the years 1981 and 1996. At 73 million, they are the largery make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. Hrmine the overall health of America. This episode discusses the issue of Millennial Health Eclassical Stretch: By Essentrics	an in-depth descr thcare digital sen ools to manage m APTEX est, most educate also the least heal dow their health p Health. APTEX	iption of the vices includii iedical costs (S) ed, and most thy generati lays out in th (S) i imagery de an added bo	different s ng teleme (CC) t connecte on in rece ne years a (CC) signed to	services dicine N/A ed gener int times ahead w N/A engage	#1704F ation ev and the ill #1408F your min
This the s cons 05:30:00 Mille They are e dete 06:00:00 Join your	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 Second Opinion with Joan Lunden Millennial Health II eminals were born between the years 1981 and 1996. At 73 million, they are the larger y make up the greatest percentage of the population and the labor force. They are a experiencing declining health faster than any other recent generation before them. Hirmine the overall health of America. This episode discusses the issue of Millennial Health Classical Stretch: By Essentrics Calf & Knee Miranda for an all standing, neuromuscular workout. Through gentle and controlled body including your knees and calves will be stretched and strengthened to help pr	an in-depth descr thcare digital sen ools to manage m APTEX est, most educate also the least heal dow their health p Health. APTEX	iption of the vices includii iedical costs (S) ed, and most thy generati lays out in th (S) i imagery de an added bo	different s ng teleme (CC) t connecte on in rece ne years a (CC) signed to	services dicine N/A ed gener int times ahead w N/A engage	#1704ł ation ev and the ill #1408ł your min

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 270 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	A Good Life	APTEX	(S)	(CC)	 N/A	#0H
Life i unde with histo and that i from Deve socio	is full of joys and struggles. But the experiences of individuals living with intellectual and erstood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that ta I/DD and their families. The film shares the challenges and opportunities they face as we rians in the field. The film's producers embedded themselves with these adults and the providing the opportunity to share their stories from a first-person perspective. Viewers is specific to the time period and constructs into which they were born. The film also off experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an elopmental Disabilities; professor Tamar Heller of the Institute on Disability and Human ologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; pi er for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disability and Planning of the Humanities and Dr. Stephen Sulkes of Strong Center for Developmental Disability and Disability and Disability and Disability and Disability and Planning; pi and Disability and Disability and Disability and Disability and Disability president for Developmental Disability and Disability pi and Disability and Disability pi and Disability pi	d developmen kes an intima vell as insight ir families, filn see each fam ers profession advocacy spe Development rofessor Jorge	tal disabilitie te look into t s from leadin ning moment illy dealing w hal perspecti ecialist with th c; Dr. Allison	es (I/DD) a he lives o ig nationa ts from the vith aging ve and his he Strong Carey, dis	are not fi f six adu Il experts eir every in a unio storical o Center sability a	ully ults living s and yday live que way context for activism
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#803H
	by the clinic, where the Turners oversee a measles vaccination trial while the team pre- gling mother accept her son's birth defect.	epare for the V	Vhitsun banł	k holiday.	Valerie	helps a
09:00:00	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 treat cured. We als	ing long COV	√ID, whicł	h has va	irious
09:30:00	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 changin recipes that are effective against lifestyle diseases.	n visitors as tl	ney can have	e the chec	kup for	about
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709ŀ
	Parkinson's Disease					
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects near six million people worldwide. The symptoms generally develop slowly over years, som hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	etimes starting	g with a bare	ly noticea	able tren	nor in jus
10:30:00	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 tional 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 cance cer Spouse."	e. The spouse	of the cance	er patient	feels the	e impact
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#113H
	What We're Hopeful For					
	ng dark times, it can be tough to stay positive about the future. So on this episode, we'r	e bringing you				
Kong and f	g for an upcycled fashion show that turns trash into couture treasure. Then we go behir faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets prmance from mindful folk artist Mikey Pauker.	d bars, where				
Kong and f	g for an upcycled fashion show that turns trash into couture treasure. Then we go behin faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets	d bars, where				al
Kong and perfo	g for an upcycled fashion show that turns trash into couture treasure. Then we go behin faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets ormance from mindful folk artist Mikey Pauker.	d bars, where of Oakland, (California for	an upliftir	ng music	
Kong and perfo	g for an upcycled fashion show that turns trash into couture treasure. Then we go behin faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets ormance from mindful folk artist Mikey Pauker. Flip My Florida Yard	d bars, where of Oakland, (California for	an upliftir	ng music	al
Kong and 1 perfc 11:30:00 12:00:00 Stop	g for an upcycled fashion show that turns trash into couture treasure. Then we go behin faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets formance from mindful folk artist Mikey Pauker. Flip My Florida Yard The Johnson Family - Odessa	d bars, where of Oakland, C WUCF PBS	California for (S) (S)	an upliftir (N) (CC)	ng music N/A N/A	#205H #803H
Kong and 1 perfc 11:30:00 12:00:00 Stop	a for an upcycled fashion show that turns trash into couture treasure. Then we go behin faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets formance from mindful folk artist Mikey Pauker. Flip My Florida Yard The Johnson Family - Odessa Call The Midwife by the clinic, where the Turners oversee a measles vaccination trial while the team pre	d bars, where of Oakland, C WUCF PBS	California for (S) (S)	an upliftir (N) (CC)	ng music N/A N/A	al #205H #803H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 271 of 366

Date:	03/27/2023	
Dale.	03/21/2023	

Wed, Mar 08, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life afte the surgery risks	r weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHONY GONZALEZ Life afte ie surgery risks	r weight loss	surgery 3. D	R. GOSH	A BRUS	SOVANIK
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	us: 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. nmar 6. Weight Loss Success Story - Jerome Turner and Steve Tarver					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Matt Pack, personal train Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs - Tanya Patron, PA	er 3. Being H	appily Marrie	ed - Jasmi	n Terrar	ni 4. Ask
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
UnM	IASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivo	rs who don "	masks" that	hide their	spiritual	and

UnMASKing HOPE chronicles the extraordinary stories of a diverse group of trauma survivors who don "masks" that hide their spiritual and emotional pain. From 9/11 and mass shooting survivors, to service members in combat and chronic sexual abuse victims, the film goes behind their MASKS to experience the abuse, social stigma, and moral injury that have scarred their souls. As we are taken on their journey from seclusion to inclusion, we realize that the aggregate stories of these brave individuals share a powerful message of HOPE inspiring us to unMASK our own HOPE.

18:30:00 Concrete Gridiron NETA (S) (CC) N/A #0H Half hour documentary about the first wheelchair football league in Buffalo, NY. The league is a part of a the national league, sponsored by the NFL Foundation and the Bob Woodruff Foundation. The team is made up of athletes who live with disabilities. Each player has a different story. Many, like David Cross have served our country. Cross was injured while in the military. He was hit by an IED, and lost his leg as a result. "I can only play physical sports," he said. "I tried golf, it was too boring. Getting out there and playing competitively is everything to me." For U.S Veteran Carrie Frank, playing sports has provided her purpose. "When you're able to play stand-up sport for such a long time, and then you can't, you have to forgive sport and then you have to drive on," she said. "Without the Greater Adaptive Buffalo Sports Program, we wouldn't be able to do this as adults." The team was assembled last season by Norm Page, the President of the Greater Buffalo Adaptive Sports Program. The team will play against 11 other teams across the country this season, in two separate tournaments in Chicago and Salt Lake City. While these players hope to come home with a trophy, the ability to play this sport is a priceless gift players like Carrie Frank say has saved their lives.

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

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

20:00:00 Amazing Human Body

Grow

Learn how humans begin life as a single cell and, over the course of a lifetime, grow into beings of more than 37 trillion cells. Plus, explore new discoveries that can help humans live longer, healthier lives.

PBS

(S)

(CC)

N/A

#101

Date: 03/27/2	Daily Program Listing II WPBTHC 2023 01/01/2023 - 03/31/2023			Page	272 of	366
Wed, Mar	08, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	nine ancient conceptions of mental illness and the establishment of psychiatry. Hear these sectors, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxe		odern-day p	eople livin	g with n	nental
22:00:00	Medical Frontiers Fighting Covid-19 with Kampo Medicine	APTEX	(S)	(CC)	N/A	#113H
nume 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 su 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 infe	table for treati cured. We als	ng long COV	√ID, whicł	n has va	rious
22:30:00	Medical Frontiers Ningen Dock for Your Health	APTEX	(S)	(CC)	N/A	#114H
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	ney can have	e the chec	kup for	about
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	#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.

Thu, Mar 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 273 of 366

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 wi subscription plan AllHealthGo has created to offer users access to a number of h sultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually bring cine. Childhood vaccine rates continue to decrease in certain areas of the country eback.					
01:00:00	Primary Care (Healthy Habits for the New Year)	SFPBS	(S)	(CC)	N/A	#796H
Dr. F	Forster discusses five ways to stick to your New Year's Resolution and start the y	year with new healthy	/ habits that	are achie	vable.	
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wis subscription plan AllHealthGo has created to offer users access to a number of h sultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	ption of the vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	It obesity is associated with a decrease in life expectancy for both men and wom 163 million adults in the U.S. are overweight or obese - two thirds of men, and m gering, but people still struggle every day to drop the pounds. Everyone has diffe episode discusses the challenges and solutions for sustained weight loss.	nore than 60% of wor	nen. The da	amage to h	nealth is	
03:00:00 Jasn	Living Well (Wellness Trends) nine Terrany discusses Life Therapy, which combines Psychotherapy Coaching,	SFPBS Mindfulness & Medi	(S) tation.	(CC)	N/A	#1306H
04:00:00	Sports Medicine (Prenatal& Post-Birth Fitness)	SFPBS	(S)	(CC)	N/A	#797H
discu	ing-edge treatment and prevention of injuries related to sports and exercise for p uss prenatal fitness and regaining fitness post-birth and share advice and tips on ack, such as the holidays or a medical condition.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers wis subscription plan AllHealthGo has created to offer users access to a number of h sultations, emotional advice, second-opinion consultations, as well as a number of	ealthcare digital serv	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stage	It obesity is associated with a decrease in life expectancy for both men and wom 163 million adults in the U.S. are overweight or obese - two thirds of men, and m gering, but people still struggle every day to drop the pounds. Everyone has diffe episode discusses the challenges and solutions for sustained weight loss.	nore than 60% of wor	nen. The da	amage to h	nealth is	
06:00:00	Classical Stretch: By Essentrics Spine Strengthening	APTEX	(S)	(CC)	N/A	#1409H
Feat	ngthening the spine reduces stress on the spinal discs and joints, protects again turing standing and floor work, this rejuvenating workout will help develop a stabl culature, from the abdominals to the entire back. With a strong back, you'll feel li	e and aligned spine	by strengthe	ening the e	entire co	re
mus		APTEX	(S)	(CC)	N/A	#224H
06:30:00	Wai Lana Yoga Complete Yoga Breathing		. ,	. ,		
	Vval Lana Yoga Complete Yoga Breathing		. ,			

Daily Program Listing II **WPBTHC** Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 274 of 366 Thu, Mar 09, 2023 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 APTEX A Good Life (S) (CC) N/A #0H Life is full of joys and struggles. But the experiences of individuals living with intellectual and developmental disabilities (I/DD) are not fully understood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that takes an intimate look into the lives of six adults living with I/DD and their families. The film shares the challenges and opportunities they face as well as insights from leading national experts and historians in the field. The film's producers embedded themselves with these adults and their families, filming moments from their everyday lives and providing the opportunity to share their stories from a first-person perspective. Viewers see each family dealing with aging in a unique way that is specific to the time period and constructs into which they were born. The film also offers professional perspective and historical context from experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Flores, an advocacy specialist with the Strong Center for Developmental Disabilities: professor Tamar Heller of the Institute on Disability and Human Development: Dr. Allison Carey, disability activism sociologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; professor Jorge Matos of City University of New York Center for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Disabilities. 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 APTEX (CC) N/A #1801H Second Opinion with Joan Lunden (S) 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. 10:30:00 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. 11:00:00 Innovations In Medicine NFTA (S) (CC) N/A #502H Air Purification, Nitrous Oxide: Labor Pain Management, Autism, Women & Heart Disease, Migraine and Headaches, Knee Pain. Hope Is Here 11:30:00 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) (CC)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 APTEX Medical Frontiers (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.

Thu, Mar 09, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 275 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
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	#217H
	How Hormones Affect Your Sex Life					
	kual health coach explains how hormones affect your sex life, plus Ip you last longer in bed.	we discuss treatments for ED if the	ie pills stop v	working a	nd offer	some tip:
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	s: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2 O LINFANTE Brain aneurysms	. DR. JACOB STEIGER Tech ne	ck/aging neo	k (plastic	surgery) 3. DR.
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#801H
	s: 1. Hearing Loss - Dr. Richard Vivero 2. Allergies and Sinuses - D 4. Back Pain and Physical Therapy - Ron Yacoub 5. Cholesterol -		Building Bod	y Image -	Melissa	Spann,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#802H
15:25:00	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
	s: 1. Prostate Cancer - Dr. Daniel Martinez 2. Dry Eyes - Dr. Barry			. ,		
	afacial - Bernadett Oli, aesthetician 5. Enabling Addictions - Dan Si					
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	Amazing Human Body	PBS	(S)	(CC)	N/A	#101
	Grow	fatters and into the terms of second	4h a m 07 tuilli			
	n how humans begin life as a single cell and, over the course of a li overies that can help humans live longer, healthier lives.	fetime, grow into beings of more	than 37 trillio	on cells. P	ius, exp	lore new
18:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and p that i from Deve socio	s full of joys and struggles. But the experiences of individuals living rstood or appreciated by everyone. A GOOD LIFE is an hour-long of I/DD and their families. The film shares the challenges and opportu- rians in the field. The film's producers embedded themselves with t providing the opportunity to share their stories from a first-person per s specific to the time period and constructs into which they were bo experts, including Dan Meyers, Al Sigl Community president emeri elopmental Disabilities; professor Tamar Heller of the Institute on Di plogist, professor, and author; Nicole VanGorder of Upstate Special er for the Humanities; and Dr. Stephen Sulkes of Strong Center for	documentary that takes an intima nities they face as well as insight hese adults and their families, filr erspective. Viewers see each fan rm. The film also offers professio tus; Jeiri Flores, an advocacy spo sability and Human Developmen Needs Planning; professor Jorgo	te look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	he lives on ing nationatis from the vith aging ve and his he Strong Carey, dis	f six adu I experts eir every in a unio storical Center sability a	ults living s and /day live que way context for activism
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 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.

ate: 03/27/2		Daily Program Listing II WPBTHC 1/01/2023 - 03/31/2023			Page	276 of	366
Thu, Mar (09. 2023				· ·		
Start	Title Subtitle		Distrib	Stereo	Сар	AS2	Episode
							·
20:00:00	The Mysteries of Mental Illness		PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness?						
	nine ancient conceptions of mental illness and the ss, including an aspiring astrophysicist with schizop			odern-day p	eople livir	ng with n	nental
21:00:00	Art + Medicine: Healthy Aging		APTEX	(S)	(CC)	N/A	#0H
aging 22:00:00	g and improve one's quality of life.						
	Sey lak with Drilla		SEPBS	(S)	(CC)	N/A	#217H
22.00.00	Sex Talk with Dr. Lia How Hormones Affect Your Sex Life		SFPBS	(S)	(CC)	N/A	#217H
A se	How Hormones Affect Your Sex Life How Hormones Affect Your Sex Life How Hormones affect your locate the second second second second second second How You last longer in bed.	our sex life, plus we discuss treatment			()		
A se to he	How Hormones Affect Your Sex Life xual health coach explains how hormones affect your set the second secon	our sex life, plus we discuss treatment			()		
A se to he 22:30:00 Focu	How Hormones Affect Your Sex Life xual health coach explains how hormones affect yo Ip you last longer in bed.		s for ED if th	ne pills stop v (S)	working a	nd offer N/A	some tips #1023H
A se to he 22:30:00 Focu	How Hormones Affect Your Sex Life xual health coach explains how hormones affect yo lp you last longer in bed. Health Insiders Is: 1. MARCO BORGES, NATALIE CASTRO Plant		s for ED if th	ne pills stop v (S)	working a	nd offer N/A	some tips #1023H
A se to he 22:30:00 Focu ITAL	How Hormones Affect Your Sex Life xual health coach explains how hormones affect you pour last longer in bed. Health Insiders Is: 1. MARCO BORGES, NATALIE CASTRO Plant O LINFANTE Brain aneurysms		SFPBS ER Tech ne	(S) (S) ck/aging neo	working a (CC) k (plastic	nd offer N/A surgery	some tips #1023H) 3. DR.
A se to he 22:30:00 Focu ITAL	How Hormones Affect Your Sex Life xual health coach explains how hormones affect you pour last longer in bed. Health Insiders Ins: 1. MARCO BORGES, NATALIE CASTRO Plant O LINFANTE Brain aneurysms Doctor Q & A		SFPBS ER Tech ne	(S) (S) ck/aging neo	working a (CC) k (plastic	nd offer N/A surgery	some tips #1023H) 3. DR.

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."

Fri, Mar 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 277 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	_ <u>//O_</u> 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 desci are digital ser	ription of the vices includir	different s	services	
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809F
	Alopecia Areata					
	becia areata is a common autoimmune disorder that often results in unpredictable hair lo es and is one of the most requested topics from viewers every year.	oss. It affects	roughly 6.8 r	nillion peo	ople in t	he United
01:00:00	All About Cancer (Thyroid Cancer Awareness Month)	SFPBS	(S)	(CC)	N/A	#800H
	rs to prevent some cancers; lifestyle, family history and more. Dr. Udelsman discusses t uary, which is thyroid awareness month.	hyroid cance	r and thyroid	surgeries	s in hono	or of
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
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 ives at the same time. Today, millions of families are facing the dual challenge of sandwich having children later. This episode focuses on these caregivers.	are caring for vich caregivir	children und ng as the pop	er the age pulation ag	e of 18 a ges and	and older America
03:00:00	Healthy Living (Blood Disorders)	SFPBS	(S)	(CC)	N/A	#1309F
Dr. \	/ictor Guardiola discusses sickle cell disease, in support of World Sickle Cell Day. Focu	is: Treatment	of other bloc	od disorde	ers.	
04:00:00	Maternity Care (Menstruation During Pregnancy)	SFPBS	(S)	(CC)	N/A	#801H
Dr. k	Kenward discusses menstrual abnormalities (PCOS)and normal and abnormal vaginal o	lischarges.				
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
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706F
	Caregiving: The Sandwich Generation					
relat	981 the term "sandwich generation" was coined to describe a group of Americans who a lives at the same time. Today, millions of families are facing the dual challenge of sandwing children later. This episode focuses on these caregivers.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1410H
	Full Body Workout					
tone	up your body with this zero impact, cardio workout that won't stress your joints. This all your abs and strengthen your hips. The flowing rotational movements will unlock your joout glow.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#225H
			. /	. ,		

Netia Cleansing Technique

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 278 of 366

10.00/21/2				i age	210 01	500
Fri, Mar 1						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and that i from Deve socio	is full of joys and struggles. But the experiences of individuals living with intelle erstood or appreciated by everyone. A GOOD LIFE is an hour-long documenta I/DD and their families. The film shares the challenges and opportunities they orians in the field. The film's producers embedded themselves with these adults providing the opportunity to share their stories from a first-person perspective. is specific to the time period and constructs into which they were born. The film experts, including Dan Meyers, AI Sigl Community president emeritus; Jeiri Fl elopmental Disabilities; professor Tamar Heller of the Institute on Disability and ologist, professor, and author; Nicole VanGorder of Upstate Special Needs Pla ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developm	ary that takes an intima face as well as insights s and their families, filn Viewers see each fam n also offers profession lores, an advocacy spe d Human Development anning; professor Jorge	te look into t s from leadir ning momen ily dealing w nal perspecti cialist with t ; Dr. Allison	the lives on the national ts from the vith aging ive and his the Strong Carey, dis	of six adu al expert eir every in a unio storical Center sability a	ults living s and yday lives que way context for activism
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#803H
	by the clinic, where the Turners oversee a measles vaccination trial while the ggling mother accept her son's birth defect.	team prepare for the V	Vhitsun banl	k holiday.	Valerie	helps a
09:00:00	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 erous medicinal properties and is effective for many symptoms. This makes Ka ptoms. We look at how Kampo formulations are prescribed, through 1 patient v ow Kampo can prevent depressive symptoms, and how it can prevent coronav	ampo suitable for treat who was cured. We als	ing long CO	VID, whicl	h has va	arious
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 Dock. The a ases that are difficult to detect in their early stages. It's becoming popular amo 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle b recipes that are effective against lifestyle diseases.	ng foreign visitors as th	ney can have	e the chec	ckup for	about
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1803H
Line	Heart Valve Replacement	unte and in a come annu				01
	rt valve replacement is an area in medicine which has made great advanceme effective and can drastically increase the life expectancy of the patient.	ents and is a very comn	ion procedu	re. This p	rocedur	e is 94-
10:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
canc	diagnosis and treatment of lung cancer has been one of the most hopeful adva er screening guidelines allow for the screening for younger individuals with les onger a death sentence.					
11:00:00	Flip My Florida Yard The Johnson Family - Odessa	WUCF	(S)	(N)	N/A	#205H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#108H
globa sleep	Exploring The Mystery of Good Sleep p is said to be the biggest black box of modern science. The International Insti 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 slo of it is associated with a higher risk of dementia and obesity.	at can be used at home	to easily m	easure bra	ain wav	es during
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#803H
•	by the clinic, where the Turners oversee a measles vaccination trial while the ggling mother accept her son's birth defect.	team prepare for the V	Vhitsun banl	k holiday.	Valerie	helps a
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#804H
	ess the team's attempt to reunite an estranged mother and daughter who are a nant.	both pregnant. Trixie's	friend is dev	vastated to	o discov	er she is
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1024H

Fri, Mar 10, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 279 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1054H
Focu	is: Food as medicine, Skin cancer safety, How to find a plastic surger	on				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#901H
	us: 1. Hyperparathyroidism - Dr. Robert Udelsman 2. Entertaining Guendicitis - Dr. Kathy Burnweit, Nicklaus Children's Hospital 5. Exercise		Pain - Dr. Go	sha Brusc	ovanik 4.	
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#902H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#903H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#904H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#905H
	us: 1. Ovarian Cancer - Dr. Ellen Schwartzbard 2. Improve Your Slee oub 4. Ask the Experts Segment - Dr. Gosha Brusovanik 5. Kids Mak				oarthritis	s- Ron
16:11:00	Smartlife	SFPBS	(S)	(CC)	N/A	#906H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#907H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#908H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele mem	ugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at is ameab. The hour-long program focuses on the four M's framework: " nory), "Medication" and "what Matters" to older adults. The program o g and improve one's quality of life.	Mobility," "Mentation" (or more	commonly th	ought of a	as mood	and
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	#1809H
	Alopecia Areata					
	ecia areata is a common autoimmune disorder that often results in un es and is one of the most requested topics from viewers every year.	npredictable hair loss. It affects	roughly 6.8 i	nillion peo	ople in th	ne United
20:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
unde with histo and that i from Deve socio	is full of joys and struggles. But the experiences of individuals living werstood or appreciated by everyone. A GOOD LIFE is an hour-long de I/DD and their families. The film shares the challenges and opportuni rians in the field. The film's producers embedded themselves with the providing the opportunity to share their stories from a first-person per is specific to the time period and constructs into which they were born experts, including Dan Meyers, Al Sigl Community president emeritue elopmental Disabilities; professor Tamar Heller of the Institute on Disa- bologist, professor, and author; Nicole VanGorder of Upstate Special N ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for D	bcumentary that takes an intima ties they face as well as insight ese adults and their families, filr spective. Viewers see each fam n. The film also offers profession is; Jeiri Flores, an advocacy spe ability and Human Developmen Jeeds Planning; professor Jorge	te look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	he lives o ng nationa ts from the vith aging ve and his he Strong Carey, dis	f six adu I experts eir every in a unio storical o Center sability a	It's living s and /day lives que way context for activism
21:00:00	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.

	Daily Program Listing II WPBTHC					
Date: 03/27/	Date: 03/27/2023 01/01/2023 - 03/31/2023			Page	280 of	366
Fri, Mar ⁻	10, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
	Fighting Covid-19 with Kampo Medicine					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
- Offi	ow Kampo can prevent depressive symptoms, and how it can prevent coronavirus infe					
22:30:00		APTEX	(S)	(CC)	N/A	#114H
1	Ningen Dock for Your Health	4	!!. !			and here in
dise US\$	an has a unique system of preventive healthcare called the Ningen Dock. The examina 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 changi recipes that are effective against lifestyle diseases.	n visitors as t	hey can have	e the cheo	kup for	about
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)					
•				<i></i>	<i>.</i> .	

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.

Sat, Mar 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 281 of 366

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 viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	ers with an in-depth descr r of healthcare digital ser	iption of the vices includi	different s	ervices	
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 Americar s they can prevent developing memory issues of any kind. There is a promising at what we can do to keep our brain healthy.					
01:00:00	Plastic/Cosm. Surgery (Injectable Fillers,Botox)	SFPBS	(S)	(CC)	N/A	#802H
	n the latest techniques involving the restoration, reconstruction, or alteration usses Botox and injectable/fillers.	n of the body. Focus: Phy	sician Assis	tant, Rear	na Myers	5,
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital ser	vices includii	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
new	Anxiety ety is the most common mental-health disorder in the United States, affectin research, millennials have become the most anxious generation in history. be treated.					
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 techno	ology. Focus: The benefit	s of this type	of imagin	ig for pa	tients.
04:00:00	All About Cancer (Thyroid Cancer)	SFPBS	(S)	(CC)	N/A	#805H
	is to prevent some cancers; lifestyle, family history and more. Focus: Dr. Jo treatments.	hn DeRosimo, thoraic sui		. ,	id cance	er surgery
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewe subscription plan AllHealthGo has created to offer users access to a numbe sultations, emotional advice, second-opinion consultations, as well as a num	r of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
. .	Anxiety					
new	ety is the most common mental-health disorder in the United States, affectin research, millennials have become the most anxious generation in history. be treated.					
06:00:00	Alma's Way Alma The Artist/Bomba Or Baseball	PBS	(S)	(CC)	DVI	#102H
begir first l	Huda holds a contest to design a mural for his store gate, and Alma's design ns adding his own ideas without asking. Can Alma speak up for herself and baseball game of the season are scheduled for the same day, Alma must d the performance to watch her favorite team play	her vision? When Uncle	Nestor's Bor	nba danc	e show a	and the
06:30:00	Scigirls	PBSPL	(S)	(CC)	DVI	#304H
	Butterfly Diaries i and her friends explore a Minnesota milkweed patch, counting monarchs t		butterfly po	pulation.	These S	ciGirls the
	e monarch caterpillars, and use a video diary to capture their metamorphosi					
07:00:00	Wild Kratts The Great Froggyback Ride	PBS	(S)	(CC)	N/A	#610H

The Wild Kratts are creature adventuring in the Amazon when they accidentally get miniaturized. A mischievous monkey makes off with the Miniaturizer and the team must rely on the creature powers of the poison frog, going on a wild froggyback ride to rescue the Miniaturizer, or stay mini-sized forever! Curriculum: Coloration and mimicry.

Sat, Mar 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 282 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#501H

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

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

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

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

Sat, Mar 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 283 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:09:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1607H
	Segment 7			~ /		
11:21:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1608H
	Segment 8			. ,		
11:32:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1609H
	Segment 9			、 ,		
11:44:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#1610H
	Segment 10			. ,		
12:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
emot their seclu	IASKing HOPE chronicles the extraordinary stories of a diverse group of tri tional pain. From 9/11 and mass shooting survivors, to service members in MASKS to experience the abuse, social stigma, and moral injury that have usion to inclusion, we realize that the aggregate stories of these brave indi- ASK our own HOPE.	n combat and chronic sexu e scarred their souls. As w	al abuse vic e are taken	tims, the f on their jo	ilm goes urney fr	s behind om
13:30:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
Carri have	play physical sports," he said. "I tried golf, it was too boring. Getting out th ie Frank, playing sports has provided her purpose. "When you're able to pl to forgive sport and then you have to drive on," she said. "Without the Gre as adults." The team was assembled last season by Norm Page, the Presi	ay stand-up sport for such eater Adaptive Buffalo Spo	a long time orts Program	, and then , we would	you car dn't be a	n't, you able to do
play	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift	urnaments in Chicago and	Salt Lake C	ity. While	these pl	
play hope	against 11 other teams across the country this season, in two separate to	urnaments in Chicago and	Salt Lake C	ity. While	these pl	
play hope	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift	urnaments in Chicago and t players like Carrie Frank	Salt Lake C say has sav	ity. While ed their liv	these pl es.	layers
play hope 14:00:00 Stud	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia	urnaments in Chicago and t players like Carrie Frank SFPBS	Salt Lake C say has sav (S)	ity. While ed their liv (CC)	these pl es. N/A	layers #216H
play hope 14:00:00 Stud testic	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy,	urnaments in Chicago and t players like Carrie Frank SFPBS	Salt Lake C say has sav (S)	ity. While ed their liv (CC)	these pl es. N/A ng brea	layers #216H
play hope 14:00:00 Stud testic 14:30:00	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS	Salt Lake C say has sav (S) o important i (S)	ity. While ed their liv (CC) n preventi (CC)	these pl es. N/A ng brea N/A	#216H st and #1019H
play hope 14:00:00 Stud testic 14:30:00 Focu impla	against 11 other teams across the country this season, in two separate to to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS	Salt Lake C say has sav (S) o important i (S)	ity. While ed their liv (CC) n preventi (CC)	these pl es. N/A ng brea N/A	#216H st and #1019H
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with	against 11 other teams across the country this season, in two separate to the to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Hern	Salt Lake C say has sav (S) o important i (S) childbirth 3. (S) andez-Rey 3	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine	these pl es. N/A ng brea N/A OB STE N/A Therapy	#216H st and #1019H IGER Chi #601H / - Workin
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with 6. Pil	against 11 other teams across the country this season, in two separate to the to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, in cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders Jus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants Smartlife Jus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Hern	Salt Lake C say has sav (S) o important i (S) childbirth 3. (S) andez-Rey 3	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine	these pl es. N/A ng brea N/A OB STE N/A Therapy	#216H st and #1019H IGER Chi #601H / - Workin
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with 6. Pil 15:14:00	against 11 other teams across the country this season, in two separate to the to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, incular cancer, then a therapist discusses healing after sexual trauma. Health Insiders Jus- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants Smartlife Jus: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya lates Reformer - Ginelle Ruffa	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Hern I Patron, PA 5. Recovery a	Salt Lake C say has save (S) o important i (S) childbirth 3. (S) andez-Rey 3 fter surgery	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine - Matt Pac	these pl res. N/A ng brea N/A OB STE N/A Therapy ck, perso	#216H st and #1019H IGER Chi #601H / - Working onal traine
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with 6. Pil 15:14:00 15:27:00	against 11 other teams across the country this season, in two separate to the to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders Us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants Smartlife us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya lates Reformer - Ginelle Ruffa Smartlife	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Herm t Patron, PA 5. Recovery a SFPBS	Salt Lake C say has save (S) c important i (S) childbirth 3. (S) andez-Rey 3 fter surgery (S)	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine - Matt Pac (CC)	these pl es. N/A ng brea N/A OB STE N/A Therapy ck, perso	#216H st and #1019H IGER Chi #601H / - Working onal traine #602H
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with 6. Pil 15:14:00 15:27:00	against 11 other teams across the country this season, in two separate to the to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, cular cancer, then a therapist discusses healing after sexual trauma. Health Insiders Js- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants Smartlife Js: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya lates Reformer - Ginelle Ruffa Smartlife Smartlife Art of Warriors Segment	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Hern Patron, PA 5. Recovery a SFPBS SFPBS	Salt Lake C say has save (S) o important i (S) childbirth 3. (S) andez-Rey 3 fter surgery (S) (S)	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine - Matt Pac (CC) (CC)	these pl res. N/A ng brea N/A OB STE N/A Therapy ck, perso N/A N/A	#216H st and #1019H HGER Chi #601H 7 - Working onal traine #602H #603H
play hope 14:00:00 Stud testic 14:30:00 Focu impla 15:00:00 Focu with 6. Pil 15:14:00 15:27:00 15:43:00 16:00:00 Focu	against 11 other teams across the country this season, in two separate tote to come home with a trophy, the ability to play this sport is a priceless gift Sex Talk with Dr. Lia The Health Benefits of Sex lies continue to highlight the many benefits of the physical act of intimacy, foular cancer, then a therapist discusses healing after sexual trauma. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUET ants Smartlife us: 1. Eating Healthy on a Budget - Natalie Castro 2. Robotic Surgery for F Horses - Stable Place 4. Contouring Chin and Jawline with Fillers – Tanya lates Reformer - Ginelle Ruffa Smartlife Smartlife Smartlife Smartlife Smartlife Smartlife	urnaments in Chicago and t players like Carrie Frank SFPBS plus why self-exams are so SFPBS A Exercises to prepare for SFPBS ertility - Dr. Armando Herm Patron, PA 5. Recovery a SFPBS SFPBS SFPBS SFPBS	Salt Lake C say has save (S) o important i (S) childbirth 3. (S) andez-Rey 3 (S) (S) (S) (S) (S)	ity. While ed their liv (CC) n preventi (CC) DR. JAC (CC) 3. Equine - Matt Pac (CC) (CC) (CC)	these pl es. N/A ng brea N/A OB STE N/A Therapy ck, perso N/A N/A N/A	layers #216H st and #1019H IGER Chi #601H / - Workin onal traine #602H #603H #604H #605H

Sat, Mar 11, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 284 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#607H
16:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#608H
	Health Effects of Gaming		(-)	()		
17:00:00	Art + Medicine: Healthy Aging	APTEX	(S)	(CC)	N/A	#0H
Sele merr	hugh an artistic lens, ART + MEDICINE: HEALTHY AGING looks at issues around aging ameab. The hour-long program focuses on the four M's framework: "Mobility," "Mentationory), "Medication" and "what Matters" to older adults. The program offers viewers insig g and improve one's quality of life.	on" (or more	commonly th	ought of a	as mood	and
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#105H
	Emily Bennett Taylor					
raisi	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 hus rmination to live life to its fullest while fighting for the chance to have children despite a	band recall th	neir cancer jo			
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#205H
	The Johnson Family - Odessa					
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 Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americans are increas s they can prevent developing memory issues of any kind. There is a promising body of ing at what we can do to keep our brain healthy.	asingly interes evidence, ar	sted in their b nd medical ce	orain healt enters aro	th and lo und the	oking for country
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	on cells. P	lus, exp	lore new
21:00:00	A Good Life	APTEX	(S)	(CC)	N/A	#0H
Life i unde with histo and that from Deve socio	is full of joys and struggles. But the experiences of individuals living with intellectual and erstood or appreciated by everyone. A GOOD LIFE is an hour-long documentary that ta I/DD and their families. The film shares the challenges and opportunities they face as v orians in the field. The film's producers embedded themselves with these adults and the providing the opportunity to share their stories from a first-person perspective. Viewers is specific to the time period and constructs into which they were born. The film also off experts, including Dan Meyers, Al Sigl Community president emeritus; Jeiri Flores, an elopmental Disabilities; professor Tamar Heller of the Institute on Disability and Human ologist, professor, and author; Nicole VanGorder of Upstate Special Needs Planning; pr ter for the Humanities; and Dr. Stephen Sulkes of Strong Center for Developmental Dis	d developmer kes an intima vell as insight ir families, filr see each fan ers professio advocacy spo Developmen rofessor Jorgo	ntal disabilitie tte look into t s from leadir ning momen nily dealing w nal perspecti ecialist with t t; Dr. Allison	es (I/DD) a he lives o ng nationa ts from the vith aging ve and his he Strong Carey, dis	are not fi f six adu Il experts eir every in a unio storical o Center sability a	ully Its living s and vday lives que way context for activism
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#216H
	The Health Benefits of Sex					
	lies continue to highlight the many benefits of the physical act of intimacy, plus why self cular cancer, then a therapist discusses healing after sexual trauma.	-exams are s	o important i	n preventi	ing brea	st and
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises ants	to prepare for	⁻ childbirth 3.	DR. JAC	OB STE	IGER Chi
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					

A Plastic Surgeon Answers Your Questions

 WPBTHC
 Page 285 of 366

 Date: 03/27/2023
 01/01/2023 - 03/31/2023
 Page 285 of 366

 Sat, Mar 11, 2023
 Title
 Start
 Distrib
 Stereo
 Cap
 AS2
 Episode

Daily Program Listing II

23:30:00 Second Opinion with Joan Lunden

Racial Disparities In Maternal Health

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

APTEX

(S)

(CC)

N/A

#1802H

_

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 286 of 366

				200 01	
2, 2023					
Subtitle	Distrib	Stereo	Сар	AS2	Episode
All Health Go	SFPBS	(S)	(CC)	N/A	#0H
ubscription plan AllHealthGo has created to offer users access to a number of healthc	are digital ser	vices includii	ng teleme		included in
Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
lie sooner than white people. Compared with whites, members of racial and ethnic mi ces and often receive lower-quality care. Addressing health disparities is increasingly r has the disparity in access to healthcare become more obvious than with the pande	norities are les important as o	ss likely to re our population	ceive pre n become	ventive h s more o	nealth diverse.
Living Well (Holiday Stress Tips)	SFPBS	(S)	(CC)	N/A	#792H
				logist ar	nd Peter
Time Change Placeholder-Daylight Saving			(N)	N/A	#0H
Health Trends (Heart Help)	SFPBS		(N)	N/A	#1304H
teven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Tre	ating the whole	e patient.			
Spine & Back Care (Spine Fractures)	SFPBS	(S)	(CC)	N/A	#795H
osha Brusovanik discusses spine fractures caused by osteoporosis.					
All Health Go	SFPBS	(S)	(CC)	N/A	#0H
ubscription plan AllHealthGo has created to offer users access to a number of healthc	are digital ser	vices includi	ng teleme		included in
Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
make up the greatest percentage of the population and the labor force. They are also xperiencing declining health faster than any other recent generation before them. How	o the least hea w their health p	Ithy generati	on in rece	ent times	and they
Alma's Way	PBS	(S)	(CC)	DVI	#102H
s adding his own ideas without asking. Can Alma speak up for herself and her vision?	? When Uncle	Nestor's Bor	mba danc	e show a	and the
					, or
Scigirls	PBSPL	(S)	(CC)	DVI	#305H
na, Schuyler and Anayia hit the streets of Denver to investigate what makes a good ur	rban bird habit	at, and trans	form a cit	y school	garden
Wild Kratts Under Frozen Pond	PBS	(S)	(CC)	N/A	#305H
	animals surviv	ve in the win	ter.		
Vild Kratts and Wild Kratts kids go on an underwater adventure to discover how pond					
			(CC)	N/A	#106H
Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
	Title All Health Go 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 healthustations, emotional advice, second-opinion consultations, as well as a number of tool Second Opinion with Joan Lunden Racial Disparities In Health proses America, there are large and persistent racial differences in health and accessing ties soner than white people. Compared with whites, members of racial and ethnic ties soner than white people. Compared with whites, members of racial and ethnic ties soner than white people. Compared with whites, members of racial and ethnic ties soner than white people. Compared with whites, members of racial and ethnic ties sone that exist in health and healthcare in the U.S. Living Well (Holiday Stress Tips) ling stress and anxiety during the holidays through meditation and yoga. Focus: Joan , yoga instructor show us new methods of yoga exercises that will help calm your nerr Time Change Placeholder-Daylight Saving Health Trends (Heart Help) teven Schnurr and Dr. Krichmar discuss cardiology and internal medicine. Focus: Tree Spine & Back Care (Spine Fractures) Bohminute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan All-HealthGo has created to offer users access to a number of health ubscription plan All-texit than any other recent generation before them. How mine the overall health and heards. This episode discusses the issue of Millennial Health and heards. Second-opinion and the labor force. They are also speciencing declining health faster than any other recent generatin before them	Title Distrib All Health Go SFPES 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth describution plan All-Health Go has created to offer users access to a number of health-are digital serial duscer, second-opinion consultations, as well as a number of tools to manage in the area called and write. Second Opinion with Joan Lunden APTEX Racial Disparities In Health APTEX Racial Disparities In Health APTEX ross America, there are large and persistent racial differences in health and accessing healthcare. Lie sooner than while people. Compared with whites, members of racial and ethnic minorities are lest case and often receive lower-quality care. Addressing health disparities is increasingly important as cit ras the disparity in access to healthcare become more obvious than with the pandemic of COVID rities that exist in health and healthcare in the U.S. SFPBS Living Well (Holiday Stress Tips) SFPBS SFPBS Time Change Placeholder-Daylight Saving Health Trends (Heart Help) SFPBS Stone & Back Care (Spine Fractures) SFPBS SFPBS Sohe Brusovanik discusses spine fractures caused by osteoporosis. All Health G SFPBS 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth describscription plan AllHealth Go has created to offer users access to a number of tools to manage or ulacitons, emotional advice, second-opinion consultations, as well as a number of tools t	Title Distrib Stereo All Health Go SFPBS (S) 30-minute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the ubscription plan All-HealthGo has created to offer users access to a number of tools to manage medical costs Second Opinion with Joan Lunden APTEX (S) Racial Disparties In Health Pare Area (S) ross America, there are large and persistent racial differences in health and accessing healthcare. Peopelo ef co lies sooner than white people. Compared with whites, members of racial and the thinc minorities are less likely to reze and othen receive lower-quality care. Addressing health disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio rate stast disparities is increasingly important as our populatio and the astinctor show us new methods of yoga exercises that will help calm your nerves during the buildays through meditation and yoga. Focus: Joann Santiago-Charles, exerc yoga instructor show us new methods of yoga exercises that will help calm your nerves during the builday through meditation and yoga. Focus: Joann Santiago-Charles, exerc yoga instructor show us new methods of yoga exercises to a number of tools to manage medical costs as a nunber of healthcare digital services incluid literinco	Title Distrib Stereo Cap All Health Go SFPBS (S) (CC) Sominute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different stubscription plan AllHealthCo has created to offer users access to a number of healthcare digital services including telementations, encound-advice, second-opinion consultations, as well as a number of healthcare digital services including telementations, encound-advice, second-opinion consultations, as well as a number of healthcare. People of color get sicilities somer than while people. Compared with whites, members of racial and ethnic minorities are less likely to receive preses and often receive lower-quality care. Addressing health disparities is increasingly important as our population become has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode exartites that exist in health and healthcare in the U.S. Living Well (Holiday Stress Tips) SFPBS (S) (CC) Ing stress and anviety during the holidays through meditation and yoga. Focus: Joann Santiago-Charles, secretics physic, yoga instructor show us new methods of yoga exercises that will help calm your nerves during the busy holiday season: (N) Health Tends (Heart Help) SFPBS (S) (CC) osine All-Health Go SFPBS (S) (CC) osine All-Leath Holidays through meditations, as well as a number of tools to manage medical costs. (S) (CC) obine All-Health Go SFPBS	Title Distrib Stereo Cap AS2 All Health Go SFPBS (S) (CC) NA Sominute informational program, hosted by Sasha Rionda, presents viewers with an in-depth description of the different services ubscription pian AllHealthCo has created to offer users access to a number of host to manage medical costs. Second Opinion with Joan Lunden APTEX (S) (CC) NA Reaial Disparities in Health reserve are large and persistent racial differences in health and accessing health charging/ important as our population becomes more ir has the disparity in access to healthcare become more obvious than with the pandemic of COVID-19. This episode examines the rifes that exist in health and healthcare in the US. Living Weil (Holiday Stress Tips) SFPBS (S) (CC) NA Ites that exist in health and healthcare in the US. (N) NA Living Weil (Holiday Stress Tips) SFPBS (S) (CC) NA Ites that exist in health and healthcare in the US. (N) NA Living Weil (Holiday Stress Tips) SFPBS (S) (CC) NA Ideath Trends (Heart Help) SFPBS (S) (CC) NA Spine & Back Care (Spine Fractures) SFPB

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 287 of 366

Sun, Mar 12, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
08:12:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2502H
08:22:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2503H
08:34:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2504H
08:45:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2505H
08:56:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2506H
09:11:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2507H
09:22:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#2508H
09:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#2509H
09:44:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#2510H
10:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2901H
	eping with the Health Channel's spirit of innovative programmir v (with English subtitles) featuring groundbreaking medical brea					
10:13:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#2902H
10:26:00	Vida Y Salud Segment 3	SFPBS	(S)	(CC)	N/A	#2903H
10:39:00	Vida Y Salud Segment 4	SFPBS	(S)	(CC)	N/A	#2904H
10:54:00	Vida Y Salud Segment 5	SFPBS	(S)	(CC)	N/A	#2905H
11:05:00	Vida Y Salud Segment 6	SFPBS	(S)	(CC)	N/A	#2906H
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H

Sun, Mar 12, 2023

The Truth About Prostate Cancer

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 288 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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 Stop	Call The Midwife b by the clinic, where the Turners oversee a measles vaccination	PBS trial while the team prepare for the V	(S) Whitsun banl	(CC) k holiday.	N/A Valerie	#803H helps a
strug	ggling mother accept her son's birth defect.					
	Call The Midwife ness the team's attempt to reunite an estranged mother and daug gnant.	PBS ghter who are both pregnant. Trixie's	(S) friend is dev	(CC) vastated to	N/A o discov	#804H er she is
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1021H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHON the surgery risks	Y GONZALEZ Life after weight loss	surgery 3. D	R. GOSH	A BRUS	ovanik
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1022H
	us- 1. JASON MELAND Importance of exercise 2. DR. ANTHON the surgery risks	Y GONZALEZ Life after weight loss	surgery 3. D	R. GOSH	A BRUS	ovanik
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#701H
Rich	us: 1. Heart Attacks and Diabetes - Dr. Jonathan Fialkow 2. Com aard Vivero 4. Kids & Cancer - Dr. Maggie Eidson Fader, Nicklau hmar 6. Weight Loss Success Story - Jerome Turner and Steve	s Children's Hospital 5. Getting the I				
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#702H
15:24:00	Smartlife	SFPBS	(S)	(CC)	N/A	#703H
15:41:00	Smartlife	SFPBS	(S)	(CC)	N/A	#704H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#705H
	us: 1. Psoriasis - Dr. Deborah Longwill 2. Preventing Injuries - Ma Expert Segment - Yadira Torres, PhD 5. Non-Surgical Nose Jobs		appily Marrie	ed - Jasmi	n Terrar	ni 4. Ask
16:19:00	Smartlife	SFPBS	(S)	(CC)	N/A	#706H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#707H
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#708H
17:00:00	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	rn how humans begin life as a single cell and, over the course of overies that can help humans live longer, healthier lives.	a lifetime, grow into beings of more	than 37 trillio	on cells. P	lus, exp	lore new
18:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#102
	Survive cover the miracles the human body goes through every day to states have remarkable arsenals that allow survival against all kinds		fections to re	epairing d	amage,	human
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
	The Truth About Prostate Cancer					

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 289 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
19:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and a die sooner than white people. Compared with whites, members of racial and e ices and often receive lower-quality care. Addressing health disparities is incre er has the disparity in access to healthcare become more obvious than with the arities that exist in health and healthcare in the U.S.	thnic minorities are les asingly important as c	ss likely to re our populatio	ceive prev n become	ventive l s more	nealth diverse.
20:00:00	The Mysteries of Mental Illness Evil Or Illness?	PBS	(S)	(CC)	N/A	#101H
	nine ancient conceptions of mental illness and the establishment of psychiatry ss, including an aspiring astrophysicist with schizophrenia and an Olympics-bo		nodern-day p	eople livin	g with n	nental
21:00:00	Extra Life: A Short History of Living Longer	NPS	(S)	(CC)	N/A	#101H
	Vaccines					
	over the role vaccination plays in our growing ability to prevent the spread of ill n how new ones are developed when never-before-seen diseases like COVID-		the remarkal	ole history	of vacc	ines and
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#217H
	How Hormones Affect Your Sex Life					
	xual health coach explains how hormones affect your sex life, plus we discuss olp you last longer in bed.	treatments for ED if the	he pills stop	working a	nd offer	some tip
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1023H
	us: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. DR. JACO O LINFANTE Brain aneurysms	DB STEIGER Tech ne	eck/aging ne	ck (plastic	surgery) 3. DR.
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 Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803I
	•					

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

	Daily Program Listing II WPBTHC			P	000	
ate: 03/27/				Page	e 290 of	366
Mon, Mar	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	ription of the vices includir	ng teleme		included ir
00:30:00	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 Alzheim r word, globally the number of people diagnosed is expected to double every 20 years. I to our healthcare system, it takes an emotional toll on families as they care for their love usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come w	ith a trer	nendous
01:00:00	Primary Care (Healthy Habits for the New Year)	SFPBS	(S)	(CC)	N/A	#796H
Dr. I	Forster discusses five ways to stick to your New Year's Resolution and start the year wit	h new health	y habits that	are achie	evable.	
the	All Health Go 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		#0H included ir
02:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag this	It obesity is associated with a decrease in life expectancy for both men and women, as we 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 reseptioned discusses the challenges and solutions for sustained weight loss.	n 60% of wo asons for wa	men. The da nting to lose	mage to l weight ar	health is nd keep	it off, and
03:00:00	Living Well (Wellness Trends)	SFPBS	(S)	(CC)	N/A	#1306H
Jasr	nine Terrany discusses Life Therapy, which combines Psychotherapy Coaching, Mindfu	Iness & Med	itation.			
04:00:00	Sports Medicine (Prenatal& Post-Birth Fitness)	SFPBS	(S)	(CC)	N/A	#797H
disc	ing-edge treatment and prevention of injuries related to sports and exercise for physical uss prenatal fitness and regaining fitness post-birth and share advice and tips on how to ack, such as the holidays or a medical condition.	health and fi lose weight	tness. Dr. Pa and/or get in	app and N shape at	/lonica G fter a lap	Gonzalez ose or
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	re digital ser	vices includii	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	t obesity is associated with a decrease in life expectancy for both men and women, as w 163 million adults in the U.S. are overweight or obese - two thirds of men, and more tha gering, but people still struggle every day to drop the pounds. Everyone has different re- episode discusses the challenges and solutions for sustained weight loss.	n 60% of wo	men. The da	mage to I	health is	
06:00:00	Classical Stretch: By Essentrics Glute & Hip Stretch	APTEX	(S)	(CC)	N/A	#1411H
upp	k from head-to-toe as you stretch the entire body in this feel good Classical Stretch work er body and shoulders. Through finger exercises you'll relieve neck and shoulder pain. A our hips and spine so that you can stretch and strengthen your glutes and hamstrings.					
06:30:00	Wai Lana Yoga Netia Cleansing Technique	APTEX	(S)	(CC)	N/A	#225H
07:00:00	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.

Mon, Mar 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 291 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#804H
	ess the team's attempt to reunite an estranged mother and daughter who are both pr nant.	egnant. Trixie's	friend is dev	vastated to	o discove	er she is
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
Pren dorm	Reawaken The Ovaries to Give Birth atment developed by a Japanese doctor and his team is helping women with prematinature menopause is triggered by a malfunctioning of the ovaries and affects even the nant primordial follicles. We focus on the method, which has been described by TIME	ose in their teer	ns. The treat	ment invo	lves acti	vating
	s that can alleviate symptoms such as those of menopause.					
09:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
math hear	mpossible even for surgeons to see the inside of the beating heart in detail with the nematicians cooperated to develop the heart simulator to reproduce each patient's he t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also p 2 to save the lives of infants who have heart defects.	art. The simula	tor analyzes	the move	ments o	f the
10:00:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of resistant to sidered the next pandemic, antibiotic resistance is a threat to global health and food s		dangering th	e efficacy	of antib	iotics.
10:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806I
Case diab	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work etes.	is to stop pre-d	iabetes from	turning ir	nto full-fl	edged
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
math hear	Visualizing Each Patient's Heart Accurately mpossible even for surgeons to see the inside of the beating heart in detail with the n mematicians cooperated to develop the heart simulator to reproduce each patient's he t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also p to save the lives of infants who have heart defects.	art. The simula	tor analyzes	the move	ments of	f the
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
eye s away	Lifelike Surgical Training Model novative surgical training model has been developed called the bionic humanoid, con surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgery y. The brain surgery model replicates complex structures within the skull to help surge els could transform training for novice doctors.	ons can practice	e a difficult s	urgery tha	t involve	es peelin
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#805H
	Trixie as she cares for a young woman who is diagnosed with an intersex condition.	A pregnant wor	nan's husba	nd begins	experie	ncing
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	ch Lucille care for an unmarried teen mother and Valerie help her grandmother with a elp, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with		g medical pro	blem. Mo	ther Mild	dred trie
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1055I
Focu	is: The flu, What causes Scoliosis, Exercise and arthritis					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	is: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					

Mon, Mar 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Title

Page 292 of 366

Start	Subtitle	Distrib	Stereo	Сар	AS2	Episode
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. Veter Loss Overview - Dr. Alan Bauman 4. Ask the Experts - Dr. Jose Mena 5. Unders nn, PHD 6. Controlling Cardiovascular Risks - Dr. Lauren Frost					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1006H
16:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1007H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1008H
17:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness? nine ancient conceptions of mental illness and the establishment of psychiatry. H ss, including an aspiring astrophysicist with schizophrenia and an Olympics-boun		odern-day p	eople livin	ng with n	nental
18:00:00	Nova	NPS	(S)	(CC)	N/A	#4706
	The Truth About Fat					
	ntists are coming to understand fat as a system akin to an organ one whose siz onal choices. Explore the mysteries of fat and its role in hormone production, hur			ological pr	ocesses	than
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 Alzheimer's: A Public Health Crisis	APTEX	(S)	(CC)	N/A	#1703H
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word A r word, globally the number of people diagnosed is expected to double every 20 to to our healthcare system, it takes an emotional toll on families as they care for th usses Alzheimer's Disease from a caregiver and a public health perspective.	years. Not only does	Alzheimer's	s come wi	th a tren	nendous
20:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
Char	Mental Health Crisis In Teenagers & Young Adults nges in education and the effects of the pandemic have increased anxiety, depre nnel's one-hour virtual town hall, Finding Hope: The Mental Health Crisis in Teen e issues affecting our children and offer practical advice based on research.					
21:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
21.00.00	Managing The Mental Health Crisis Town Hall		(0)	(00)	IN/A	#10211
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
Pren dorm	eatment developed by a Japanese doctor and his team is helping women with pre- nature menopause is triggered by a malfunctioning of the ovaries and affects even ant primordial follicles. We focus on the method, which has been described by T s that can alleviate symptoms such as those of menopause.	en those in their teer	is. The treati	ment invo	lves acti	vating
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	mpossible even for surgeons to see the inside of the beating heart in detail with the metaticians cooperated to develop the heart simulator to reproduce each patient' t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can al 2 to save the lives of infants who have heart defects.	's heart. The simulat	or analyzes	the move	ments o	f the

Mon, Mar 13, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 293 of 366

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 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.

_

Tue, Mar 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 294 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	vices includi	different s		included
00:30:00	Second Opinion with Joan Lunden Millennial Health II	APTEX	(S)	(CC)	N/A	#1704H
They are e	nnials were born between the years 1981 and 1996. At 73 million, they ar make up the greatest percentage of the population and the labor force. The experiencing declining health faster than any other recent generation before rmine the overall health of America. This episode discusses the issue of N	hey are also the least hea re them. How their health p	Ithy generati	on in rece	ent times	and they
01:00:00	Dermatology (Effect of Diet & Nutrition On Skin)	SFPBS	(S)	(CC)	N/A	#807H
supe	ical experts share advice and information about the best treatments and c rficial to the in-depth. Dr. Longwill and Unni Greene discuss the effects of ugh a combination of a healthy diet and dermatological treatments.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb ultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	t Disease is the leading cause of death and disability for women in the Ur r women's health issue. It is the cause of death for 1 in 5 women in the U men every year. That's more than all cancers combined. But 80% of card e of heart disease in women and how we can lower cardiac risk and death	S., and heart disease and iac and stroke events can l	stroke comb	ined caus	se the de	eath of 1 i
03:00:00	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				
04:00:00	Healthy Living (Spine Surgery)	SFPBS	(S)	(CC)	N/A	#810H
	ical experts share the essential factors of a healthy lifestyle. Focus; Dr. He opedic spine surgeon discusses spine surgery.	enry Guzman hosts today's	show in wh	ich Dr. Joi	nathan (Gottlieb,
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1708H
	Heart Disease In Women					
majo 3 wo	t Disease is the leading cause of death and disability for women in the Ur or women's health issue. It is the cause of death for 1 in 5 women in the U men every year. That's more than all cancers combined. But 80% of card e of heart disease in women and how we can lower cardiac risk and death	S., and heart disease and iac and stroke events can l	stroke comb	ined caus	se the de	eath of 1 ir
06:00:00	Classical Stretch: By Essentrics Spine Flexibility	APTEX	(S)	(CC)	N/A	#1412H
neck	king your spine through flexion, extension, lateral and rotational movement and hips! With this energizing standing and floor workout, you'll stretch tip are exercises for ankle mobility to help increase your walking and running	ght glutes and hamstrings,				
06:30:00	Wai Lana Yoga A Healthy Appetite	APTEX	(S)	(CC)	N/A	#301H
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#604H

Bask in the golden leaves of autumn as you connect to your core with a dynamic intermediate flow practice. Including postures that will help to strengthen your abdominals, legs and thighs, creating greater ease of movement and better posture in your daily life.

Tue, Mar 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 295 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
						<u>.</u>
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
Exar	Evil Or Illness? nine ancient conceptions of mental illness and the establishment of psychiatry. H	lear the stories of m	odern-dav n	eonle livin	na with n	nental
	ss, including an aspiring astrophysicist with schizophrenia and an Olympics-boun		ouom aay p		.g	lontai
09:00:00	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 a erous medicinal properties and is effective for many symptoms. This makes Kam otoms. We look at how Kampo formulations are prescribed, through 1 patient who ow Kampo can prevent depressive symptoms, and how it can prevent coronaviru	po suitable for treat o was cured. We als	ing long CO	VID, whicl	h has va	rious
09:30:00	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 exa ases that are difficult to detect in their early stages. It's becoming popular among 1,000. A new type of Ningen Dock helps subjects to lead a healthier lifestyle by c recipes that are effective against lifestyle diseases.	foreign visitors as the	ney can hav	e the chec	kup for	about
10:00:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807 ⊢
cons	es is a word that people throw around when they are feeling overwhelmed, but streequences. Stress in all ages, as well as pandemic-related stress, affects our over as depression and anxiety.					issues
10:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually bringi ine. Childhood vaccine rates continue to decrease in certain areas of the country eback.					
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#503H
Can	nabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Rep	placement.				
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 business, and child. Yet within months of giving birth Lisa was told the devasting news; she er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into istating cancer.	had stage 4 lung ca	ncer. For an	athletic,	young w	oman wł
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model					
eye s away	nnovative surgical training model has been developed called the bionic humanoid surgery model recreates a part of a membrane that's just 3 micrometers thick. Su y. The brain surgery model replicates complex structures within the skull to help s els could transform training for novice doctors.	irgeons can practice	a difficult s	urgery tha	t involve	es peeling
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers the oved without damaging surrounding tissue by applying low-dose X-rays at different ire a hospital stay. The technology originated in the US and was improved by a J among the highest in the world.	nt angles. One treat	ment takes j	ust 30 mir	nutes an	d doesn'
13:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to stay alive and healt	. –	.			

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.

Tue, Mar 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 296 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#217H
	How Hormones Affect Your Sex Life					
	exual health coach explains how hormones affect your sex life, p elp you last longer in bed.	lus we discuss treatments for ED if the	ne pills stop	working a	nd offer	some tips
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell p	hones				
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. I ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrit		Factors for [Diabetes -	Lois Ex	elbert, RN
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	us: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de ety, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dy					
16:11:00	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	Amazing Human Body Grow	PBS	(S)	(CC)	N/A	#101
	rn how humans begin life as a single cell and, over the course o overies that can help humans live longer, healthier lives.	f a lifetime, grow into beings of more	than 37 trillio	on cells. P	lus, exp	lore new
18:00:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	Cocoa Beach					
18:30:00	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 suc ond child. Yet within months of giving birth Lisa was told the dev er smoked, the diagnosis seemed unreal. After the shock wore of astating cancer.	asting news; she had stage 4 lung ca	ncer. For an	n athletic,	young w	oman who
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	#1704H
	Millennial Health II					
They are e	ennials were born between the years 1981 and 1996. At 73 million y make up the greatest percentage of the population and the lab experiencing declining health faster than any other recent gener primine the overall health of America. This episode discusses the	oor force. They are also the least hea ation before them. How their health p	Ithy generati	ion in rece	nt times	and they
20:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#101
	Grow					

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.

Tue, Mar 14, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 297 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
21:00:00	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 es have remarkable arsenals that allow survival against all kinds of outside threats.	om fighting in	fections to re	epairing d	amage,	human
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#217H
	How Hormones Affect Your Sex Life					
	xual health coach explains how hormones affect your sex life, plus we discuss treatment of you last longer in bed.	nts for ED if th	ne pills stop v	working a	nd offer	some tips
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
00.00.00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
23:30:00			(=)	()		

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.

Wed, Mar 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 298 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
that stage	Conquering Obesity t obesity is associated with a decrease in life expectancy for both men and women, as 163 million adults in the U.S. are overweight or obese - two thirds of men, and more th gering, but people still struggle every day to drop the pounds. Everyone has different r episode discusses the challenges and solutions for sustained weight loss.	nan 60% of wo	men. The da	mage to I	nealth is	
01:00:00	Pain Management (Neck & Shoulder Pain)	SFPBS	(S)	(CC)	N/A	#812H
Dr. N	lena discusses neck vs. shoulder pain			、		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthor ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one l	inson's Disease is the fastest growing neurological disorder in the world. It affects nea six million people worldwide. The symptoms generally develop slowly over years, sor nand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	netimes startin	g with a bare	ely noticea	able tren	nor in just
03:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
Ron	Yacoub discusses the benefits of physical therapy for the elderly to help with arthritis,	gait, balance	& flexibility.			
04:00:00	Heart Health #1136 (Aspirin and Heart Health)	SFPBS	(S)	(CC)	N/A	#1136H
	lamburg discusses cardiovascular disease risks. Focus: Life's Simple 7, addressing th n of it.	ne question of	whether to ta	ake Aspirii	n or not	and how
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ubscription plan AllHealthGo has created to offer users access to a number of healthoul ultations, emotional advice, second-opinion consultations, as well as a number of tool	care digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	inson's Disease is the fastest growing neurological disorder in the world. It affects nea six million people worldwide. The symptoms generally develop slowly over years, sor hand. While tremors are common in Parkinson's, the disease progression is unique to ments of Parkinson's Disease, and the search for a cure.	netimes startin	g with a bare	ely noticea	able tren	nor in just
06:00:00	Classical Stretch: By Essentrics Glute Toning	APTEX	(S)	(CC)	N/A	#1413H
You'l	erful glutes play a key role in how efficiently your body moves. Keeping them toned ar I also work on feet and hip alignment, and move in ways to increase your range of mo nners, the easy-to-follow full body movements will keep you energized throughout you	otion in this Cla				
06:30:00	Wai Lana Yoga Strong As A Tree, Lithe As A Snake	APTEX	(S)	(CC)	N/A	#302H
07.00.00						
07:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H

Evil Or Illness?

Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.

Wed, Mar 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 299 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episo
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#804H
	ness the team's attempt to reunite an estranged mother and daughte gnant.	r who are both pregnant. Trixie's	friend is dev	vastated to	o discove	er she is
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
Pren dorn	eatment developed by a Japanese doctor and his team is helping wo nature menopause is triggered by a malfunctioning of the ovaries an nant primordial follicles. We focus on the method, which has been do so that can alleviate symptoms such as those of menopause.	nd affects even those in their teer	ns. The treat	ment invol	ves acti	vating
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	impossible even for surgeons to see the inside of the beating heart i hematicians cooperated to develop the heart simulator to reproduce rt's molecules, numbering 1 billion x 1 billion, to visualize the heart in 2 to save the lives of infants who have heart defects.	each patient's heart. The simulat	tor analyzes	the move	ments of	f the
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1809F
	Alopecia Areata					
	becia areata is a common autoimmune disorder that often results in uses and is one of the most requested topics from viewers every year.		roughly 6.8	million peo	ople in th	ne Unite
10:30:00	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 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.					
11:00:00	Conscious Living	NETA	(S)	(CC)	N/A	#201H
	Vegan In Vegas					-
cheo to a sano	at happens in Vegas, stays in Vegas! Join us on a quest to find out if cking into the greenest luxury hotel in town, we search for Vegas' hic beautiful hike through nearby Red Rock Canyon National Park. The ctuary just minutes from the strip, and meditation at a Hindu temple t dice to see if he can make vegan crab cakes that taste like real thing	lden conscious gems. First, we v n, Bianca doubles down on comp behind the world-famous Hell's K	enture on a passion with itchen resta	34-mile so rescued f urant. Fina	enic nat arm anir ally, Mich	ture drive mals at a
11:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	Cocoa Beach					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#805H
Join	Trixie as she cares for a young woman who is diagnosed with an in plicable pain similar to her symptoms.		. ,	. ,		
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	ch Lucille care for an unmarried teen mother and Valerie help her gr elp, but ruffles feathers everywhere she goes. Nurse Crane's back tr			oblem. Mo	ther Milo	dred trie
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1007H
heal	Ith Insiders 1007 Why is the measles vaccine so important for children th and ways to detect heart disease long before a potentially devast th insiders					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1018H
	us - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA RANY Self love	A ORUETA Postpartum depression	on & massa	ge therapy	3. JASI	MIN
121						
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1201H

Wed, Mar 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 300 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
15:57:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1205H
Focu	us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Sele Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5	snick 2. Fertility of a Couple,	Dr. Juan P.	Alvarez 3		
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H
17:00:00	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
	usion to inclusion, we realize that the aggregate stories of these brave in ASK our own HOPE. Concrete Gridiron	ndividuals share a powerful m	nessage of ⊢ (S)	IOPE insp (CC)	oiring us N/A	to #0H
only Carr have this play	y, like David Cross have served our country. Cross was injured while in play physical sports," he said. "I tried golf, it was too boring. Getting our ie Frank, playing sports has provided her purpose. "When you're able to a to forgive sport and then you have to drive on," she said. "Without the as adults." The team was assembled last season by Norm Page, the Pr against 11 other teams across the country this season, in two separate a to come home with a trophy, the ability to play this sport is a priceless	t there and playing competitivo play stand-up sport for such Greater Adaptive Buffalo Spo esident of the Greater Buffalo tournaments in Chicago and	ely is everyt a long time, orts Program Adaptive S Salt Lake C	hing to me and then , we woul ports Prog ity. While	e." For L you car dn't be a gram. Th these pl	J.S Vetera n't, you able to do ne team w
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 Conquering Obesity	APTEX	(S)	(CC)	N/A	#1705H
that stag	t obesity is associated with a decrease in life expectancy for both men a 163 million adults in the U.S. are overweight or obese - two thirds of me gering, but people still struggle every day to drop the pounds. Everyone episode discusses the challenges and solutions for sustained weight los	en, and more than 60% of wo	men. The da	mage to h	nealth is	
20:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	ntists are coming to understand fat as a system akin to an organ one onal choices. Explore the mysteries of fat and its role in hormone produ			logical pr	ocesses	than
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 spre how new ones are developed when never-before-seen diseases like C		he remarkat	le history	of vacc	ines and
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	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.

Wed, Mar 15, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 301 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
	t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can also pre 2 to save the lives of infants who have heart defects.	dict postoper	ative conditio	ons. Clinic	al trials	started in
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	
						#101H
	Stomach Pain, Reflux Disease and Ibs					#101H

23:30:00 Second Opinion with Joan Lunden

Pre-Diabetes

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

Caring for Your Back

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 302 of 366

				i ugo	002 01	000
Thu, Mar '						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included ir
00:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H
relati	181 the term "sandwich generation" was coined to describe a group of Americans who a ives at the same time. Today, millions of families are facing the dual challenge of sandw having children later. This episode focuses on these caregivers.					
01:00:00	Spine & Back Care (Aching Back Treatments)	SFPBS	(S)	(CC)	N/A	#815H
	is: Dr. Gosha Brusovanik from Baptist Health, has the latest techniques to treat your ac litions and how to treat them for a pain free life	hing back for	a pain-free	ife. Spine	and ba	ck
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included ir
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 not tional 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 cer Spouse."	. The spouse	e of the cance	er patient	feels the	e impact of
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 durin	ng flu season				
04:00:00	Mental Health (Emotional Wellness)	SFPBS	(S)	(CC)	N/A	#816H
Focu	is: Diana de la Lanza discusses the need for mental health services in our schools and	what system	s are current	ly in place	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 ir subscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ist cancer is the most common cancer among women worldwide, and this diagnosis not tional and psychological challenges, as well. It is something no one wants to face alone liagnosis, and their support can be crucial to recovery. The couple goes through cancer cer Spouse."	. The spouse	e of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1414H
	Hip Strengthening					
muse	n to exercise slowly yet powerfully to strengthen your entire body! In this all-standing we cle chains of the legs to get stronger hips. Plus, arms, hands and wrists are stretched to eat for those who want to improve their strength and overall health.					
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#303H
	Stiffness Be Gone!					
07:00:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
07.20.00					N1/A	#10011
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#102H

	Daily Program Listing II WPBTHC					
ate: 03/27/				Page	303 of	366
Thu, Mar	16, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	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. To how new ones are developed when never-before-seen diseases like COVID-19 emer		he remarkat	le history	of vacc	ines and
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#113H
num sym	Fighting Covid-19 with Kampo Medicine po is a Japanese traditional medicine that is based on information contained in an anc erous medicinal properties and is effective for many symptoms. This makes Kampo su 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 infe	itable for treat cured. We als	ing long CO	√ID, whicł	h has va	rious
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#114H
	Ningen Dock for Your Health					
dise US\$	In has a unique system of preventive healthcare called the Ningen Dock. The examina 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 t	hey can have	e the chec	kup for	about
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
	Racial Disparities In Health					
	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. Second Opinion with Joan Lunden	mic of COVID- APTEX	19. This epis (S)	sode exar (CC)	nines the N/A	e racial #1703⊦
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzhei r word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their low usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come wi	th a tren	nendous
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#503H
Can	nabis during Pregnancy, Hypochondria, Dieting, Neurosurgery for Spine, Hip Replacer	nent.				
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 business, and a and child. Yet within months of giving birth Lisa was told the devasting news; she had s er smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went into full ac istating cancer.	tage 4 lung ca	incer. For an	athletic,	young w	oman wh
12:00:00	Medical Frontiers Lifelike Surgical Training Model	APTEX	(S)	(CC)	N/A	#117H
eye awa	novative surgical training model has been developed called the bionic humanoid, cont surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeor y. The brain surgery model replicates complex structures within the skull to help surgeo els could transform training for novice doctors.	is can practice	e a difficult si	urgery tha	t involve	es peeling
12:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that ar oved without damaging surrounding tissue by applying low-dose X-rays at different ang ire a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.	les. One treat	ment takes j	ust 30 mir	nutes an	d doesn'
13:00:00	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. Fi es have remarkable arsenals that allow survival against all kinds of outside threats.	iom tighting in	rections to re	epairing di	amage,	numan

Thu, Mar 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

_...

Page 304 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
	Love Languages					
,	you know what your partner's "love language" is? Also, we discuss a ally healthy throughout your life.	some of the many ways to help ge	et you "in the	mood" ar	nd tips fo	or staying
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
Focu impla	us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA (ants	ORUETA Exercises to prepare for	r childbirth 3.	DR. JAC	OB STE	IGER Chin
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1301H
	us: 1. Lower Back Pain, Dr. Gosha Brusovanik 2. Back Pain Treatm Jacomino 4. Holiday Nutrition, Carla Duenas, nutritionist 5. T.M.J.		usovanik 3. E	aptist Ho	me Heal	th Care,
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1302H
15:34:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1303H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1304H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1305H
	us: 1. Post-Menopausal Exercise, Dr. Robert Feldman 2. ADHD in Iman 4. Shoulder Pain, Ron Yacoub, physical therapist 5. Travel Sk		apist 3. Ask ti	ne Expert	s, Dr. Ro	obert
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1306H
16:30:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1307H
16:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1308H
17:00:00	Amazing Hotels: Life Beyond The Lobby	BBC	(S)	(CC)	N/A	#102H
	Mashpi Lodge, Ecuador					
Lodg dizzy local sea the h than also	e second episode of this eye-opening series, Giles Coren and Mor ge, a \$10-million modernist hotel featuring an extraordinary gondola ying height. The hotel was built by a former mayor of capital Quito of ls who used to be loggers or hunters but are now proud conservation level, are surrounded by one of the last remaining biodiversity hots nighest standards of guest experience in the midst of teeming wildling ks to 90 per cent humidity. They then abseit through the jungle can spend time with the hotel's resident biologist, who has captured sp v. Giles and Monica unearth a story of luyury in a surrising place is	a cable car that 'flies' guests one r on the site of what was once a log onists. Guests staying in this glori pots on the planet. Giles and Mor ife, mud and moisture. They do ba topy for a safety drill and prepare becies the area has not seen for 3	nile through Iging station; ously remote nica reveal th attle with mol a unique loca 0 years on ca	the jungle 70 per ce place, pe e challeng d, the hot al delicacy amera. Go	e canopy ent of its erched 9 ges of de el's mair / - guine bing bey	at a staff are 00m above elivering n 'enemy' a pig. They ond the

also spend time with the hotel's resident biologist, who has captured species the area has not seen for 30 years on camera. Going beyond the lobby, Giles and Monica unearth a story of luxury in a surprising place and pioneering eco-tourism that is saving thousands of species. They also spend time with their new co-workers at home, uncovering moving stories of how local people's lives have been transformed by the arrival of the hotel.

18:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness?					
	mine ancient conceptions of mental illness and the establishment of psychiatry. Hear the ss, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer		dern-day p	eople livin	g with r	nental

19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
19:30:00	Second Opinion with Joan Lunden Caregiving: The Sandwich Generation	APTEX	(S)	(CC)	N/A	#1706H

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

Thu, Mar 16, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 305 of 366

Title					
- Subtitle	Distrib	Stereo	Сар	AS2	Episode
Extra Life: A Short History of Living Longer Vaccines	NPS	(S)	(CC)	N/A	#101H
		he remarkat	ble history	of vacc	ines and
Amazing Human Body	PBS	(S)	(CC)	N/A	#102
Survive					
	From fighting in	fections to re	epairing d	amage,	human
Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
Love Languages					
	ways to help ge	et you "in the	mood" ar	nd tips fo	or staying
Health Insiders	SFPBS	(S)	(CC)	N/A	#1019H
	es to prepare for	childbirth 3.	DR. JAC	OB STE	IGER Chin
Doctor Q & A	NETA	(S)	(CC)	N/A	#103H
Alzheimer's Disease: Hope for the Future					
Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1807H
	Vaccines cover the role vaccination plays in our growing ability to prevent the spread of illness. In how new ones are developed when never-before-seen diseases like COVID-19 em Amazing Human Body Survive cover the miracles the human body goes through every day to stay alive and healthy. ies have remarkable arsenals that allow survival against all kinds of outside threats. Sex Talk with Dr. Lia Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ually healthy throughout your life. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercise lants Doctor Q & A	Extra Life: A Short History of Living Longer NPS Vaccines NPS cover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through to n how new ones are developed when never-before-seen diseases like COVID-19 emerge. NPS Amazing Human Body PBS Survive PBS cover the miracles the human body goes through every day to stay alive and healthy. From fighting in ites have remarkable arsenals that allow survival against all kinds of outside threats. Sex Talk with Dr. Lia SFPBS Love Languages Survive if love language" is? Also, we discuss some of the many ways to help ge ually healthy throughout your life. Health Insiders SFPBS use 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for lants Doctor Q & A NETA	Extra Life: A Short History of Living Longer NPS (S) Vaccines cover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkate n how new ones are developed when never-before-seen diseases like COVID-19 emerge. Amazing Human Body PBS (S) Survive Survive cover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to refere shave remarkable arsenals that allow survival against all kinds of outside threats. SFPBS (S) Sex Talk with Dr. Lia SFPBS (S) Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the ually healthy throughout your life. Health Insiders SFPBS (S) use-1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. lants Doctor Q & A	Extra Life: A Short History of Living Longer NPS (S) (CC) Vaccines cover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history n how new ones are developed when never-before-seen diseases like COVID-19 emerge. Amazing Human Body PBS (S) (CC) Survive Survive cover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing dise have remarkable arsenals that allow survival against all kinds of outside threats. SEX Talk with Dr. Lia SFPBS (S) (CC) Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" ar ually healthy throughout your life. Health Insiders SFPBS (S) (CC) Use - 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JAC lants NETA (S) (CC)	Extra Life: A Short History of Living Longer NPS (S) (CC) N/A Vaccines cover the role vaccination plays in our growing ability to prevent the spread of illness. Travel through the remarkable history of vaccin now new ones are developed when never-before-seen diseases like COVID-19 emerge. Amazing Human Body PBS (S) (CC) N/A Amazing Human Body PBS (S) (CC) N/A Survive cover the miracles the human body goes through every day to stay alive and healthy. From fighting infections to repairing damage, ies have remarkable arsenals that allow survival against all kinds of outside threats. SEX Talk with Dr. Lia SFPBS (S) (CC) N/A Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ways to help get you "in the mood" and tips for ually healthy throughout your life. SFPBS (S) (CC) N/A Health Insiders SFPBS (S) (CC) N/A uart J. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercises to prepare for childbirth 3. DR. JACOB STE lants Doctor Q & A NETA (S) (CC) N/A

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.

Fri, Mar 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 306 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a num	ber of healthcare digital ser	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	iety is the most common mental-health disorder in the United States, affer research, millennials have become the most anxious generation in histor be treated.					
01:00:00	Sports Medicine (High-Tech Help)	SFPBS	(S)	(CC)	N/A	#817H
	ting-edge treatment and prevention of injuries related to sports and exerci st on high-tech help and treatment to prevent sports injuries.	se for physical health and f	itness. Focus	: Dr. Dere	ek Papp	has the
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs)			<i>.</i> .		
	ve continue to track "long-haulers," we are learning more about the long-t t-COVID symptoms.	erm health effects of the pe	eople who are	e suffering	from de	ebilitating
03:00:00	Heart Health (Cardiac Health Update)	SFPBS	(S)	(CC)	N/A	#1330H
Dr. l	Lisardo Garcia-Covarrubias discusses atrial valve disease.					
04:00:00	Sports Medicine #818 (Marathon Preparation)	SFPBS	(S)	(CC)	N/A	#818H
Dr 4	Swartzon, Rob Henry and Frankie Ruiz discuss the Miami Marathon even	t and how to prepare and t	rain for this ty	pe of exe	rcise wi	thout
injur						
		SFPBS	(S)	(CC)	N/A	#0H
injur 05:00:00 This the s	ries.	SFPBS wers with an in-depth desc ber of healthcare digital ser	ription of the rvices includir	(CC) different s	services	
injur 05:00:00 This the s	ries. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num	SFPBS wers with an in-depth desc ber of healthcare digital ser	ription of the rvices includir	(CC) different s	services	
injur 05:00:00 This the s cons 05:30:00	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX	ription of the rvices includin nedical costs (S)	different s ng teleme (CC)	services dicine N/A	included i #1801H
injur 05:00:00 This the s cons 05:30:00 As w	ries. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numi sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX	ription of the rvices includin nedical costs (S)	different s ng teleme (CC)	services dicine N/A	included i #1801H
injur 05:00:00 This the s cons 05:30:00 As w	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-t	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX	ription of the rvices includin nedical costs (S)	different s ng teleme (CC)	services dicine N/A from de	included i #1801H
injur 05:00:00 This the s cons 05:30:00 As w post	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numi sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-t t-COVID symptoms.	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX erm health effects of the pe	ription of the rvices includin nedical costs (S) cople who are	(CC) different s ng teleme (CC) e suffering	services dicine N/A from de	included i #1801H ebilitating
injur 05:00:00 This the s cons 05:30:00 As w post 06:00:00 In ju of vi with aligr	ries. All Health Go s 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numi sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-t t-COVID symptoms. Classical Stretch: By Essentrics	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX erm health effects of the pe APTEX ovement, better posture, in round, allowing you to enjo ries of dynamic sequential	ription of the rvices includin nedical costs (S) cople who are (S) creased starr y the benefits exercises des	(CC) different s ng teleme (CC) e suffering (CC) nina, and a s of a hear signed to	services dicine N/A g from de N/A a renew rt-pumpi refine yo	included i #1801H ebilitating #1415H ed sense ng workou pur
injur 05:00:00 This the s cons 05:30:00 As w post 06:00:00 In ju of vi with aligr	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numi sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-t t-COVID symptoms. Classical Stretch: By Essentrics Zero Impact Cardio Ist 23 minutes, experience the exhilaration that comes from freedom of mi itality! Zero impact means you always have one foot firmly rooted to the gi out pressure on your joints. Join Miranda as she guides you through a se ment and build your core, giving you the power to move through your day	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX erm health effects of the pe APTEX ovement, better posture, in round, allowing you to enjo ries of dynamic sequential	ription of the rvices includin nedical costs (S) cople who are (S) creased starr y the benefits exercises des	(CC) different s ng teleme (CC) e suffering (CC) nina, and a s of a hear signed to	services dicine N/A g from de N/A a renew rt-pumpi refine yo	included i #1801H ebilitating #1415H ed sense ng workou pur
injur 05:00:00 This the s cons 05:30:00 As w post 06:00:00 In ju of vi with aligr float	All Health Go a 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a numi- sultations, emotional advice, second-opinion consultations, as well as a nu- sultations, emotional advice, second-opinion consultations, as well as a nu- sultations, emotional advice, second-opinion consultations, as well as a nu- sultations, emotional advice, second-opinion consultations, as well as a nu- sultations, emotional advice, second-opinion consultations, as well as a nu- sultations, emotional advice, second-opinion consultations, as well as a nu- sultation with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-te t-COVID symptoms. Classical Stretch: By Essentrics Zero Impact Cardio ust 23 minutes, experience the exhilaration that comes from freedom of mu- itality! Zero impact means you always have one foot firmly rooted to the gi- out pressure on your joints. Join Miranda as she guides you through a se- ment and build your core, giving you the power to move through your day ting on air.	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX erm health effects of the pe APTEX ovement, better posture, in round, allowing you to enjo ries of dynamic sequential y with ease. A final cool do	ription of the rvices includin nedical costs (S) cople who are (S) creased starr y the benefits exercises des wn will leave	(CC) different s ng teleme (CC) s suffering (CC) hina, and a s of a hear signed to you feelin	services dicine N/A from de N/A a renew rt-pumpi refine yo ng like yo	included i #1801H ebilitating #1415H ed sense ng workou bur bu are
injur 05:00:00 This the s cons 05:30:00 As w post 06:00:00 In ju of vi with aligr float	All Health Go 30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs) we continue to track "long-haulers," we are learning more about the long-t t-COVID symptoms. Classical Stretch: By Essentrics Zero Impact Cardio ust 23 minutes, experience the exhilaration that comes from freedom of me itality! Zero impact means you always have one foot firmly rooted to the gi out pressure on your joints. Join Miranda as she guides you through a se ment and build your core, giving you the power to move through your day ting on air. Wai Lana Yoga	SFPBS wers with an in-depth desc ber of healthcare digital ser umber of tools to manage r APTEX erm health effects of the pe APTEX ovement, better posture, in round, allowing you to enjo ries of dynamic sequential y with ease. A final cool do	ription of the rvices includin nedical costs (S) cople who are (S) creased starr y the benefits exercises des wn will leave	(CC) different s ng teleme (CC) s suffering (CC) hina, and a s of a hear signed to you feelin	services dicine N/A from de N/A a renew rt-pumpi refine yo ng like yo	included i #1801H ebilitating #1415H ed sense ng workou bur bu are

Examine ancient conceptions of mental illness and the establishment of psychiatry. Hear the stories of modern-day people living with mental illness, including an aspiring astrophysicist with schizophrenia and an Olympics-bound boxer with OCD.

Fri, Mar 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 307 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	– <u>—</u> N/A	#804H
	ess the team's attempt to reunite an estranged mother and daughter inant.	who are both pregnant. Trixie's			o discove	er she is
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#115H
	Reawaken The Ovaries to Give Birth					
Pren dorm	eatment developed by a Japanese doctor and his team is helping worn nature menopause is triggered by a malfunctioning of the ovaries and nant primordial follicles. We focus on the method, which has been de is that can alleviate symptoms such as those of menopause.	d affects even those in their tee	ns. The treat	ment invo	lves activ	vating
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hear	impossible even for surgeons to see the inside of the beating heart in nematicians cooperated to develop the heart simulator to reproduce e t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 2 to save the lives of infants who have heart defects.	each patient's heart. The simula	tor analyzes	the move	ments of	f the
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1704H
	Millennial Health II					
They are e	ennials were born between the years 1981 and 1996. At 73 million, the y make up the greatest percentage of the population and the labor for experiencing declining health faster than any other recent generation rmine the overall health of America. This episode discusses the issue	rce. They are also the least hea before them. How their health	althy generati	on in rece	ent times	and they
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					
that stage	It obesity is associated with a decrease in life expectancy for both me 163 million adults in the U.S. are overweight or obese - two thirds of gering, but people still struggle every day to drop the pounds. Everyc episode discusses the challenges and solutions for sustained weight	men, and more than 60% of wo	omen. The da	mage to h	nealth is	
11:00:00	Flip My Florida Yard Cocoa Beach	WUCF	(S)	(N)	N/A	#206H
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#109H
	Visualizing Tiny Blood Vessels In 3d					
A no	w technology can capture clear images of tiny blood vessels using li			eatments,		
reco trans	nstructive surgery for patients who have had a part of their head, neo splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly	body, decreasing the burden o			ly cut and	d
reco trans	splant skin flaps containing blood vessels from a different area of the	body, decreasing the burden o			ly cut and	d
reco trans visua 12:00:00 Join	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly	body, decreasing the burden o mphedema. PBS	n patients. Th (S)	ne technol (CC)	ly cut and logy can N/A	d also #805H
reco trans visua 12:00:00 Join	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int	body, decreasing the burden o mphedema. PBS	n patients. Th (S)	ne technol (CC)	ly cut and logy can N/A	d also #805H
reco trans visua 12:00:00 Join inexp 13:00:00 Wato	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms.	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin	n patients. Th (S) man's husba (S) g medical pro	(CC) nd begins (CC)	ly cut and logy can N/A experier N/A	d also #805H ncing #806H
reco trans visua 12:00:00 Join inexp 13:00:00 Wato	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms. Call The Midwife ch Lucille care for an unmarried teen mother and Valerie help her gra	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin	n patients. Th (S) man's husba (S) g medical pro	(CC) nd begins (CC)	ly cut and logy can N/A experier N/A	d also #805H ncing #806H dred tries
reco trans visua 12:00:00 Join inexț 13:00:00 Wato to he 14:00:00 Focu	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms. Call The Midwife ch Lucille care for an unmarried teen mother and Valerie help her gra elp, but ruffles feathers everywhere she goes. Nurse Crane's back tro	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin publes return with a vengeance SFPBS	n patients. Th (S) man's husban (S) g medical pro	(CC) nd begins (CC) oblem. Mo (CC)	ly cut and logy can N/A experien N/A other Milo N/A	d also #805H ncing #806H dred tries #1023H
reco trans visua 12:00:00 Join inexț 13:00:00 Wato to he 14:00:00 Focu	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms. Call The Midwife ch Lucille care for an unmarried teen mother and Valerie help her gra elp, but ruffles feathers everywhere she goes. Nurse Crane's back tro Health Insiders us: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2.	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin publes return with a vengeance SFPBS	n patients. Th (S) man's husban (S) g medical pro	(CC) nd begins (CC) oblem. Mo (CC)	ly cut and logy can N/A experien N/A other Milo N/A	d #805H ncing #806H dred tries #1023H) 3. DR.
reco trans visua 12:00:00 Join inexy 13:00:00 Wato to he 14:00:00 Focu ITAL 14:30:00 Focu	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms. Call The Midwife ch Lucille care for an unmarried teen mother and Valerie help her gra elp, but ruffles feathers everywhere she goes. Nurse Crane's back tro Health Insiders us: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. O LINFANTE Brain aneurysms	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin bubles return with a vengeance SFPBS DR. JACOB STEIGER Tech no SFPBS	n patients. Th (S) man's husban (S) g medical pro (S) eck/aging neo (S)	(CC) nd begins (CC) oblem. Mo (CC) ck (plastic (CC)	ly cut and logy can N/A experier N/A ther Milo N/A surgery	d #805H ncing #806H dred tries #1023H) 3. DR. #1025H
reco trans visua 12:00:00 Join inexy 13:00:00 Wato to he 14:00:00 Focu ITAL 14:30:00 Focu	splant skin flaps containing blood vessels from a different area of the alize transparent, thin lymph vessels, and improve the treatment of ly Call The Midwife Trixie as she cares for a young woman who is diagnosed with an int plicable pain similar to her symptoms. Call The Midwife ch Lucille care for an unmarried teen mother and Valerie help her gra elp, but ruffles feathers everywhere she goes. Nurse Crane's back tro Health Insiders us: 1. MARCO BORGES, NATALIE CASTRO Plant-based recipes 2. O LINFANTE Brain aneurysms Health Insiders us - 1. DR. ANTHONY GONZALEZ Obesity epidemic 2. JASON MEL	body, decreasing the burden or mphedema. PBS ersex condition. A pregnant wo PBS andmother with an embarrassin bubles return with a vengeance SFPBS DR. JACOB STEIGER Tech no SFPBS	n patients. Th (S) man's husban (S) g medical pro (S) eck/aging neo (S)	(CC) nd begins (CC) oblem. Mo (CC) ck (plastic (CC)	ly cut and logy can N/A experier N/A ther Milo N/A surgery	d #805H ncing #806H dred tries #1023H) 3. DR. #1025H

Fri, Mar 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 308 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:15:00	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
	is: 1. Colorectal Cancer, Dr. Luis Hernandez 2. Periodontal Health and e Schnur and Dr. Perry Krichmar 4. Use of Martial Arts to Heal, Sifu M					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1406H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1407H
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1408H
17:00:00	Nova	NPS	(S)	(CC)	N/A	#4706
	The Truth About Fat ntists are coming to understand fat as a system akin to an organ one onal choices. Explore the mysteries of fat and its role in hormone prod			logical pro	ocesses	than
18:00:00	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 spr how new ones are developed when never-before-seen diseases like		he remarkab	le history	of vacc	ines and
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 Anxiety	APTEX	(S)	(CC)	N/A	#1707H
new	ety is the most common mental-health disorder in the United States, a research, millennials have become the most anxious generation in his be treated.					
20:00:00	Nova	NPS	(S)	(CC)	N/A	#4706
	The Truth About Fat ntists are coming to understand fat as a system akin to an organ one onal choices. Explore the mysteries of fat and its role in hormone prod			logical pro	ocesses	than
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness? nine ancient conceptions of mental illness and the establishment of ps ss, including an aspiring astrophysicist with schizophrenia and an Olyn		odern-day pe	eople livin	ig with n	nental
22:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
Pren dorm	eatment developed by a Japanese doctor and his team is helping wom nature menopause is triggered by a malfunctioning of the ovaries and nant primordial follicles. We focus on the method, which has been deso s that can alleviate symptoms such as those of menopause.	affects even those in their teen	is. The treatr	nent invol	lves acti	vating
22:30:00	Medical Frontiers Visualizing Each Patient's Heart Accurately	APTEX	(S)	(CC)	N/A	#116H
math hear	mpossible even for surgeons to see the inside of the beating heart in or mematicians cooperated to develop the heart simulator to reproduce ea t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3 2 to save the lives of infants who have heart defects.	ach patient's heart. The simulat	or analyzes	the move	ments o	f the

Fri, Mar 17, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 309 of 366

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 310 of 366

				i ugu		000
Sat, Mar ?	18, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Heart Disease In Women	APTEX	(S)	(CC)	N/A	#1708H
majo 3 wo	rt Disease is the leading cause of death and disability for women in the United States. or women's health issue. It is the cause of death for 1 in 5 women in the U.S., and hea omen every year. That's more than all cancers combined. But 80% of cardiac and stro e of heart disease in women and how we can lower cardiac risk and death.	irt disease and	stroke comb	pined caus	se the de	eath of 1 i
01:00:00	Living Well (Health Tips for Underpriviled)	SFPBS	(S)	(CC)	N/A	#819H
	us: Asha Loring, Executive Director for Health in the Hood, provides some tips for heaulations.	Ithy eating and	. ,		derserve	ed
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	ription of the vices includi	different s	services	
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 r high-income countries in the world. And behind these statistics lie startling racial dis then of color.					
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	Living Well (Eye Ailments)	SFPBS	(S)	(CC)	N/A	#820H
	erts tell you how to live well. Focus: Dr. Simon discusses glaucoma - its two types, syr ice eye pressure, treatment options, assistive devices and short-term and long-term p		osis, prevent	ion tips a	nd share	es tips to
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an subscription plan AllHealthGo has created to offer users access to a number of health sultations, emotional advice, second-opinion consultations, as well as a number of too	care digital ser	vices includi	ng teleme		included i
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 complication r high-income countries in the world. And behind these statistics lie startling racial dis then of color.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#104H
A 1	Doggone Sox/Alma Spells It Out	- !				41
a big as h	a really wants to have a sleepover in her room with her dog, Chacho, but when the mi g baseball game, Alma must find it before Chacho is sent to the doghouse. When Rafi er alternate for the city-wide competition. Rafia wants to practice for the big day, but A mate?	a wins the neig	ghborhood sp	celling be	e, Alma	is chosen
06:30:00	Scigirls Terrific Pacific	PBSPL	(S)	(CC)	DVI	#306H
	nors aweigh! Junior lifeguard Chloe and her friends set sail on a SoCal citizen science nealth of the Pacific Ocean and create a splashy conservation video for beach visitors		ng with marin	e scientis	ts to col	lect data o
07:00:00	Wild Kratts	PBS	(S)	(CC)	N/A	#304H
\ \/ ba	Mosquito Dragon	and Chris as a	on a fact find	ing advar	nturo to f	ind out
vvne	en Koki and Jimmy get walloped by mosquitoes in the Cypress Swamp, Aviva, Martin,	anu unins go o	л а асс-ппо	my adven	e (0 T	inu out

When Koki and Jimmy get walloped by mosquitoes in the Cypress Swamp, Aviva, Martin, and Chris go on a fact-finding adventure to find out exactly why mosquitoes try to steal our blood in the first place!

Sat, Mar 18, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 311 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A The Battle Against Breast Cancer	NETA	(S)	(CC)	N/A	#110H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#2501H

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

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

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

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 312 of 366

Sat, Mar 18, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:18:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#2907H
11:27:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2908H
	Segment 8					
11:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2909H
	Segment 9					
11:48:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#2910H
	Segment 10					
12:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#102H
	Managing The Mental Health Crisis Town Hall					
13:00:00	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. Frees have remarkable arsenals that allow survival against all kinds of outside threats.	om fighting in	fections to re	epairing d	amage,	human
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#217H
	How Hormones Affect Your Sex Life xual health coach explains how hormones affect your sex life, plus we discuss treatmer elp you last longer in bed.	nts for ED if th	ne pills stop	working a	nd offer	some tips
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	is: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1101H
Focu 4. Bo	us: 1. Lung Cancer Risk and Screening - Dr. Mark Dylewsky 2. Basic Oral Care - Dr. Ju ody, Mind & Spirit - Alex Rivas, Body & Brain Pinecrest 5. Nutrition for Recovery, Jenna	ia E. 3. Risk Werner, RD	Factors for D	Diabetes -	Lois Ex	elbert, RN
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1102H
15:27:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1103H
15:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1104H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1105H
	is: 1. How Doctors Take Care of Stroke Patients, Dr. Felipe de los Rios 2. Understandir ty, Rebecca Torriani, Red Cross 4. Ask the Expert, Dr. Mark Dylewsky 5. Anxiety and E					
16:11:00	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	SFPBS	(S)	(CC)	N/A	#103H
	Montol Lighth Crisis In Technogers & Young Adulta					

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 01/01/2023 - 03/31/2023

Page 313 of 366

Sat, Mar 18, 2023	Sat.	Mar	18.	2023	
-------------------	------	-----	-----	------	--

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
			·			
18:00:00	Hope Is Here	NETA	(S)	(CC)	N/A	#106H
Life	Lisa Briggs can be full of hope and dreams. Lisa Briggs was enjoying a successful busines	s and a close-knit fai	mily while cel	lehrating t	he arriv	al of her
seco neve	and child. Yet within months of giving birth Lisa was told the devasting news; sher smoked, the diagnosis seemed unreal. After the shock wore off, Lisa went intastating cancer.	e had stage 4 lung ca	ancer. For an	athletic,	young w	oman wh
18:30:00	Flip My Florida Yard	WUCF	(S)	(N)	N/A	#206H
	Cocoa Beach					
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					
15506 20:00:00	e of heart disease in women and how we can lower cardiac risk and death. Amazing Human Body	PBS	(S)	(CC)	N/A	#102
20.00.00		FD3	(3)	(UU)	IN/A	#102
Diec	Survive	althy From fighting in	factions to re	opairing d	200200	human
	over the miracles the human body goes through every day to stay alive and he es have remarkable arsenals that allow survival against all kinds of outside thre			spanny u	amaye,	numan
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 ill how new ones are developed when never-before-seen diseases like COVID-1		the remarkat	ble history	of vacc	ines and
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#217H
A	How Hormones Affect Your Sex Life					
	xual health coach explains how hormones affect your sex life, plus we discuss lp you last longer in bed.	treatments for ED if the	ne pills stop v	working a	na otter	some tips
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focu	us: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
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	#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.

_

Sun, Mar 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 314 of 366

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 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 vices includir	different s		included ir
00:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects six million people worldwide. The symptoms generally develop slowly over years hand. While tremors are common in Parkinson's, the disease progression is unique ments of Parkinson's Disease, and the search for a cure.	, sometimes starting	g with a bare	ly noticea	able trem	nor in just
01:00:00	Pain Management (Neck & Shoulder Pain)	SFPBS	(S)	(CC)	N/A	#812H
Dr. I	Aena discusses neck vs. shoulder pain					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the	30-minute informational program, hosted by Sasha Rionda, presents viewers with subscription plan AllHealthGo has created to offer users access to a number of he sultations, emotional advice, second-opinion consultations, as well as a number of	althcare digital serv	vices includir	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1709H
	Parkinson's Disease					
than one	inson's Disease is the fastest growing neurological disorder in the world. It affects six million people worldwide. The symptoms generally develop slowly over years hand. While tremors are common in Parkinson's, the disease progression is unique ments of Parkinson's Disease, and the search for a cure.	, sometimes starting	, with a bare	ly noticea	able trem	nor in just
03:00:00	Sports Medicine (Phys Therapy Help for Elderly)	SFPBS	(S)	(CC)	N/A	#1320H
Ron	Yacoub discusses the benefits of physical therapy for the elderly to help with arth	nritis, gait, balance &	& flexibility.			
04:00:00	Sports Medicine (High-Tech Help)	SFPBS	(S)	(CC)	N/A	#817H
	ing-edge treatment and prevention of injuries related to sports and exercise for ph t on high-tech help and treatment to prevent sports injuries.	nysical health and fit	ness. Focus	: Dr. Dere	ek Papp	has the
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	ices includir	ng teleme		included ir
05:30:00	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 six million people worldwide. The symptoms generally develop slowly over years hand. While tremors are common in Parkinson's, the disease progression is unique ments of Parkinson's Disease, and the search for a cure.	, sometimes starting	g with a bare	ly noticea	able trem	nor in just
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#130H
Whe	Howard Flies The Coop/Supper Surprise In Howard discovers he's afraid of pigeons, Alma and her friends try to help him g his dad, she feels nervous about what "mystery dish" they're going to serve.	et over it. When Alr	na is invited	to have d	inner wi	th Andre
and						
and 06:30:00	Scigirls	PBSPL	(S)	(CC)	N/A	#401
	Scigirls Baile Digital Digital Dance	PBSPL	(S)	(CC)	N/A	#401
	-	PBSPL PBS	(S) (S)	(CC) (CC)	N/A N/A	#401 #612H

While flying over the Amazon rainforest, the gang share a bowl of colorful jelly beans. Martin tells them that the jelly beans remind him of parrots. This confuses everybody until he says it's because parrots come in almost every color. Soon the bros are off on a creature mission to find as many colorful parrots as they can in the Amazon. Science Concept: Species diversification.

Sun, Mar 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 315 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H

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

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

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

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

Sun, Mar 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 316 of 366

#0H

Sun, Mai						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:10:00	Vida Y Salud Segment 7	SFPBS	(S)	(CC)	N/A	#3107H
11:20:00	Vida Y Salud Segment 8	SFPBS	(S)	(CC)	N/A	#3108H
11:33:00	Vida Y Salud Segment 9	SFPBS	(S)	(CC)	N/A	#3109H
11:47:00	Vida Y Salud Segment 10	SFPBS	(S)	(CC)	N/A	#3110H
	Call The Midwife Trixie as she cares for a young woman who is diagnosed with an intersex condition. A plicable pain similar to her symptoms.	PBS pregnant wor	(S) man's husbai	(CC) nd begins	N/A experie	#805H ncing
	Call The Midwife tch Lucille care for an unmarried teen mother and Valerie help her grandmother with an elp, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a		(S) g medical pro	(CC) oblem. Mo	N/A ther Mile	#806H dred tries
hea	Health Insiders Ith Insiders 1007 Why is the measles vaccine so important for children these days? Plus Ith and ways to detect heart disease long before a potentially devastating heart attack. Ith insiders					
	Health Insiders us - 1. DR. JOHN MARTIN Fixing botched cosmetic surgery 2. TEBA ORUETA Postpar RRANY Self love	SFPBS tum depressi	(S) on & massag	(CC) ge therapy	N/A ⁄ 3. JAS	#1018H MIN
	Smartlife us: 1. Lumbar Disk Herniations, Dr. Jonathan Gottlieb 2. Lumbar Compression Fracture ises, Dr. Lisa Corsa 4. Living with a Family Member with Autism, Yadira Torres, PHD 5. st					
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1202H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1203H
15:43:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1204H
	Smartlife us: 1. Joint Replacement & Getting Back to Normal Life, Dr. Harlan Selesnick 2. Fertility Deepa Sharma 4. Kyan's Drowning Story, JC Quintana, Kyan's Kause 5. Work Life Bala				N/A . Ask the	#1205H e Experts,
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1206H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1208H

17:00:00 The Hardest Day

> THE HARDEST DAY is a film about the human-animal bond and the last moments shared between. It also explores the community of veterinarians and support staff that assists along the way. It provides an unprecedented look at the largest at-home pet euthanasia company in the United States, Lap of Love, and offers new insight into power of the human-animal bond.

NETA

(S)

(CC)

N/A

Sun, Mar 19, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 317 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
18:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	 #102H
18.00.00	Managing The Mental Health Crisis Town Hall	51 F B 5	(3)	(00)	IN/A	#10211
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	#1709H
	Parkinson's Disease					
than one	kinson's Disease is the fastest growing neurological disorder in the world. It affects ne is six million people worldwide. The symptoms generally develop slowly over years, so hand. While tremors are common in Parkinson's, the disease progression is unique t tments of Parkinson's Disease, and the search for a cure.	metimes startin	g with a bare	ely noticea	able trem	nor in just
20:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#101H
	Evil Or Illness?					
	mine ancient conceptions of mental illness and the establishment of psychiatry. Hear ss, including an aspiring astrophysicist with schizophrenia and an Olympics-bound bo		odern-day p	eople livir	ig with n	nental
21:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
21:00:00	The Mysteries of Mental Illness Who's Normal?			、 ,		
21:00:00 Trac	The Mysteries of Mental Illness	n dogma. Learn		、 ,		
21:00:00 Trac	The Mysteries of Mental Illness Who's Normal? the fight to develop mental illness standards rooted in empirical science rather that	n dogma. Learn		、 ,		
21:00:00 Trac deej	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn	n dogma. Learn ess.	how science	e and soci	etal facto	ors are
21:00:00 Trac deej 22:00:00 Do y	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn Sex Talk with Dr. Lia	n dogma. Learn ess. SFPBS	how science (S)	e and soci	etal facto N/A	ors are #218H
21:00:00 Trac deej 22:00:00 Do y	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn Sex Talk with Dr. Lia Love Languages you know what your partner's "love language" is? Also, we discuss some of the many	n dogma. Learn ess. SFPBS	how science (S)	e and soci	etal facto N/A	ors are #218H
21:00:00 Trac deep 22:00:00 Do y sexu 22:30:00 Focu	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn Sex Talk with Dr. Lia Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ually healthy throughout your life.	n dogma. Learn ess. SFPBS ways to help ge SFPBS	how science (S) et you "in the (S)	e and soci (CC) e mood" ar (CC)	etal facto N/A nd tips fo N/A	where the second
21:00:00 Trac deep 22:00:00 Do y sexu 22:30:00 Focu	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn Sex Talk with Dr. Lia Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ually healthy throughout your life. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercise	n dogma. Learn ess. SFPBS ways to help ge SFPBS	how science (S) et you "in the (S)	e and soci (CC) e mood" ar (CC)	etal facto N/A nd tips fo N/A	where the start of
21:00:00 Trac deep 22:00:00 Do y sexu 22:30:00 Foct impl	The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical science rather than ply entwined with our ever-shifting definitions and diagnoses of mental health and illn Sex Talk with Dr. Lia Love Languages you know what your partner's "love language" is? Also, we discuss some of the many ually healthy throughout your life. Health Insiders us- 1. DR. GOSHA BRUSOVANIK Back pain myths/facts 2. TEBA ORUETA Exercise ants	n dogma. Learn ess. SFPBS ways to help ge SFPBS es to prepare for	how science (S) et you "in the (S) childbirth 3.	e and soci (CC) e mood" ar (CC) DR. JAC	N/A N/A nd tips fo N/A OB STE	with the second

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.

Mon, Mar 20, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 318 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers subscription plan AllHealthGo has created to offer users access to a number o sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	vices includir	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ist cancer is the most common cancer among women worldwide, and this diag tional and psychological challenges, as well. It is something no one wants to f diagnosis, and their support can be crucial to recovery. The couple goes throug cer Spouse."	ace alone. The spouse	of the cance	er patient	feels the	e impact o
01:00:00	Spine & Back Care (Aching Back Treatments)	SFPBS	(S)	(CC)	N/A	#815H
	is: Dr. Gosha Brusovanik from Baptist Health, has the latest techniques to treat litions and how to treat them for a pain free life	at your aching back for	a pain-free l	ife. Spine	and bad	ck
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 o sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ption of the vices includir	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emot the d	ist cancer is the most common cancer among women worldwide, and this diag tional and psychological challenges, as well. It is something no one wants to f diagnosis, and their support can be crucial to recovery. The couple goes throug cer Spouse."	ace alone. The spouse	of the cance	er patient	feels the	e impact o
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 you	rself during flu season.				
04:00:00	Mental Health (Emotional Wellness)	SFPBS	(S)	(CC)	N/A	#816H
	is: Diana de la Lanza discusses the need for mental health services in our sch		• •	. ,		101011
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 o sultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	ption of the vices includir	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emot the d	ist cancer is the most common cancer among women worldwide, and this diag tional and psychological challenges, as well. It is something no one wants to fa diagnosis, and their support can be crucial to recovery. The couple goes throug cer Spouse."	ace alone. The spouse	of the cance	er patient	feels the	e impact of
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	N/A	#1416H
	Hip & Glute Strengthening					
23 m tone	Miranda for this targeted no-impact workout designed to stretch and strengthe ninutes, you will learn to decompress the hip joints by releasing chronically tigh the largest muscle group in the body (which will help burn more calories!) East ered workout will leave you feeling strengthened, freer in the joints, while impre-	nt hip flexors - allowing sy to follow and modera	you to prope ately paced,	erly activa	te, stren ling and	gthen and floor glute
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#305H
	Easy Stretches for Everyone		. /	. ,		

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 319 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#805H
	Trixie as she cares for a young woman who is diagnosed with an intersex condition. A plicable pain similar to her symptoms.	pregnant wor	man's husba	nd begins	experie	ncing
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
	Lifelike Surgical Training Model					
eye awa	nnovative surgical training model has been developed called the bionic humanoid, cont surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeon y. The brain surgery model replicates complex structures within the skull to help surgeor els could transform training for novice doctors.	is can practice	e a difficult s	urgery tha	t involve	es peeling
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are oved without damaging surrounding tissue by applying low-dose X-rays at different ang ire a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.	les. One treat	tment takes j	ust 30 mir	nutes an	nd doesn't
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1706H
In 10	Caregiving: The Sandwich Generation	ara aarina far	abildran una	lor the equ	o of 10 o	nd older
relat	881 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 having children later. This episode focuses on these caregivers.					
10:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1707H
new	Anxiety 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.					
11:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					
remo	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are oved without damaging surrounding tissue by applying low-dose X-rays at different ang ire a hospital stay. The technology originated in the US and was improved by a Japane among the highest in the world.	les. One treat	tment takes j	ust 30 mir	nutes an	nd doesn't
11:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery					
usec Tech	first of two programs on the latest cancer treatments looks at fluorescence imaging, wh d in Japan for liver cancer surgery. Cancer cells glow, showing the size and location of nology is being developed for its use on other cancers such as breast cancer. It will er e during an operation if any cancer cells remain in the body.	tumors and m	aking precis	e surgery	possible	э.
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
Wate to he	ch Lucille care for an unmarried teen mother and Valerie help her grandmother with an elp, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with	embarrassing a vengeance.	g medical pro	oblem. Mo	other Mile	dred tries
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	n why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. T orrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	Frixie console	s a patient w	ho discov	ers she	has
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1069H
Focu	us: Sunscreen and sun safety, Women & heart disease, Menopause					
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1070H
	is: Teeth grinding, Workplace stress, Products to relieve Sunburn	01100	(0)	(00)	11/7	#10/011
1 000	as recting initiality, workplace stress, i roudels to relieve surbuill					

Date: 03/27/2023

Mon, Mar 20, 2023

Mon, Mar 20, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 320 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	 N/A	#1501H
Stab	us: 1. Sun Protection, Dr. Ileana Perez-Quintairos 2. Asthma & le Place 4. What is Carpal Tunnel Syndrome? Dr. Elizabeth C alona		orking with Ho	rses, Dr.		
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1502H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1503H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1504H
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1505H
Jose	us: 1. STDs in Older Women, Dr. Robert Feldman 2. Lumbar 5 Mena 4. Ask the Experts, Dr. Deborah Longwill 5. Most Com rcises you can do Anywhere, Arianne Traverso, Yoga instructo	mon Cosmetic Surgery Procedures for				
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1506H
16:22:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1507H
16:38:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1508H
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 increation of the increation of the pandemic have increation of the source of the sourc	ealth Crisis in Teenagers & Young Ad				
18:00:00	The Hardest Day	NETA	(S)	(CC)	N/A	#0H
veter	HARDEST DAY is a film about the human-animal bond and t rinarians and support staff that assists along the way. It provid Jnited States, Lap of Love, and offers new insight into power	les an unprecedented look at the large				npany in
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 The Cancer Spouse	APTEX	(S)	(CC)	N/A	#1710H
emo the c	ast cancer is the most common cancer among women worldwi tional and psychological challenges, as well. It is something n diagnosis, and their support can be crucial to recovery. The co cer Spouse."	o one wants to face alone. The spous	e of the cance	er patient	feels the	e impact o
20:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to es have remarkable arsenals that allow survival against all kir		nfections to re	epairing d	amage,	human
21:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing the brain forms memories by storing and processing billions of		ment and dev	elop new	skills. Pl	lus, learn
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
۸ :	Lifelike Surgical Training Model	ha hiania humanaid aantaining aadai	n artificial tica		ifalika ta	vturos Th
eye s away	nnovative surgical training model has been developed called t surgery model recreates a part of a membrane that's just 3 mi y. The brain surgery model replicates complex structures with els could transform training for novice doctors.	crometers thick. Surgeons can practic	ce a difficult s	urgery tha	at involve	es peeling

	WPB	THC					
Date: 03/27/	2023 01/01/2023 -	03/31/2023			Page	321 of	366
Mon, Mar	20, 2023					urgery c iutes an	
	Title						
Start	Subtitle	D	istrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	AF	PTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife						
requ	erKnife is non-invasive, painless radiosurgery for treating cancer oved without damaging surrounding tissue by applying low-dose ire a hospital stay. The technology originated in the US and was among the highest in the world.	X-rays at different angles. C	ne treatr	nent takes j	ust 30 mir	nutes an	d doesn't

Daily Program Listing II

23:00:00	Amazing Human Body
----------	--------------------

Learn

See how experience shapes the brain and body together, allowing them to adapt to the outside environment and develop new skills. Plus, learn how the brain forms memories by storing and processing billions of pieces of information every second.

PBS

(S)

(CC)

N/A

#103H

Tue, Mar 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 322 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a r sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	ription of the vices includi	different s		included in
00:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H
	ve continue to track "long-haulers," we are learning more about the lo -COVID symptoms.	ng-term health effects of the pe	ople who are	e suffering	g from de	ebilitating
01:00:00	Living Well #821 (Kidney Disease)	SFPBS	(S)	(CC)	N/A	#821H
Expe	erts tell you how to live well. Focus: Dr. Raymond Leveillee discusse	s advances in the treatment of	kidney disea	se.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a r sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	vices includi	ng 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 ad effective and can drastically increase the life expectancy of the patie	-	mon procedu	re. This p	rocedure	e is 94-
03:00:00	Sports Medicine (Achilles Tendon)	SFPBS	(S)	(CC)	N/A	#1337H
Noel	I Gressner discusses Achilles tendon rehab & injury prevention.					
04:00:00	Brain Health (Migraine Help)	SFPBS	(S)	(CC)	N/A	#822H
Merr	nory, Learning, Concentration. Focus: Dr. Paul Damski discusses mig	raine prevention with Botox an	d new CGRF	o antagoni	ist drugs	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents subscription plan AllHealthGo has created to offer users access to a r sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital ser	vices includi	ng teleme		included in
05:30:00	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 ad effective and can drastically increase the life expectancy of the patie		mon procedu	re. This p	rocedure	e is 94-
06:00:00	Classical Stretch: By Essentrics Improve Your Balance	APTEX	(S)	(CC)	N/A	#1417H
episo	importance of aligning and strengthening your hips and feet to impro- ode. Balance can deteriorate as we age but just like muscles, balance workout you'll strengthen your core and hips to improve your balance	e can be stimulated, enhanced	and improve	d through	engage	ment. In
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#306H
	Loosen Your Legs for Lotus					
07:00:00	Happy Yoga with Sarah Starr Spectacular Sunflower	NETA	(S)	(CC)	N/A	#605H
seat	w the spectacular sunflower display to inspire your practice as we enjude sun salutations and a gentle series of stretches to increase range c and spine.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					

Tue, Mar 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 323 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
08:00:00	- Finding Hope-Town Hall	SFPBS	(S)	(CC)	 N/A	#102H
	Managing The Mental Health Crisis Town Hall		(-)	()		
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth	APTEX	(S)	(CC)	N/A	#115H
Prem dorm	atment developed by a Japanese doctor and his team is helping women with pre- nature menopause is triggered by a malfunctioning of the ovaries and affects even nant primordial follicles. We focus on the method, which has been described by T s that can alleviate symptoms such as those of menopause.	en those in their teer	s. The treat	ment invo	lves acti	ivating
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#116H
	Visualizing Each Patient's Heart Accurately					
math hearl	mpossible even for surgeons to see the inside of the beating heart in detail with lematicians cooperated to develop the heart simulator to reproduce each patient t's molecules, numbering 1 billion x 1 billion, to visualize the heart in 3D. It can a t to save the lives of infants who have heart defects.	's heart. The simulat	or analyzes	the move	ments o	of the
10:00:00	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 St r women's health issue. It is the cause of death for 1 in 5 women in the U.S., and men every year. That's more than all cancers combined. But 80% of cardiac and e of heart disease in women and how we can lower cardiac risk and death.	d heart disease and	stroke comb	ined caus	se the de	eath of 1
10:30:00	Second Opinion with Joan Lunden Parkinson's Disease	APTEX	(S)	(CC)	N/A	#1709H
than one l	inson's Disease is the fastest growing neurological disorder in the world. It affect six million people worldwide. The symptoms generally develop slowly over year hand. While tremors are common in Parkinson's, the disease progression is unic ments of Parkinson's Disease, and the search for a cure.	s, sometimes startin	g with a bare	ely noticea	able tren	nor in jus
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#504H
Addie	ction Recovery, Supplements & Medications, Stroke Care, Psoriatic Arthritis, Me	edical Cannabis.				
11:30:00	Hope Is Here (Sfpbs/Health Channel Local)	SFPBS	(S)	(CC)	N/A	#101H
Bonn world	Bonnie Addario nie Addario, a lung cancer survivor, tells her story of hope and how she has com d.	e to help lung cance	r patients ar	nd caregiv	ers arou	ind the
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#119H
	Cutting-Edge Cancer Treatments: Fluorescence-Guided Surgery					
used Tech	first of two programs on the latest cancer treatments looks at fluorescence imagi in Japan for liver cancer surgery. Cancer cells glow, showing the size and locat inology is being developed for its use on other cancers such as breast cancer. It e during an operation if any cancer cells remain in the body.	tion of tumors and m	aking precis	e surgery	possible	e.
12:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Advancing Genomic Medicine	APTEX	(S)	(CC)	N/A	#120H
patie mass	omic medicine is undergoing rapid change after the Japanese public health insuints who meet certain criteria are able to take these tests for a relatively affordab sive database and analyzed with the help of around 170 hospitals across the cours 10% of patients who undergo testing.	le price, and their ge	enetic inform	ation is co	ollected	in a
13:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	over the miracles the human body goes through every day to stay alive and heal es have remarkable arsenals that allow survival against all kinds of outside threa		fections to re	epairing d	amage,	human
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
	Love Languages					
	ou know what your partner's "love language" is? Also, we discuss some of the m ally healthy throughout your life.	nany ways to help ge	et you "in the	mood" ai	nd tips fo	or stayin

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 324 of 366

Tue, Mar 21, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	us: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart triz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - D uctor 6. Mission to the Bahamas - Angie Wagner, Cadena			hildren Me		
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1603H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1604H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1605H
	us: 1. Irritable Bowel Syndrome - Dr. Eduardo Ruan 2. Acne - Dr. M ard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician	lartha Viera 3. The Power of Maco	ca - Dr. Lia J	iannine 4.	Dental	Myths - D
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H
17:00:00	Amazing Human Body Survive	PBS	(S)	(CC)	N/A	#102
	sover the miracles the human body goes through every day to stay es have remarkable arsenals that allow survival against all kinds of		fections to re	epairing d	amage,	human
18:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
func	ode #207 THE TURNER FAMILY – MARATHON The flip crew is ir tional shade hammock. Tips are also shared on how to help protec upplement irrigation systems.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Bonr world	nie Addario, a lung cancer survivor, tells her story of hope and how d.	she has come to help lung cance	er patients an	nd caregiv	ers arou	ind the
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	APTEX	(S)	(CC)	N/A	#1801H
	Post-Acute Covid-19 Syndrome (Pacs) ve continue to track "long-haulers," we are learning more about the -COVID symptoms.	long-term health effects of the pe	ople who are	e suffering	from de	ebilitating
20:00:00	The Hardest Day	NETA	(S)	(CC)	N/A	#0H
vete	HARDEST DAY is a film about the human-animal bond and the la rinarians and support staff that assists along the way. It provides a Jnited States, Lap of Love, and offers new insight into power of the	n unprecedented look at the large				npany in
21:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
Trac	the fight to develop mental illness standards rooted in empirical s	science rather than dooma Learn	how science	and soci	etal fact	ors are

Trace the fight to develop mental illness standards rooted in empirical science rather than dogma. Learn how science and societal factors are deeply entwined with our ever-shifting definitions and diagnoses of mental health and illness.

Tue, Mar 21, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 325 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
	Love Languages					
	ou know what your partner's "love language" is? Also, we discuss some of the many v ally healthy throughout your life.	ways to help ge	et you "in the	mood" ar	nd tips fo	or staying
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
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	#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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 326 of 366

				i ugo	020 01	000
Wed, Mar	•					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H
othe	nant women in the United States are more than twice as likely to die from complicatior r high-income countries in the world. And behind these statistics lie startling racial disp en of color.					
01:00:00	Health Trends (Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#823H
Find	out the latest trends that contribute to a healthy life. Focus: Dr. Sharma and Lucette T	alamas discus	ss starting he	ealthy diet	s for the	new year.
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	in-depth desci are digital ser	ription of the vices includi	different s	services	
02:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful advances in er screening guidelines allow for the screening for younger individuals with less of a sr onger a death sentence.					
03:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
Mica	h Kurtz discusses youth strength and conditioning.					
04:00:00	Heart Health (Vein Health)	SFPBS	(S)	(CC)	N/A	#824H
Focu	is: Dr. Edgar Galinanes, vascular surgeon, will explain the latest procedures for vein he	alth and fight	ing cardiova	scular dise	ease.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an i subscription plan AllHealthGo has created to offer users access to a number of healthc sultations, emotional advice, second-opinion consultations, as well as a number of tools	are digital ser	ription of the vices includi	different s		included in
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
cano	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 sr onger a death sentence.					
06:00:00	Classical Stretch: By Essentrics Waist Toning	APTEX	(S)	(CC)	N/A	#1418H
incre	ance your sense of body awareness and work at your own pace as you dynamically strease flexibility in your legs, hips and spine. This full-body workout loosens and lubricate eginners and veteran Classical Stretch students- no matter what age.					
06:30:00	Wai Lana Yoga Balance with Poise	APTEX	(S)	(CC)	N/A	#307H
07:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to the out the brain forms memories by storing and processing billions of pieces of information e		nent and dev	elop new	skills. Pl	lus, learn
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#805H
				,		

Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.

	Daily Program Listing II WPBTHC					
ate: 03/27/				Page	327 of	366
Wed, Mar						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
				<u> </u>		
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#117H
eye awa	Lifelike Surgical Training Model nnovative surgical training model has been developed called the bionic humanoid surgery model recreates a part of a membrane that's just 3 micrometers thick. Su y. The brain surgery model replicates complex structures within the skull to help s els could transform training for novice doctors.	rgeons can practice	a difficult s	urgery tha	t involve	es peeling it
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife			. ,		
remo requ	erKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers the oved without damaging surrounding tissue by applying low-dose X-rays at differer ire a hospital stay. The technology originated in the US and was improved by a Ja among the highest in the world.	nt angles. One treatn	nent takes j	ust 30 mir	nutes an	d doesn't
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1710H
	The Cancer Spouse					
emo the c	ist cancer is the most common cancer among women worldwide, and this diagnosi tional 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 cer 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.	Ith effects of the peo	ple who are	e suffering	from de	ebilitating
11:00:00	Conscious Living Mindful Modernism	NETA	(S)	(CC)	N/A	#202H
histo a vin centi	t off your mid-century threads for a trip back in time to the hottest ticket in town: P bric design, fashion and culture, this sustainable event attracts mindful travelers en tage RV show. Take a walking history tour of iconic architecture at swanky pads ury diner with a vegan twist, then make a beeline to Palms Springs' Vintage mark he table for a perfect day of mid-mod shopping.	ach year from aroun like the Dinah Shore	d the globe Estate. Inc	. Learn ho lulge in ta:	w to roll sty bites	in style at at a mid-
11:30:00	Flip My Florida Yard (Sfpbs)	SFPBS	(S)	(CC)	N/A	#207H
func	Turner Family - Marathon ode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Florida Ke tional shade hammock. Tips are also shared on how to help protect Florida's grea upplement irrigation systems.					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	ch Lucille care for an unmarried teen mother and Valerie help her grandmother wielp, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return		medical pro	blem. Mo	ther Mile	dred tries
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	n why Mother Mildred decides it's time for Sister Frances to attend her first solo borrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	irth. Trixie consoles		ho discove	ers she	has
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1100H
Focu	us: Swim safety, blue zones, stress					
15:00:00	Smartlife	SFPBS	(5)	(CC)	N/A	#1701H
Focu	us: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive and Social Stimulatio anoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and Food - Dr. Lia Jiannine	n for Seniors with Al		Andraya E	Brennan	
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

N/A

#102H

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	us: 1. Spine Surgery Complications - Dr. Gosha Brusovanik 2. Exerc n, psychotherapist 4. Obesity and Related Medical Problems - Dr. L					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	e the fight to develop mental illness standards rooted in empirical so bly entwined with our ever-shifting definitions and diagnoses of ment		how science	and soci	etal facto	ors are
18:00:00	Nova The Truth About Fat	NPS	(S)	(CC)	N/A	#4706
	ntists are coming to understand fat as a system akin to an organ c onal choices. Explore the mysteries of fat and its role in hormone pro			ological pr	ocesses	than
19:00:00	Doctor Q & A All About Your Skin	NETA	(S)	(CC)	N/A	#108H
	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1802H

20:00:00 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.

21:00:00 Extra Life: A Short History of Living Longer NPS (S) (CC) 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.

22:00:00 Medical Frontiers APTEX (S) (CC) N/A #117H

Lifelike Surgical Training Model

An innovative surgical training model has been developed called the bionic humanoid, containing certain artificial tissues with lifelike textures. The eye surgery model recreates a part of a membrane that's just 3 micrometers thick. Surgeons can practice a difficult surgery that involves peeling it away. The brain surgery model replicates complex structures within the skull to help surgeons practice removing tumors through the nostrils. The models could transform training for novice doctors.

22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#118H
	Treating Cancer with Cyberknife					

CyberKnife is non-invasive, painless radiosurgery for treating cancer. Even cancers that are difficult to treat with conventional surgery can be removed without damaging surrounding tissue by applying low-dose X-rays at different angles. One treatment takes just 30 minutes and doesn't require a hospital stay. The technology originated in the US and was improved by a Japanese doctor. The number of patients he has treated with it is among the highest in the world.

Wed, Mar 22, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 329 of 366

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

Thu, Mar 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 330 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital service	iption of the /ices includir	different s		included ir
00:30:00	Second Opinion with Joan Lunden Heart Valve Replacement	APTEX	(S)	(CC)	N/A	#1803H
	or valve replacement is an area in medicine which has made great advance of the patient.	ements and is a very comr	non procedu	re. This p	rocedure	e is 94-
01:00:00	Staying Healthy (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#825H
	ease prevention and healthy lifestyle info. Focus: Dr. Elizabeth Trattner giv Ithy lifestyle.	es us alternative health tip	s to prevent	disease a	nd prom	iote a
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	ices includir	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of isidered the next pandemic, antibiotic resistance is a threat to global health		dangering th	e efficacy	of antib	iotics.
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals)	SFPBS	(S)	(CC)	N/A	#1345H
	la Duenas discusses trending topics such as meal delivery servies and su ar, artificial sweetners and natural sweetners.	permarket pre-made, ready	-to-cook me	als. Focus	s: The sl	kinny on
04:00:00	Health Trends (Skin Maintenance Tips)	SFPBS	(S)	(CC)	N/A	#827H
	oria Socarras discusses understanding your skin and how important it is to essional facial treatment options.	take care of it and mainta	n it. She sha	ares inforn	nation o	n
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	er of healthcare digital ser	ices includir	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of sidered the next pandemic, antibiotic resistance is a threat to global health		dangering th	e efficacy	of antib	iotics.
06:00:00	Classical Stretch: By Essentrics Full Body Workout	APTEX	(S)	(CC)	DVI	#1101H
	his episode, join Miranda at the Saasil Kantenah Wedding Resort in Riviera stretch your 650 muscles.	a Maya, Mexico for a full-bo	ody, all-stanc	ling worko	out to str	engthen
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#308H
	Special: Preventing Back Problems					
07:00:00	Flip My Florida Yard (Sfpbs) Turner Family - Marathon	SFPBS	(S)	(CC)	N/A	#207H
func	sode #207 THE TURNER FAMILY – MARATHON The flip crew is in the Fl ctional shade hammock. Tips are also shared on how to help protect Florid upplement irrigation systems.					
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#109H
	Desline with Mantal Lealth Jacuas Ja Children			-		

Dealing with Mental Health Issues In Children

		Daily Program Listing II WPBTHC					
ate: 03/27/2	2023	01/01/2023 - 03/31/2023			Page	331 of	366
Thu, Mar 2	3, 2023						
Ctort		Title Subtitle	Diatrib	Stores	Can	460	E niaa
Start		Subline	Distrib	Stereo	Сар	<u>AS2</u>	Episo
08:00:00	The Mysteries of Mental Illness Who's Normal?		PBS	(S)	(CC)	N/A	#102H
		ndards rooted in empirical science rathe tions and diagnoses of mental health an		how science	and socie	etal facto	ors are
09:00:00	Medical Frontiers Reawaken The Ovaries to Give Birth		APTEX	(S)	(CC)	N/A	#115H
Prem dorm	atment developed by a Japanese docto ature menopause is triggered by a mal	or and his team is helping women with pr functioning of the ovaries and affects ev e method, which has been described by hose of menopause.	en those in their teen	s. The treat	ment invol	ves acti	vating
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#116H
math heart	ematicians cooperated to develop the h	e inside of the beating heart in detail with neart simulator to reproduce each patien llion, to visualize the heart in 3D. It can a	t's heart. The simulat	or analyzes	the mover	ments o	f the
10:00:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health		APTEX	(S)	(CC)	N/A	#1802
other	nant women in the United States are m	ore than twice as likely to die from comp d behind these statistics lie startling rac					
10:30:00	Second Opinion with Joan Lunden Heart Valve Replacement		APTEX	(S)	(CC)	N/A	#1803
	•	ine which has made great advancemen ne life expectancy of the patient.	ts and is a very comn	non procedu	re. This pr	rocedure	e is 94-
11:00:00	Innovations In Medicine		NETA	(S)	(CC)	N/A	#504H
Addio	tion Recovery, Supplements & Medica	tions, Stroke Care, Psoriatic Arthritis, M	edical Cannabis.		. ,		
11:30:00	Hope Is Here (Sfpbs/Health Channel Bonnie Addario	Local)	SFPBS	(S)	(CC)	N/A	#101H
Bonn world	ie Addario, a lung cancer survivor, tells	her story of hope and how she has con	ne to help lung cance	r patients an	d caregive	ers arou	nd the
12:00:00	Medical Frontiers Cutting-Edge Cancer Treatments: Flu	urragence Cuided Surrage	APTEX	(S)	(CC)	N/A	#119H
used Tech	irst of two programs on the latest cance in Japan for liver cancer surgery. Canc	er treatments looks at fluorescence imag cer cells glow, showing the size and loca n other cancers such as breast cancer. I	ation of tumors and m	aking precise	e surgery	possible	Э.
12:30:00	Medical Frontiers Cutting-Edge Cancer Treatments: Ad	vancing Genomic Medicine	APTEX	(S)	(CC)	N/A	#120H
patier mass	mic medicine is undergoing rapid chan nts who meet certain criteria are able to	Ige after the Japanese public health insu take these tests for a relatively affordal p of around 170 hospitals across the co	ble price, and their ge	enetic inform	ation is co	ollected	in a
	Finding Hope-Town Hall		SFPBS	(S)	(CC)	N/A	#103H
13:00:00	Mental Health Crisis In Teenagers &	Young Adults					
Chan Chan	ges in education and the effects of the	pandemic have increased anxiety, depr g Hope: The Mental Health Crisis in Tee practical advice based on research.					

Thu, Mar 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 332 of 366

	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Foci	us: Heart disease myths, Living with Arthritis, Psychotherapy for c	hronic pain		、 ,		
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1801H
	us: 1. Stroke Management - Dr. Felipe de los Rios 2. Top 5 Exerci sovanik 4. Food as Medicine - Susan Nowrouzi, RD 5. Emotional I					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
15:58:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1805H
	us: 1. Attitude of Gratitude - Amy Exum 2. Cardiovascular Risks - Inosing Breast Cancer - Dr. Jane Mendez 5. Acupuncture with De		. ,	. ,	onstant 4	4.
16:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1806H
16:29:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1807H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1808H
17:00:00	Amazing Human Body	PBS	(S)	(CC)	N/A	#103H
	Learn how experience shapes the brain and body together, allowing the the brain forms memories by storing and processing billions of pi		nent and dev	elop new	skills. Pl	us, learn
18:00:00	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question					
Can CBD canr		ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa	n associated round the co se psychosis	with pot u untry. Wha , or even p	se. Anot at risks o out futur	ther, calle does e
Can CBE canr gene	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or o, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa	n associated round the co se psychosis	with pot u untry. Wha , or even p	se. Anot at risks o out futur	ther, calle does e
Can CBE canr gene	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or b, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna erations at risk for addiction? As cannabis becomes socially accept	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders	n associated round the co se psychosis stand the lon	with pot u untry. Wha , or even p g-term hea	se. Anot at risks o out futur alth cons	ther, calle does e sequence
Can CBE canr gene 19:00:00	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or 0, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders	n associated round the co se psychosis stand the lon	with pot u untry. Wha , or even p g-term hea	se. Anot at risks o out futur alth cons	ther, called does e sequences
CBE canr gene 19:00:00 19:30:00 Hea	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or 0, shows promise for treating seizures, addiction, and insomnia. N habis pose to the developing adolescent brain? Does heavy canna erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders NETA APTEX t advancements and is a very com	n associated round the coi se psychosis stand the long (S) (S)	with pot u untry. Wha , or even j g-term hea (CC) (CC)	se. Anot at risks o out futur alth cons N/A N/A	ther, calle does e sequence #110H #1803H
Can CBE canr gene 19:00:00 19:30:00 Hea	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or 0, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Heart Valve Replacement rt valve replacement is an area in medicine which has made great	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders NETA APTEX t advancements and is a very com	n associated round the coi se psychosis stand the long (S) (S)	with pot u untry. Wha , or even j g-term hea (CC) (CC)	se. Anot at risks o out futur alth cons N/A N/A	ther, calle does e sequence #110H #1803H
Can CBE canr gene 19:00:00 19:30:00 Hea 97% 20:00:00 THE vete	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or o, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna- erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Heart Valve Replacement rt valve replacement is an area in medicine which has made great effective and can drastically increase the life expectancy of the p	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders NETA APTEX t advancements and is a very com vatient. NETA last moments shared between. It al an unprecedented look at the large	n associated round the coi se psychosis stand the lone (S) (S) mon procedu (S) so explores t	with pot u untry. Wha , or even p g-term hea (CC) (CC) re. This p (CC) the comm	se. Anot at risks c out future alth cons N/A N/A nocedure N/A unity of	ther, calle does e sequence: #110H #1803H e is 94- #0H
Can CBE canr gene 19:00:00 19:30:00 Hea 97% 20:00:00 THE vete the t	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or o, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna- erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Heart Valve Replacement rt valve replacement is an area in medicine which has made great effective and can drastically increase the life expectancy of the p The Hardest Day HARDEST DAY is a film about the human-animal bond and the I rinarians and support staff that assists along the way. It provides i Jnited States, Lap of Love, and offers new insight into power of the Nova	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa oted, scientists are racing to unders NETA APTEX t advancements and is a very com vatient. NETA last moments shared between. It al an unprecedented look at the large	n associated round the coi se psychosis stand the lone (S) (S) mon procedu (S) so explores t	with pot u untry. Wha , or even p g-term hea (CC) (CC) re. This p (CC) the comm	se. Anot at risks c out future alth cons N/A N/A nocedure N/A unity of	ther, called does sequences #110H #1803H e is 94- #0H
Can CBE canr gene 19:00:00 19:30:00 Hea 97% 20:00:00 THE vete the to 21:00:00 Scie	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or o, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna- erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Heart Valve Replacement rt valve replacement is an area in medicine which has made great effective and can drastically increase the life expectancy of the p The Hardest Day HARDEST DAY is a film about the human-animal bond and the I rinarians and support staff that assists along the way. It provides a Juited States, Lap of Love, and offers new insight into power of the	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa- oted, scientists are racing to unders NETA APTEX t advancements and is a very com vatient. NETA ast moments shared between. It al an unprecedented look at the large he human-animal bond. NPS one whose size may have more	n associated round the coi se psychosis stand the lone (S) (S) mon procedu (S) so explores t st at-home p (S) to do with bio	with pot u untry. Wha , or even p g-term hea (CC) (CC) re. This p (CC) the comm et euthan (CC)	se. Anot at risks o out futur alth cons N/A N/A nocedure N/A unity of asia con N/A	ther, calle does sequence: #110H #1803H e is 94- #0H npany in #4706
Can CBE canr gene 19:00:00 19:30:00 Hea 97% 20:00:00 THE vete the to 21:00:00 Scie	The Cannabis Question nabis contains chemicals which mimic ones found in our brain. Or o, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy canna- erations at risk for addiction? As cannabis becomes socially accept Doctor Q & A The Battle Against Breast Cancer Second Opinion with Joan Lunden Heart Valve Replacement rt valve replacement is an area in medicine which has made great effective and can drastically increase the life expectancy of the p The Hardest Day HARDEST DAY is a film about the human-animal bond and the I rinarians and support staff that assists along the way. It provides is Juited States, Lap of Love, and offers new insight into power of the Nova The Truth About Fat ntists are coming to understand fat as a system akin to an organ	ne is THC, which produces the higl OVA joins scientists and experts a abis use impair intelligence, increa- oted, scientists are racing to unders NETA APTEX t advancements and is a very com vatient. NETA ast moments shared between. It al an unprecedented look at the large he human-animal bond. NPS one whose size may have more	n associated round the coi se psychosis stand the lone (S) (S) mon procedu (S) so explores t st at-home p (S) to do with bio	with pot u untry. Wha , or even p g-term hea (CC) (CC) re. This p (CC) the comm et euthan (CC)	se. Anot at risks o out futur alth cons N/A N/A nocedure N/A unity of asia con N/A	ther, calle does sequence #110H #1803H e is 94- #0H npany in #4706

Thu, Mar 23, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

_...

Page 333 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	is: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#110H
	The Battle Against Breast Cancer					
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1705H
	Conquering Obesity					

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

Fri, Mar 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 334 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	- <u> </u>	#0H
the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well a	number of healthcare digital se	ription of the rvices includi	different s		included
00:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cand	diagnosis and treatment of lung cancer has been one of the most ho cer screening guidelines allow for the screening for younger individua onger a death sentence.					
01:00:00	Plastic/Cosmetic Surgery #828 (Tips)	SFPBS	(S)	(CC)	N/A	#828H
	rn the latest techniques involving the restoration, reconstruction, or a erstanding the latest techniques and technology in hair restoration, ir		Epstein discu	. ,	restora	tion,
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital se	rvices includii	ng teleme		included
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 critic etes.	cal areas of work is to stop pre-	diabetes from	ı turning ir	nto full-fl	edged
03:00:00	Health Trends(Tattoo Correct./Fillers/Injections)	SFPBS	(S)	(CC)	N/A	#1347H
	ical experts share advice and information about the best treatments erficial to the in-depth.Caleb McGrew	and care of diseases dealing w	ith the skin, n	ails, and I	nair, fror	n the
04:00:00	Mental Health (Family Counseling)	SFPBS	(S)	(CC)	N/A	#829H
	rything you need to know to enjoy life - from balancing activities and stina Lalama explains how family counseling can help you with your		ical and emot	tional well	ness. Fo	ocus:
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, present subscription plan AllHealthGo has created to offer users access to a sultations, emotional advice, second-opinion consultations, as well as	number of healthcare digital se	rvices includi	ng teleme		included
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 critic etes.	cal areas of work is to stop pre-	diabetes from	turning ir	nto full-fl	edged
06:00:00	Classical Stretch: By Essentrics Posture Workout	APTEX	(S)	(CC)	DVI	#1102H
This	standing and barre posture workout, filmed in Riviera Maya, Mexico	will improve your posture and	give you tons	of energy	'.	
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#309H
	Cat Stretching					
07:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them the brain forms memories by storing and processing billions of piece		ment and dev	elop new	skills. Pl	lus, learn
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#805H
	Trixie as she cares for a young woman who is diagnosed with an int	corsex condition A program we		. ,	ovnorio	ncina

Join Trixie as she cares for a young woman who is diagnosed with an intersex condition. A pregnant woman's husband begins experiencing inexplicable pain similar to her symptoms.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 335 of 366

Fri, Mar 24, 2023 Title Start Subtitle 09:00:00 Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approprostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing 09:30:00 Medical Frontiers Groundbreaking New Drug for Breast Cancer	out why the dev the future of su APTEX ER2-positive bre	ice was nec			#128H and
Start Subtitle 09:00:00 Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won appriprostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing 09:30:00 Medical Frontiers	APTEX roval for use on pout why the dev the future of su APTEX ER2-positive bre	(S) cancers of th vice was nec rgery.	(CC) ne stomac essary. W	N/A	#128H and
Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won appri- prostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing 09:30:00 Medical Frontiers	roval for use on pout why the dev the future of su APTEX ER2-positive bre	cancers of th vice was nec rgery.	ne stomac essary. W	h, colon:	and
Japan's first surgical robot was developed two years ago. In December 2022, it won appr prostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing 09:30:00 Medical Frontiers	out why the dev the future of su APTEX ER2-positive bre	vice was nec rgery.	essary. N		
prostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing 09:30:00 Medical Frontiers	out why the dev the future of su APTEX ER2-positive bre	vice was nec rgery.	essary. N		
	ER2-positive bre	(S)	(CC)		
Groundbreaking New Drug for Breast Cancer			(00)	N/A	#129H
A new drug jointly developed by Japanese and US pharmaceutical companies targets HE chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeare patients struggling with changes in appearance due to treatment, and a cheerdance team just treatment, but ways to cope with the disease.	n made up of ca	of subjects.	We also i	ntroduce	e care for
10:00:00 Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
-	in modicino ovo	r the next of	voral voa	ra Tha r	
The diagnosis and treatment of lung cancer has been one of the most hopeful advances i cancer screening guidelines allow for the screening for younger individuals with less of a 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 l Considered the next pandemic, antibiotic resistance is a threat to global health and food s		dangering th	e efficacy	of antib	iotics.
11:00:00 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 functional shade hammock. Tips are also shared on how to help protect Florida's greates to supplement irrigation systems.					
11:30:00 Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
Transforming Surgery with Japan's First Surgical Robot					
Japan's first surgical robot was developed two years ago. In December 2022, it won appro- prostate. We examine how the robot is used in surgeries and interview the developers ab the robot is being used to operate remotely and to train novice doctors, thereby changing	bout why the dev	ice was nec			
12:00:00 Call The Midwife	PBS	(S)	(CC)	N/A	#806H
Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with a to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with		g medical pro	blem. Mo	ther Mile	dred tries
13:00:00 Call The Midwife	PBS	(S)	(CC)	N/A	#807H
Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	. Trixie consoles	s a patient w	ho discov	ers she	has
14:00:00 Health Insiders	SFPBS	(S)	(CC)	N/A	#1058H
Focus: Mediterranean diet, Cancer screenings, Neck pain and cell phones					
14:30:00 Health Insiders	SFPBS	(S)	(CC)	N/A	#1059H
Focus: Reasons to see your primary care doctor, What is a chiropractor, Cerebral Palsy r	rehab				
15:00:00 Smartlife	SFPBS	(S)	(CC)	N/A	#1901H
Focus: 1. Travel and Back Pain - Dr. Jose Mena 2. Gallbladder - Dr. Michael Gonzalez-R Debra Kenward 4. Sun Damage and Skin Cancer - Dr. Martha Viera 5. Exercise and Sex			drome of	Menopa	use - Dr.
15:15:00 Smartlife	SFPBS	(S)	(CC)	N/A	#1902H
15:28:00 Smartlife	SFPBS	(S)	(CC)	N/A	#1903H

Fri, Mar 24, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 336 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1904H
16:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1905H
Dr. J	us: 1. Telehealth Home Health Care - Tina Jacomino 2. Risk Fa Jane Mendez 4. Caring for the Caregivers of Alzheimer's - Andra rey 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
17:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
	Who's Normal? the fight to develop mental illness standards rooted in empiric ply entwined with our ever-shifting definitions and diagnoses of		how science	e and socie	etal facto	ors are
18:00:00	The Hardest Day	NETA	(S)	(CC)	N/A	#0H
vete	HARDEST DAY is a film about the human-animal bond and the rinarians and support staff that assists along the way. It provide United States, Lap of Love, and offers new insight into power of	s an unprecedented look at the large				npany in
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes					
19:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the mo cer screening guidelines allow for the screening for younger indi onger a death sentence.					
20:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing t the brain forms memories by storing and processing billions of		nent and dev	elop new :	skills. Pl	us, learn
21:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	e the fight to develop mental illness standards rooted in empiric ply entwined with our ever-shifting definitions and diagnoses of		how science	e and socie	etal facto	ors are
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
pros	an's first surgical robot was developed two years ago. In Decem state. We examine how the robot is used in surgeries and intervi- robot is being used to operate remotely and to train novice doctor	ew the developers about why the dev	vice was nec			
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher patie	ew drug jointly developed by Japanese and US pharmaceutical motherapy drug linked to an antibody. In a clinical study, cancer ents struggling with changes in appearance due to treatment, ar treatment, but ways to cope with the disease.	shrank or disappeared in 60 percent	of subjects.	We also i	ntroduce	e care for
23:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#111H
	Heart Attacks and Strokes		. /	. ,		

Heart Attacks and Strokes

	WPBTHC					
Date: 03/27/	2023 01/01/2023 - 03/31/2023	01/01/2023 - 03/31/2023		Page 337 of 366		
Fri, Mar 2	4, 2023					
	Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2 Episode	
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A #1706H	

Daily Program Listing II

Caregiving: The Sandwich Generation

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

Sat, Mar 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 338 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	vices includi	ng teleme		included
00:30:00	Second Opinion with Joan Lunden Antibiotic Resistance	APTEX	(S)	(CC)	N/A	#1805H
	misuse and overuse of antibiotics is contributing to the rapid emergence of sidered the next pandemic, antibiotic resistance is a threat to global health		dangering th	ne efficacy	of antib	iotics.
01:00:00	Healthy Living (Eating Well)	SFPBS	(S)	(CC)	N/A	#830H
for for	lical experts share the essential factors of a healthy lifestyle. Focus: Henry ood & nutrition services at Broward County Public Schools and share info riday, January 18.					
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	iss is a word that people throw around when they are feeling overwhelmed sequences. Stress in all ages, as well as pandemic-related stress, affects in as depression and anxiety.					issues
03:00:00	Healthy Living (Pregnancy Recovery)	SFPBS	(S)	(CC)	N/A	#1350H
Hen	ry Guzman & Melanie Rinaldi discuss exercise and well-being before, dur	ing and after pregnancy.				
04:00:00	Plastic Surgery (Body Reconstruction)	SFPBS	(S)	(CC)	N/A	#831H
	us: Dr. Rafael Gottenger explains the journey of body reconstruction after oration, reconstruction, or alteration of the body.	cosmetic surgery. Learn the	e latest tech	niques inv	olving tl	ne
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital service	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Lung Cancer	APTEX	(S)	(CC)	N/A	#1804H
cano	diagnosis and treatment of lung cancer has been one of the most hopeful cer screening guidelines allow for the screening for younger individuals with onger a death sentence.					
06:00:00	Alma's Way	PBS	(S)	(CC)	DVI	#113H
three	Junior's Story/Anniversary Surprise for really wants to find a book about a Puerto Rican boy, dinosaurs, and th e at the bookstore. Luckily Alma has an idea: what if they help Junior mak heir anniversary, but when Gloria gets called into work unexpectedly, their	e his own book? Alma and	Eddie want			
06:30:00	Scigirls Gallinas De Ciudad City Chicken	PBSPL	(S)	(CC)	N/A	#402
07:00:00	Wild Kratts Uh-Oh Ostrich!	PBS	(S)	(CC)	N/A	#615H
bros	le cruising across the African savanna in the Tortuga, a gust of wind blows s think it's a new secret formula and they spring into action to rescue her w ence Concept: Ecology and reproduction of the ostrich.					

Sat, Mar 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 339 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#3001H

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

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

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

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

Sat, Mar 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 340 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
11:10:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3107H
	Segment 7					
11:20:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3108H
	Segment 8					
1:33:00	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	Unmasking Hope	NETA	(S)	(CC)	N/A	#0H
their seclu	ional pain. From 9/11 and mass shooting survivors, to service members in combat MASKS to experience the abuse, social stigma, and moral injury that have scarred ision to inclusion, we realize that the aggregate stories of these brave individuals shASK our own HOPE.	their souls. As w	e are taken	on their jo	ourney fr	om
13:30:00	Concrete Gridiron	NETA	(S)	(CC)	N/A	#0H
this a play	to forgive sport and then you have to drive on," she said. "Without the Greater Ada as adults." The team was assembled last season by Norm Page, the President of th against 11 other teams across the country this season, in two separate tournament to come home with a trophy, the ability to play this sport is a priceless gift players l	e Greater Buffalo	Adaptive S Salt Lake C	ports Prog ity. While	gram. Tł these p	ne team will
14:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
	Love Languages ou know what your partner's "love language" is? Also, we discuss some of the man ally healthy throughout your life.	y ways to help ge	t you "in the	e mood" ar	nd tips fo	or staying
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1601H
Beat	s: 1. Heart Disease - Physical Activity - Dr. Ted Feldman 2. Heart Disease - Stent S riz Martinez-Peñalver, Milena Lara 4. Ask the Experts Segment - Dr. Felipe de los F uctor 6. Mission to the Bahamas - Angie Wagner, Cadena		eldman 3. C	hildren Me		
15:14:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1602H
15:32:00	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. Th	SFPBS ne Power of Maco	(S) a - Dr. Lia J	(CC) iannine 4.	N/A Dental	#1605H Myths - Dr.
Howa	ard Abrahams 5. Chemical Peels - Bernadett Oli, aesthetician					
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1606H
16:26:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1607H
16:39:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1608H

_

Sat, Mar 25, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 341 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
17:00:00	The Hardest Day	NETA	(S)	(CC)	N/A	#0H
vete	HARDEST DAY is a film about the human-animal bond and the last moments sl rinarians and support staff that assists along the way. It provides an unpreceden Jnited States, Lap of Love, and offers new insight into power of the human-anima	ted look at the large	so explores	the comm		npany in
18:00:00	Hope Is Here (Sfpbs/Health Channel Local) Bonnie Addario	SFPBS	(S)	(CC)	N/A	#101H
Bon worl	nie Addario, a lung cancer survivor, tells her story of hope and how she has com	e to help lung cance	r patients ar	nd caregiv	ers arou	ind the
18:30:00	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 K tional shade hammock. Tips are also shared on how to help protect Florida's gre applement irrigation systems.					
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	#1805H
	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence of resis sidered the next pandemic, antibiotic resistance is a threat to global health and for		dangering th	ne efficacy	of antib	iotics.
20:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
	Who's Normal?					
	e the fight to develop mental illness standards rooted in empirical science rather oly entwined with our ever-shifting definitions and diagnoses of mental health and		how science	e and soci	etal fact	ors are
21:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to adapt to t the brain forms memories by storing and processing billions of pieces of informa		ent and dev	elop new	skills. Pl	us, learn
22:00:00	Sex Talk with Dr. Lia	SFPBS	(S)	(CC)	N/A	#218H
	Love Languages					
	rou know what your partner's "love language" is? Also, we discuss some of the mally healthy throughout your life.	nany ways to help ge	et you "in the	e mood" ar	nd tips fo	or staying
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1009H
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	#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.

Sun, Mar 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 342 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Riono subscription plan AllHealthGo has created to offer users a sultations, emotional advice, second-opinion consultations	ccess to a number of healthcare digital se	ervices includi	ing teleme		included i
00:30:00	Second Opinion with Joan Lunden Pre-Diabetes	APTEX	(S)	(CC)	N/A	#1806H
Case diab	es of, and morbidity from, diabetes continues to rise. One	of the critical areas of work is to stop pre	diabetes fron	n turning ir	nto full-fl	edged
01:00:00	Health Trends (Lifestyle Tips)	SFPBS	(S)	(CC)	N/A	#823H
Find	out the latest trends that contribute to a healthy life. Focu	s: Dr. Sharma and Lucette Talamas disc	uss starting he	ealthy diet	s for the	new year
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Riono subscription plan AllHealthGo has created to offer users a sultations, emotional advice, second-opinion consultations	ccess to a number of healthcare digital se	ervices includi	ing teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1804H
cano	Lung Cancer diagnosis and treatment of lung cancer has been one of t er screening guidelines allow for the screening for youngonger a death sentence.					
03:00:00	Kids & Teens (Teen Exercise)	SFPBS	(S)	(CC)	N/A	#1342H
Mica	h Kurtz discusses youth strength and conditioning.					
04:00:00	Heart Health (Vein Health)	SFPBS	(S)	(CC)	N/A	#824H
Focu	is: Dr. Edgar Galinanes, vascular surgeon,will explain the	latest procedures for vein health and figh	ting cardiova	scular dise	ease.	
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Riono subscription plan AllHealthGo has created to offer users a sultations, emotional advice, second-opinion consultations	ccess to a number of healthcare digital se	ervices includi	ing teleme		included
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance				c	
-				<i></i>		
	misuse and overuse of antibiotics is contributing to the ra sidered the next pandemic, antibiotic resistance is a threa		endangering th	ne efficacy	of antic	101103.
Con			ndangering tl (S)	ne efficacy (CC)	DVI	#108H
	sidered the next pandemic, antibiotic resistance is a threa	t to global health and food security.		-		
Cons 06:00:00 It's o coqu prete ever	sidered the next pandemic, antibiotic resistance is a threa Alma's Way	t to global health and food security. PBS s are looking for an activity. Inspired by P e tiny frogs. But how fun can a game be v rom his building all the way to Alma;s hou	(S) api's story ab vhen you're lo ise. He calls i	(CC) out how he poking for s t "Chalk th	DVI e used to somethin e Block,	#108H o look for ng that;s " and
Cons 06:00:00 It's o coqu prete ever ever	sidered the next pandemic, antibiotic resistance is a threa Alma's Way Coqui Quest/Chalk The Block one of those days where there's nothing to do, and the kid i's in Puerto Rico, Alma and friends search the park for the end? Andre has drawn a chalk art mural on the sidewalk f yone is invited to come see it. But a heavy rainstorm wash	t to global health and food security. PBS s are looking for an activity. Inspired by P e tiny frogs. But how fun can a game be v rom his building all the way to Alma;s hou	(S) api's story ab vhen you're lo ise. He calls i	(CC) out how he poking for s t "Chalk th	DVI e used to somethin e Block,	#108H o look for ng that;s " and
Cons 06:00:00 It's o coqu prete ever ever	sidered the next pandemic, antibiotic resistance is a threa Alma's Way Coqui Quest/Chalk The Block ine of those days where there's nothing to do, and the kid i's in Puerto Rico, Alma and friends search the park for th end? Andre has drawn a chalk art mural on the sidewalk f yone is invited to come see it. But a heavy rainstorm wash yone arrives?	t to global health and food security. PBS s are looking for an activity. Inspired by P e tiny frogs. But how fun can a game be v rom his building all the way to Alma;s hou hes his hard work away! Can Alma find a	(S) api's story ab vhen you're lo se. He calls i way to help A	(CC) out how he poking for s t "Chalk th andre re-do	DVI e used to somethin e Block, o his art	#108H o look for ng that;s " and before
Cons 06:00:00 It's o coqu prete ever	sidered the next pandemic, antibiotic resistance is a threa Alma's Way Coqui Quest/Chalk The Block one of those days where there's nothing to do, and the kid i's in Puerto Rico, Alma and friends search the park for the end? Andre has drawn a chalk art mural on the sidewalk f yone is invited to come see it. But a heavy rainstorm wash yone arrives? Scigirls	t to global health and food security. PBS s are looking for an activity. Inspired by P e tiny frogs. But how fun can a game be v rom his building all the way to Alma;s hou hes his hard work away! Can Alma find a	(S) api's story ab vhen you're lo se. He calls i way to help A	(CC) out how he poking for s t "Chalk th andre re-do	DVI e used to somethin e Block, o his art	#108H o look for ng that;s " and before

above ground when it rains?" But they have to hurry, as they soon discover that life as a worm is full of dangers at every turn. Science Concept: Wet objects can be changed by heating and cooling. If a worm is left in the hot sun, their skin will dry up and they will die. Worms need to stay wet and their environment helps keep them that way.

Sun, Mar 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 343 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
07:30:00	Doctor Q & A Dealing with Mental Health Issues In Children	NETA	(S)	(CC)	N/A	#109H
08:00:00	Vida Y Salud Segment 1	SFPBS	(S)	(CC)	N/A	#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 keeping with the Health Channel's spirit of innovative programming, Vida y Salud is a fast-paced, fun and informative Spanish-language health show (with English subtitles) featuring groundbreaking medical breakthroughs that help families find solutions to difficult health problems.

10:14:00	Vida Y Salud Segment 2	SFPBS	(S)	(CC)	N/A	#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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

Sun, Mar 26, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
11:14:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3607H
	Segment 7					
11:28:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3608H
	Segment 8					
11:39:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3609H
	Segment 9					
11:50:00	Vida Y Salud	SFPBS	(S)	(CC)	N/A	#3610H
	Segment 10					
12:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	ch Lucille care for an unmarried teen mother and Valerie h elp, but ruffles feathers everywhere she goes. Nurse Crane		g medical pro	oblem. Mo	ther Mild	dred tries
13:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#807H
	n why Mother Mildred decides it's time for Sister Frances to prrhea. Sister Monica Joan follows Great Britain's Olympic		s a patient w	ho discov	ers she	has
14:00:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1013H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1100H
Focu	us: Swim safety, blue zones, stress					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1701H
	us: 1. Diabetes and Mental Health - Amy Exum 2. Cognitive anoma - Dr. Ramon Jimenez 4. Healthy Eating & Sex and					, iMatter 3
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1702H
15:33:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1703H
15:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1704H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1705H
	us: 1. Spine Surgery Complications - Dr. Gosha Brusovani m, psychotherapist 4. Obesity and Related Medical Proble					
16:12:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1706H
16:25:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1707H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#1708H
17:00:00	The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#102H
Trac	Who's Normal? the fight to develop mental illness standards rooted in er	npirical science rather than dooma. Learn	how science	and soci	etal fact	ors are
	bly entwined with our ever-shifting definitions and diagnose					
18:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
Follo	by the rise and fall of mental asylums in the United States.	Visit the nation's largest de-facto mental h	nealth facility	meet the	e detaine	es whose

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

Sun, Mar 26, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 345 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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	#1806H
	Pre-Diabetes					
	es of, and morbidity from, diabetes continues to rise. One of the critical areas of work is etes.	to stop pre-d	iabetes from	turning ir	nto full-fl	edged
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 outs the brain forms memories by storing and processing billions of pieces of information evolutions of pieces of information evolutions and processing billions of pieces of information evolutions are apprecised as the processing billions are apprecised as the processing billions of pieces of information evolutions are apprecised as the processing billions are apprecised as the processing billions of pieces of p		ent and dev	elop new	skills. Pl	us, learn
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	#219H
	How Everyday Foods Can Improve Your Love Life					
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1056H
Focu	us: Heart disease myths, Living with Arthritis, Psychotherapy for chronic pain					
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	#1708H
	Heart Disease In Women					
11.00	rt Diagona is the leading source of death and dischility for women in the United States. V	- 4 I				

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.

Mon, Mar 27, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 346 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	ription of the vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelme sequences. Stress in all ages, as well as pandemic-related stress, affects as depression and anxiety.					issues
01:00:00	Staying Healthy (Healthy Lifestyle)	SFPBS	(S)	(CC)	N/A	#825H
Dise	ease prevention and healthy lifestyle info. Focus: Dr. Elizabeth Trattner githy lifestyle.		. ,	. ,		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1805H
	Antibiotic Resistance					
	misuse and overuse of antibiotics is contributing to the rapid emergence sidered the next pandemic, antibiotic resistance is a threat to global heal		idangering th	e efficacy	of antib	piotics.
03:00:00	Nutrition and Health (Nutrition/Ready-Made-Meals)	SFPBS	(S)	(CC)	N/A	#1345H
	a Duenas discusses trending topics such as meal delivery servies and su ar, artificial sweetners and natural sweetners.	upermarket pre-made, read	y-to-cook me	als. Focus	s: The s	kinny on
04:00:00	Health Trends (Skin Maintenance Tips)	SFPBS	(S)	(CC)	N/A	#827H
	oria Socarras discusses understanding your skin and how important it is essional facial treatment options.	to take care of it and mainta	in it. She sha	ares inforr	nation o	n
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included i
05:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelme sequences. Stress in all ages, as well as pandemic-related stress, affects as depression and anxiety.					issues
06:00:00	Classical Stretch: By Essentrics Weight Loss	APTEX	(S)	(CC)	DVI	#1103H
	is episode of Classical Stretch, join Miranda Esmonde-White at the Zent note weight loss.	ropia Spa for a standing and	d floor worko	ut to tone	your ful	body and
06:30:00	Wai Lana Yoga Juice Up Your Innards	APTEX	(S)	(CC)	N/A	#310H
07:00:00	The Mysteries of Mental Illness Who's Normal?	PBS	(S)	(CC)	N/A	#102H
	e the fight to develop mental illness standards rooted in empirical science oly entwined with our ever-shifting definitions and diagnoses of mental he		how science	and soci	etal fact	ors are
08:00:00	Call The Midwife	PBS	(S)	(CC)	N/A	#806H
	Call The Midwile		. ,	. ,		

Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance.

ate: 03/27/	WPBTHC 2023 01/01/2023 - 03/31/2	0003		Deec	217 ~*	366
Man Mar		2023		Page	347 of	300
Mon, Mar	Z7, 2023 Title					
Start	Subtitle	Distrib	Stereo	Сар	AS2	Episod
09:00:00	Medical Frontiers How The Muscles Prevent Disease	APTEX	(S)	(CC)	N/A	#127H
that	apan, researchers have found that inactive, underweight people are at hig just one day of no exercise results in a higher blood glucose level. Resea bstance that suppresses colon cancer. We introduce the latest findings o	archers have also confirmed	that after ex	ercise, the	e muscle	
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
pros	Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de robot is being used to operate remotely and to train novice doctors, there	evelopers about why the devi	ce was nec			
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 a etes.	reas of work is to stop pre-dia	abetes from	turning in	to full-fle	edged
10:30:00	Second Opinion with Joan Lunden Stress	APTEX	(S)	(CC)	N/A	#1807H
cons	ss is a word that people throw around when they are feeling overwhelme sequences. Stress in all ages, as well as pandemic-related stress, affects a s depression and anxiety.					issues
11:00:00	Medical Frontiers How The Muscles Prevent Disease	APTEX	(S)	(CC)	N/A	#127H
	apan, researchers have found that inactive, underweight people are at hig just one day of no exercise results in a higher blood glucose level. Resea					
	bstance that suppresses colon cancer. We introduce the latest findings o					es release
	Medical Frontiers					es release #128H
a su 11:30:00 Japa pros		n the relationship between th APTEX it won approval for use on c evelopers about why the devi	(S) ancers of th ce was nec	and diseas (CC) ne stomach	se. N/A n, colon	#128H and
a su 11:30:00 Japa pros	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de	n the relationship between th APTEX it won approval for use on c evelopers about why the devi	(S) ancers of th ce was nec gery.	and diseas (CC) ne stomach essary. W	se. N/A n, colon	#128H and
a su 11:30:00 Japa pros the r 12:00:00 Lear	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de robot is being used to operate remotely and to train novice doctors, there	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS	(S) ancers of th ce was nec gery. (S)	and diseas (CC) ne stomach essary. W (CC)	se. N/A n, colon e also lo N/A	#128H and bok at how #807H
a su 11:30:00 Japa pros the r 12:00:00 Lear	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de robot is being used to operate remotely and to train novice doctors, there Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS	(S) ancers of th ce was nec gery. (S) a patient wh	and diseas (CC) ne stomach essary. W (CC)	se. N/A n, colon e also lo N/A	#128H and bok at how #807H
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shai	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de robot is being used to operate remotely and to train novice doctors, there Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir prrhea. Sister Monica Joan follows Great Britain's Olympic hopes.	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS st solo birth. Trixie consoles PBS ligs deep to give a terminally	(S) ancers of th ce was nec gery. (S) a patient wh (S)	and diseas (CC) ne stomach essary. Wo (CC) ho discove (CC)	se. N/A n, colon e also lo N/A ers she l N/A	#128H and ook at how #807H has #808H
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shai	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, therefore Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir prrhea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda of the Midwife and the Sister Hilda of the Siste	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS st solo birth. Trixie consoles PBS ligs deep to give a terminally	(S) ancers of th ce was nec gery. (S) a patient wh (S)	and diseas (CC) ne stomach essary. Wo (CC) ho discove (CC)	se. N/A n, colon e also lo N/A ers she l N/A	#128H and ook at how #807H has #808H
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, therefore Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir- porrhea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda co e must testify in a grueling court case. Fred and Reggie keep secrets from	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS est solo birth. Trixie consoles PBS ligs deep to give a terminally n each other.	(S) ancers of th ce was nec gery. (S) a patient wh (S) f ill patient h	and diseas (CC) ne stomach essary. Wo (CC) ho discove (CC) er final wis	se. N/A n, colon e also lo N/A ers she l N/A sh. Vale	#128H and bok at how #807H has #808H rrie and
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, there Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir porrhea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda of e must testify in a grueling court case. Fred and Reggie keep secrets from Health Insiders	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS est solo birth. Trixie consoles PBS ligs deep to give a terminally n each other.	(S) ancers of th ce was nec gery. (S) a patient wh (S) f ill patient h	and diseas (CC) ne stomach essary. Wo (CC) ho discove (CC) er final wis	se. N/A n, colon e also lo N/A ers she l N/A sh. Vale	#128H and bok at how #807H has #808H rrie and
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00 Focu 14:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, thereford Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir parthea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda of e must testify in a grueling court case. Fred and Reggie keep secrets from Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS st solo birth. Trixie consoles PBS ligs deep to give a terminally n each other. SFPBS	(S) ancers of th ce was nec gery. (S) a patient wh (S) fill patient h (S)	and diseas (CC) ne stomach essary. Wr (CC) ho discove (CC) er final wis (CC)	se. N/A n, colon e also lo N/A ers she l N/A sh. Vale N/A	#128H and bok at how #807H has #808H rrie and #1070H
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00 Focu 14:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, thereford Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir- porrhea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda construction e must testify in a grueling court case. Fred and Reggie keep secrets from Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn Health Insiders	n the relationship between th APTEX it won approval for use on c evelopers about why the devi by changing the future of sur PBS st solo birth. Trixie consoles PBS ligs deep to give a terminally n each other. SFPBS	(S) ancers of th ce was nec gery. (S) a patient wh (S) fill patient h (S)	and diseas (CC) ne stomach essary. Wr (CC) ho discove (CC) er final wis (CC)	se. N/A n, colon e also lo N/A ers she l N/A sh. Vale N/A	#128H and bok at how #807H has #808H rrie and #1070H
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00 Focu 14:30:00 Focu 15:00:00 Focu	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, thereford Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir- porthea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda of e must testify in a grueling court case. Fred and Reggie keep secrets from Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn Health Insiders us: Swim safety, blue zones, addiction	n the relationship between th APTEX it won approval for use on convelopers about why the deviously changing the future of sur PBS ist solo birth. Trixie consoles PBS ligs deep to give a terminally n each other. SFPBS SFPBS SFPBS y Options for Obesity - Dr. Li	ne muscles (S) (S) ancers of th ce was nec gery. (S) a patient with (S) (S) (S) (S) uciano Fisze	and diseas (CC) ne stomach essary. Wr (CC) ho discove (CC) er final wis (CC) (CC) (CC) er 3. Denta	se. N/A n, colon e also lo N/A ers she l N/A Sh. Vale N/A N/A N/A	#128H and bok at how #807H has #808H rrie and #1070H #1102H #2001H n and
a su 11:30:00 Japa pros the r 12:00:00 Lear gond 13:00:00 Shaa Trixi 14:00:00 Focu 14:30:00 Focu 15:00:00 Focu	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In December 2022, tate. We examine how the robot is used in surgeries and interview the de- robot is being used to operate remotely and to train novice doctors, thereford Call The Midwife rn why Mother Mildred decides it's time for Sister Frances to attend her fir- formea. Sister Monica Joan follows Great Britain's Olympic hopes. Call The Midwife re in the Turners' emotions over May's impending adoption. Sister Hilda of e must testify in a grueling court case. Fred and Reggie keep secrets from Health Insiders us: Teeth grinding, Workplace stress, Products to relieve Sunburn Health Insiders us: Swim safety, blue zones, addiction Smartlife us: 1. Preventing Diabetes with Nutrition - Susan Nowrouzi, RD 2. Surger rall Health - Dr. Angel Sanchez-Figueras 4. Importance of Protein - Jenna	n the relationship between th APTEX it won approval for use on convelopers about why the deviously changing the future of sur PBS ist solo birth. Trixie consoles PBS ligs deep to give a terminally n each other. SFPBS SFPBS SFPBS y Options for Obesity - Dr. Li	ne muscles (S) (S) ancers of th ce was nec gery. (S) a patient with (S) (S) (S) (S) uciano Fisze	and diseas (CC) ne stomach essary. Wr (CC) ho discove (CC) er final wis (CC) (CC) (CC) er 3. Denta	se. N/A n, colon e also lo N/A ers she l N/A Sh. Vale N/A N/A N/A	#128H and bok at how #807H has #808H rrie and #1070H #1102H #2001H n and

Mon, Mar 27, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 348 of 366

	Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2004H
16:01:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2005H
	us: 1. Hernias - Dr. Michael Gonzalez-Ramos 2. PRP for Hair Resortance of Play for Adults - Amy Exum, psychotherapist 5. Ask the			ı - Dr. Berr	nie Ferna	andez 4.
16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2006H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2007H
	us: 7. Hernias - Dr. Michael Gonzalez-Ramos 8. PRP for Hair Res ortance of Play for Adults - Amy Exum, psychotherapist 11. Ask th			ı - Dr. Berr	nie Ferna	andez 10.
16:46:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2008H
17:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	ck the importance of data mapping and analysis in the quest to im re of epidemic "curves" as well as the extent of health inequalities			st data de	tectives	made us
18:00:00	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question					
CBE canr	nabis contains chemicals which mimic ones found in our brain. O D, shows promise for treating seizures, addiction, and insomnia. N nabis pose to the developing adolescent brain? Does heavy cann erations at risk for addiction? As cannabis becomes socially accept	IOVA joins scientists and experts and a scientists and experts and a bis use impair intelligence, increased and the science of	round the co se psychosis	untry. What s, or even	at risks (put futur	does re
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 Stress	APTEX	(S)	(CC)	N/A	#1807H
Stre		whelmed, but stress comes with rea	al physical a	nd mental	health	
Stre	Stress ss is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness	whelmed, but stress comes with rea	al physical a	nd mental	health	
Stre cons such 20:00:00 Trac	Stress sess is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety.	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn	al physical a tributes to o (S)	nd mental ther menta (CC)	health al health N/A	issues #102H
Stre cons such 20:00:00 Trac	Stress stress sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of me The Mysteries of Mental Illness	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn	al physical a tributes to o (S)	nd mental ther menta (CC)	health al health N/A	issues #102H
Stre cons such 20:00:00 Trac deep 21:00:00 Follo	Stress stress sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of mental standards rooted in empirical	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental I	al physical a tributes to o (S) how science (S)	nd mental ther menta (CC) e and soci- (CC)	health al health N/A etal facte N/A	issues #102H ors are #103H
Stre cons such 20:00:00 Trac deep 21:00:00 Follo	Stress status is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of me The Mysteries of Mental Illness Rise and Fall of the Asylum ow the rise and fall of mental asylums in the United States. Visit the shang in the balance, and discover the harsh realities of care both Medical Frontiers	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental I	al physical a tributes to o (S) how science (S)	nd mental ther menta (CC) e and soci- (CC)	health al health N/A etal facte N/A	issues #102H ors are #103H
Stre cons such 20:00:00 Trac deej 21:00:00 Follo lives 22:00:00 In Ja that	Stress stress is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? See the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of mental The Mysteries of Mental Illness Rise and Fall of the Asylum ow the rise and fall of mental asylums in the United States. Visit the shang in the balance, and discover the harsh realities of care both	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental h n inside and outside. APTEX re at high risk of developing type 2 I. Researchers have also confirmed	al physical a tributes to o (S) how science (S) nealth facility (S) diabetes. A t that after e	nd mental ther menta (CC) e and soci- (CC) n, meet the (CC) mouse ex xercise, th	health al health N/A etal facto N/A e detaine N/A perimen e muscl	#102H ors are #103H ees whose #127H tt showed
Stre cons such 20:00:00 Trac deej 21:00:00 Follo lives 22:00:00 In Ja that	Stress Stress ss is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of mental The Mysteries of Mental Illness Rise and Fall of the Asylum bow the rise and fall of mental asylums in the United States. Visit the shang in the balance, and discover the harsh realities of care both Medical Frontiers How The Muscles Prevent Disease apan, researchers have found that inactive, underweight people a just one day of no exercise results in a higher blood glucose leve	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental h n inside and outside. APTEX re at high risk of developing type 2 I. Researchers have also confirmed	al physical a tributes to o (S) how science (S) nealth facility (S) diabetes. A t that after e	nd mental ther menta (CC) e and soci- (CC) n, meet the (CC) mouse ex xercise, th	health al health N/A etal facto N/A e detaine N/A perimen e muscl	#102H ors are #103H ees whose #127H tt showed
Stre cons such 20:00:00 Trac deej 21:00:00 Folio lives 22:00:00 In Ja that a su 22:30:00 Japa pros	Stress ss is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? the the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of mental The Mysteries of Mental Illness Rise and Fall of the Asylum ow the rise and fall of mental asylums in the United States. Visit the shang in the balance, and discover the harsh realities of care both Medical Frontiers How The Muscles Prevent Disease apan, researchers have found that inactive, underweight people a just one day of no exercise results in a higher blood glucose leve abstance that suppresses colon cancer. We introduce the latest fir	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental h n inside and outside. APTEX re at high risk of developing type 2 I. Researchers have also confirmed idings on the relationship between APTEX er 2022, it won approval for use on w the developers about why the dev	al physical a tributes to o (S) how science (S) nealth facility (S) diabetes. A t hat after e the muscles (S) cancers of t	nd mental ther menta (CC) e and soci- (CC) /, meet the (CC) mouse ex xercise, th and disea (CC) he stomac	health al health N/A etal facto N/A e detaine N/A perimen e muscl ise. N/A	#102H ors are #103H ees whose #127H at showed les release #128H
Stre cons such 20:00:00 Trac deej 21:00:00 Folio lives 22:00:00 In Ja that a su 22:30:00 Japa pros	Stress ss is a word that people throw around when they are feeling over sequences. Stress in all ages, as well as pandemic-related stress in as depression and anxiety. The Mysteries of Mental Illness Who's Normal? the fight to develop mental illness standards rooted in empirical ply entwined with our ever-shifting definitions and diagnoses of m The Mysteries of Mental Illness Rise and Fall of the Asylum ow the rise and fall of mental asylums in the United States. Visit the shang in the balance, and discover the harsh realities of care both Medical Frontiers How The Muscles Prevent Disease apan, researchers have found that inactive, underweight people a just one day of no exercise results in a higher blood glucose leve ibstance that suppresses colon cancer. We introduce the latest fir Medical Frontiers Transforming Surgery with Japan's First Surgical Robot an's first surgical robot was developed two years ago. In Decembo	whelmed, but stress comes with rea , affects our overall health, and con PBS I science rather than dogma. Learn ental health and illness. PBS ne nation's largest de-facto mental h n inside and outside. APTEX re at high risk of developing type 2 I. Researchers have also confirmed idings on the relationship between APTEX er 2022, it won approval for use on w the developers about why the dev	al physical a tributes to o (S) how science (S) nealth facility (S) diabetes. A t hat after e the muscles (S) cancers of t	nd mental ther menta (CC) e and soci- (CC) /, meet the (CC) mouse ex xercise, th and disea (CC) he stomac	health al health N/A etal facto N/A e detaine N/A perimen e muscl ise. N/A	#102H ors are #103H ees whose #127H at showed les release #128H

	WPBTHC				
Date: 03/27/	2023 01/01/2023 - 03/31/2023			349 of 366	
Mon, Mar	27, 2023				
	Title				
Start	Subtitle	Distrib	Stereo	Сар	AS2 Episode
23:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A #1709H

Daily Program Listing II

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.

_

Tue, Mar 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 350 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS (S) (CC) N/A #0H presents viewers with an in-depth description of the different services incluing sevel as a number of tools to manage medical costs. APTEX (S) (CC) N/A #18 'ID continually bringing this topic to light. But it's not just about the COVID areas of the country, setting us up for formerly eradicated diseases to make SFPBS (S) (CC) N/A #83 value to improve quality of life. Focus: Dr. Jose Mena has the latest methods SFPBS (S) (CC) N/A #0H presents viewers with an in-depth description of the different services incluiss to a number of healthcare digital services including telemedicine is well as a number of tools to manage medical costs. APTEX (S) (CC) N/A #18 'ID continually bringing this topic to light. But it's not just about the COVID areas of the country, setting us up for formerly eradicated diseases to make is well as a number of tools to manage medical costs. APTEX (S) (CC) N/A #18 'ID continually bringing this topic to light. But it's not just about the COVID areas of the country, setting us up for formerly eradicated diseases to make is well as a number of diseases dealing with the skin, nails, and hair, from the ew affiliation with MCI and skin cancer risks, prevention, types, symptoms, SFPBS (S) (CC) N/A #33 trenets viewers with an in-depth descripti				
This the s	30-minute informational program, hosted by Sasha Rionda, presents viewers ubscription plan AllHealthGo has created to offer users access to a number of ultations, emotional advice, second-opinion consultations, as well as a number	with an in-depth descr f healthcare digital serv	iption of the vices includir	different s	services	
00:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually brin ine. Childhood vaccine rates continue to decrease in certain areas of the cour eback.					
01:00:00	Pain Management (Chronic Pain)	SFPBS	(S)	(CC)	N/A	#832H
	n from the experts about approaches for controlling chronic pain to improve quing with the growing problem of chronic pain.	ality of life. Focus: Dr.	Jose Mena	has the la	atest me	thods for
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 subscription plan AllHealthGo has created to offer users access to a number of ultations, emotional advice, second-opinion consultations, as well as a number	with an in-depth descr f healthcare digital serv	iption of the vices includir	different s	services	
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808H
vaco	Vaccine Hesitancy sine hesitancy continues to be an issue in the U.S., with COVID continually brin ine. Childhood vaccine rates continue to decrease in certain areas of the cour eback.					
03:00:00	Primary Care (Diabetes Help)	SFPBS	(S)	(CC)	N/A	#1352H
Dr. ነ	eisel Barquin discusses the relationship between diabetes and hypertension a	and high cholesterol.				
04:00:00	Dermatology (Skin Cancer Risks & Prevention)	SFPBS	(S)	(CC)	N/A	#833H
supe	ical experts share advice and information about the best treatments and care or rficial to the in-depth. Focus: Dr. Haushalter discusses her new affiliation with ments and multidisciplinary care.					
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 ultations, emotional advice, second-opinion consultations, as well as a number	f healthcare digital serv	iption of the vices includir	ng teleme		included in
05:30:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continually brin ine. Childhood vaccine rates continue to decrease in certain areas of the cour eback.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1104H
la:-	Full Body Flexibility	lon to stratch all of		nd holo ve	mour	
	Miranda Esmonde-White for this full-body flexibility workout in a peaceful gard fortably in every direction.	ien to stretch all of you	r muscles ar	ia neip yc	ou move	
06:30:00	Wai Lana Yoga Shoulder Stuff	APTEX	(S)	(CC)	N/A	#311H
07:00:00	Happy Yoga with Sarah Starr	NETA	(S)	(CC)	N/A	#606H
Allow	Ocean Sundown v the peaceful ocean sunset to inspire you as we enjoy a modified seated you	a practico usina a chai	r for support	Including	n contod	lowor

Allow the peaceful ocean sunset to inspire you as we enjoy a modified seated yoga practice using a chair for support. Including seated lower body poses to create strength in the legs and glutes, along with upper body stretches designed to increase mobility in the shoulders and upper back.

Tue, Mar 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 351 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A Caring for Your Back	NETA	(S)	(CC)	N/A	#102H
08:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
	we the rise and fall of mental asylums in the United States. Visit the national hang in the balance, and discover the harsh realities of care both inside		nealth facility	, meet the	e detaine	es whos
09:00:00	Medical Frontiers Groundbreaking New Drug for Breast Cancer	APTEX	(S)	(CC)	N/A	#129H
chen patie	w drug jointly developed by Japanese and US pharmaceutical compani- notherapy drug linked to an antibody. In a clinical study, cancer shrank or ents struggling with changes in appearance due to treatment, and a check treatment, but ways to cope with the disease.	or disappeared in 60 percent	of subjects.	We also i	ntroduce	e care for
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden Vaccine Hesitancy	APTEX	(S)	(CC)	N/A	#1808H
vacc	cine hesitancy continues to be an issue in the U.S., with COVID continuation. Childhood vaccine rates continue to decrease in certain areas of the back.					
10:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	ecia areata is a common autoimmune disorder that often results in unpres and is one of the most requested topics from viewers every year.	edictable hair loss. It affects	roughly 6.8 ı	million peo	ople in tl	ne United
11:00:00	Innovations In Medicine	NETA	(S)	(CC)	N/A	#505H
Brair	n Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion	Surgery, Chicken Pox, Stres	s-Free Retire	ement.		
11:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growing tre ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help fir ase would eventually define her legacy.					
12:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#127H
	How The Muscles Prevent Disease					
that	apan, researchers have found that inactive, underweight people are at hi just one day of no exercise results in a higher blood glucose level. Rese bstance that suppresses colon cancer. We introduce the latest findings	archers have also confirmed	I that after ex	ercise, th	e muscl	
12:30:00	Medical Frontiers Transforming Surgery with Japan's First Surgical Robot	APTEX	(S)	(CC)	N/A	#128H
pros	an's first surgical robot was developed two years ago. In December 2022 tate. We examine how the robot is used in surgeries and interview the d obot is being used to operate remotely and to train novice doctors, there	evelopers about why the dev	/ice was nec			
13:00:00	Amazing Human Body Learn	PBS	(S)	(CC)	N/A	#103H
	how experience shapes the brain and body together, allowing them to a the brain forms memories by storing and processing billions of pieces o		nent and dev	elop new	skills. Pl	us, learn
14:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1104H
_			x - 7	· · · /		

Focus: Behavior changes, PPD, chiropractic care

Tue, Mar 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 352 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2101H
	erts discuss therapy for herniated disks in the back, finding ways to gery for breast cancer and we highlight services available at the Ligh				our diet,	cosmetic
15:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2102H
15:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2103H
15:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2104H
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2105H
16:15:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2106H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2107ŀ
16:48:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2108
17:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H
lives 18:00:00	s hang in the balance, and discover the harsh realities of care both in Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	nside and outside. SFPBS	(S)	(CC)	N/A	#208H
expl	sode #208 THE BELL FAMILY - VERO BEACH The flip crew and ex lain why having a yard full of grass that requires more water and fert purces is the goal.					
18:30:00	Hope Is Here (Sfpbs/Health Channel Local) Jill Costello	SFPBS	(S)	(CC)	N/A	#102H
patie	g cancer diagnoses for young, non-smoking individuals are a growir ent, 21-year-old Jill Costello. Jill's fighting spirit and her desire to he ase would eventually define her legacy.					
19:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1808I
19:30:00						
Vac	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID con cine. Childhood vaccine rates continue to decrease in certain areas neback.					
Vac vac com	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID con cine. Childhood vaccine rates continue to decrease in certain areas neback. Nova					
Vac vacc com 20:00:00 Can CBE canr	Vaccine Hesitancy cine hesitancy continues to be an issue in the U.S., with COVID con cine. Childhood vaccine rates continue to decrease in certain areas neback.	of the country, setting us up for fo NPS is THC, which produces the high VA joins scientists and experts ar is use impair intelligence, increas	(S) associated ound the cou e psychosis	cated dise (CC) with pot u untry. Wha , or even p	DVI DVI se. Ano at risks o put futur	#4811 #4811 ther, cal does e

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.

Tue, Mar 28, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 353 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:00:00	Sex Talk with Dr. Lia How Everyday Foods Can Improve Your Love Life	SFPBS	(S)	(CC)	N/A	#219H
22:30:00 Foc	Health Insiders us: Behavior changes, PPD, chiropractic care	SFPBS	(S)	(CC)	N/A	#1104H
23:00:00	Doctor Q & A Alzheimer's Disease: Hope for the Future	NETA	(S)	(CC)	N/A	#103H
23:30:00	Second Opinion with Joan Lunden 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."

Wed, Mar 29, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 354 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includi	ng teleme		included i
00:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpredes and is one of the most requested topics from viewers every year.	dictable hair loss. It affects	roughly 6.8	million peo	ople in th	ne United
01:00:00	Mental Health (Opioid & Stalking)	SFPBS	(S)	(CC)	N/A	#834H
Foci	us: Dr. Daniel Bober discusses opioid use among kids and teens. He also	explains what stalking is a	nd why peop	le do this.		
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includi	ng teleme		included ir
02:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809H
	becia areata is a common autoimmune disorder that often results in unpredes and is one of the most requested topics from viewers every year.	dictable hair loss. It affects	roughly 6.8	million peo	ople in th	ne United
03:00:00	Health Trends (Emergency Aid)	SFPBS	(S)	(CC)	N/A	#1346H
	Yvonne Johnson & Grace Meinhofer discuss the merits of their programs a flooding.	and kits for emergency pre	• •	. ,	me fire,	hurricanes
04:00:00	Spine & Back Care (Aching Back Tips)	SFPBS	(S)	(CC)	N/A	#835H
Focu	us: Dr. Gosha Brusovanik has the latest tips to ease your aching back.					
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents view subscription plan AllHealthGo has created to offer users access to a numb sultations, emotional advice, second-opinion consultations, as well as a nu	per of healthcare digital ser	vices includi	ng teleme		included ir
05:30:00	Second Opinion with Joan Lunden					
		APTEX	(S)	(CC)	N/A	#1809H
	Alopecia Areata			. ,		
Alop	Alopecia Areata becia areata is a common autoimmune disorder that often results in unpred es and is one of the most requested topics from viewers every year.			. ,		
Alop	ecia areata is a common autoimmune disorder that often results in unpred			. ,		
Alop State 06:00:00 In th	becia areata is a common autoimmune disorder that often results in unpred es and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics	dictable hair loss. It affects APTEX	roughly 6.8	million peo	ople in th DVI	ne United
Alop State 06:00:00 In th	becia areata is a common autoimmune disorder that often results in unpred es and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics Waist Toning is episode of Classical Stretch, join Miranda Esmonde-White at the chape	dictable hair loss. It affects APTEX	roughly 6.8	million peo	ople in th DVI	ne United
Alop State 06:00:00 In th strer	becia areata is a common autoimmune disorder that often results in unpred es and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics Waist Toning his episode of Classical Stretch, join Miranda Esmonde-White at the chape ngthening your abs and slenderizing your core.	dictable hair loss. It affects APTEX el terrace for an all-barre, w	roughly 6.8 (S) aist toning w	million peo (CC) rorkout ain	DVI DVI med at	ne United #1105H
Alop State 06:00:00 In th strer	 vecia areata is a common autoimmune disorder that often results in unprecess and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics Waist Toning vis episode of Classical Stretch, join Miranda Esmonde-White at the chape of the negative set of the set of the	dictable hair loss. It affects APTEX el terrace for an all-barre, w	roughly 6.8 (S) aist toning w	million peo (CC) rorkout ain	DVI DVI med at	ne United #1105H
Alop State 06:00:00 In th strer 06:30:00 07:00:00 Folic	 vecta areata is a common autoimmune disorder that often results in unprecess and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics Waist Toning vis episode of Classical Stretch, join Miranda Esmonde-White at the chape ingthening your abs and slenderizing your core. Wai Lana Yoga Legs, Legs The Mysteries of Mental Illness 	dictable hair loss. It affects APTEX el terrace for an all-barre, w APTEX PBS 's largest de-facto mental h	roughly 6.8 (S) aist toning w (S) (S)	rorkout ain (CC) (CC) (CC)	DVI DVI ned at N/A N/A	#1105H #312H #103H
Alop State 06:00:00 In th strer 06:30:00 07:00:00 Folic	 Decia areata is a common autoimmune disorder that often results in unprecess and is one of the most requested topics from viewers every year. Classical Stretch: By Essentrics Waist Toning Dis episode of Classical Stretch, join Miranda Esmonde-White at the chape of the most requested your core. Wai Lana Yoga Legs, Legs, Legs The Mysteries of Mental Illness Rise and Fall of the Asylum Dow the rise and fall of mental asylums in the United States. Visit the nation 	dictable hair loss. It affects APTEX el terrace for an all-barre, w APTEX PBS 's largest de-facto mental h	roughly 6.8 (S) aist toning w (S) (S)	rorkout ain (CC) (CC) (CC)	DVI DVI ned at N/A N/A	#1105H #312H #103H

	2022 01/0	WPBTHC 01/2023 - 03/31/2023			Daga	255 of	20
ate: 03/27/		1/2023 - 03/31/2023			Page	355 of	30
Wed, Mar	Z9, 2023 Title						
Start	Subtitle		Distrib	Stereo	Сар	AS2	E
09:00:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#
	How The Muscles Prevent Disease						
that	apan, researchers have found that inactive, underweigl just one day of no exercise results in a higher blood gl bstance that suppresses colon cancer. We introduce the suppresses colon cancer.	ucose level. Researchers have als	o confirmed	that after ex	ercise, th	ie muscl	
09:30:00	Medical Frontiers		APTEX	(S)	(CC)	N/A	#
	Transforming Surgery with Japan's First Surgical Ro	bot					
pros	an's first surgical robot was developed two years ago. I tate. We examine how the robot is used in surgeries a robot is being used to operate remotely and to train nor	nd interview the developers about	why the dev	vice was nece			
10:00:00	Second Opinion with Joan Lunden Brain Health		APTEX	(S)	(CC)	N/A	# [.]
way	number of Americans living with Alzheimer's is growin s they can prevent developing memory issues of any k ing at what we can do to keep our brain healthy.						
10:30:00	Second Opinion with Joan Lunden		APTEX	(S)	(CC)	N/A	#
	Racial Disparities In Health						
11:00:00	Conscious Living A Taste of the Good Life in the City of Angels		NETA	(S)	(CC)	N/A	#2
dest priva in P fron	shine, Tinseltown, and legendary surfing - what's not to inations for nourishing body, mind and soul. Bianca tal ate yoga sessions and spa treatments to the stars. The acific Palisades, where meditation, silence and the hea t-row seat at Vegan Fashion Week, while Michael cruis rs bow down for a taste of the good life.	kes a walk on the glitzy side at a Be n, surf's up for spiritual healing at t lling power of nature offer a welcor	everly Hills I the Self-Rea ne refuge fr	notel famous alization Fello om the city's	for A-list owship La hectic pa	organic ike Shrir ice. Biar	fac າe g າca
11:30:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach		SFPBS	(S)	(CC)	N/A	#2
expl	ode #208 THE BELL FAMILY - VERO BEACH The flip ain why having a yard full of grass that requires more v urces is the goal.						
40.00.00	Call The Midwife		PBS	(S)	(CC)	N/A	#8
12:00:00	n why Mother Mildred decides it's time for Sister France	on to attand har first sale hirth. Tri	xie consoles	s a patient wh	no discov	ers she	has
Lea	orrhea. Sister Monica Joan follows Great Britain's Olyn						
Lea	Call The Midwife		PBS	(S)	(CC)	N/A	#8
Lea gon 13:00:00 Sha		npic hopes. otion. Sister Hilda digs deep to give			• •		
Lea gon 13:00:00 Sha	Call The Midwife re in the Turners' emotions over May's impending adoption	npic hopes. otion. Sister Hilda digs deep to give		y ill patient h	er final wi		erie
Lea gon 13:00:00 Sha Trix 14:00:00 Foc	Call The Midwife re in the Turners' emotions over May's impending adop e must testify in a grueling court case. Fred and Reggi	npic hopes. otion. Sister Hilda digs deep to give e keep secrets from each other.	e a terminall SFPBS	y ill patient h	er final wi (CC)	ish. Vale N/A	erie #
Lea gon 13:00:00 Sha Trix 14:00:00 Foc	Call The Midwife re in the Turners' emotions over May's impending adop e must testify in a grueling court case. Fred and Reggi Health Insiders us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr.	npic hopes. otion. Sister Hilda digs deep to give e keep secrets from each other.	e a terminall SFPBS	y ill patient h	er final wi (CC)	ish. Vale N/A	#1
Lea gon 13:00:00 Sha Trix 14:00:00 Foc (cos	Call The Midwife re in the Turners' emotions over May's impending adop e must testify in a grueling court case. Fred and Reggi Health Insiders us- 1. Dr. Italo Linfante: Stroke: FAST, treatment 2. Dr. metic procedures)	npic hopes. otion. Sister Hilda digs deep to give e keep secrets from each other.	e a terminall SFPBS lication safe	y ill patient h (S) ty 3. Dr. Joh	er final wi (CC) n Martin:	ish. Vale N/A Types o	#1 #1 of fill

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Date: 03/27/2023

Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episoc
15:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2202H
15:28:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2203H
15:47:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2204F
15:59:00	Smartlife	SFPBS	(S)	(CC)	N/A	#2205⊦ -
HOW	to Manage Work Stress, Exercises to Prevent & Treat Tech Neck, Endometriosis,	Back Pain Q & A,	Bad Habits	that wrec	ck Your	reeth
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	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question					
canr gene	b), shows promise for treating seizures, addiction, and insomnia. NOVA joins scientinabis pose to the developing adolescent brain? Does heavy cannabis use impair in erations at risk for addiction? As cannabis becomes socially accepted, scientists are socially accepted.	telligence, increas re racing to unders	e psychosis tand the lon	, or even g-term he	put futur alth con	re sequenc
18:00:00	Extra Life: A Short History of Living Longer Medical Drugs	NPS	(S)	(CC)	N/A	#102H
	It the importance of data mapping and analysis in the quest to improve public heal re of epidemic "curves" as well as the extent of health inequalities among different Doctor Q & A			(CC)	N/A	#104H
	A Plastic Surgeon Answers Your Questions					
19:30:00	Second Opinion with Joan Lunden Alopecia Areata	APTEX	(S)	(CC)	N/A	#1809F
	becia areata is a common autoimmune disorder that often results in unpredictable hes and is one of the most requested topics from viewers every year.	nair loss. It affects	roughly 6.8	million peo	ople in tl	he United
20:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and help	in five Americans are physically dependent on, not heroin or cocaine, but commor investigative journalism, MEDICATING NORMAL follows the stories of five ordinar with familiar problems such as stress, mild depression, sleeplessness, grief, etc. T can occur when profit-driven medicine intersects with human beings in distress.	y people whose de	octors presc	ribed psyc	chiatric c	drugs to
21:00:00	Nova The Cannabis Question	NPS	(S)	(CC)	DVI	#4811
CBD canr	nabis contains chemicals which mimic ones found in our brain. One is THC, which b, shows promise for treating seizures, addiction, and insomnia. NOVA joins scienti nabis pose to the developing adolescent brain? Does heavy cannabis use impair in erations at risk for addiction? As cannabis becomes socially accepted, scientists ar	ists and experts ar itelligence, increas	ound the co psychosis	untry. Wh , or even	at risks (put futur	does e
22:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#127H
	How The Muscles Prevent Disease apan, researchers have found that inactive, underweight people are at high risk of o just one day of no exercise results in a higher blood glucose level. Researchers ha					
	bstance that suppresses colon cancer. We introduce the latest findings on the rela					
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
Japa	an's first surgical robot was developed two years ago. In December 2022, it won ap	pproval for use on	cancers of th	ne stomac	n. colon	and

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 357 of 366

Date: 03/27/2023 Wed, Mar 29, 2023

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
23:00:00	Doctor Q & A A Plastic Surgeon Answers Your Questions	NETA	(S)	(CC)	N/A	#104H
23:30:00	Second Opinion with Joan Lunden Post-Acute Covid-19 Syndrome (Pacs)	APTEX	(S)	(CC)	N/A	#1801H

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

Thu, Mar 30, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 358 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
00:00:00	All Health Go	SFPBS	(S)	(CC)	 N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
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 Americ s they can prevent developing memory issues of any kind. There is a pro ing at what we can do to keep our brain healthy.					
01:00:00	Sports Medicine (Overuse Injuries)	SFPBS	(S)	(CC)	N/A	#837H
over inflar	ing-edge treatment and prevention of injuries related to sports and exerci- use injuries that may occur when starting a new exercise routine or durin mmation/bursitis; Epicondylitis (elbow); Patellofemoral syndrome (knee); tiple joints).	g extreme training (such as	for a marath	non): Rota	tor cuff ((shoulder)
02:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
02:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1810H
ways	Brain Health number of Americans living with Alzheimer's is growing. So many Americ s they can prevent developing memory issues of any kind. There is a pro ing at what we can do to keep our brain healthy.					
03:00:00	Maternity Care #1301	SFPBS	(S)	(CC)	N/A	#1301H
Ever	rything you need to know about pregnancy, childbirth and post-partum ca	re with Dr. Schwartzbard				
04:00:00	Maternity Care (Pregnancy Update)	SFPBS	(S)	(CC)	N/A	#839H
	us: Dr. Ellen Schwartzbard shares everything you need to know about pre w about pregnancy, childbirth and post-partum care.	egnancy, childbirth and post	-partum care	e. Everyth	ing you	need to
05:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents vie subscription plan AllHealthGo has created to offer users access to a num sultations, emotional advice, second-opinion consultations, as well as a n	ber of healthcare digital ser	vices includi	ng teleme		included
05:30:00	Second Opinion with Joan Lunden Brain Health	APTEX	(S)	(CC)	N/A	#1810H
ways	number of Americans living with Alzheimer's is growing. So many Americ s they can prevent developing memory issues of any kind. There is a pro ing at what we can do to keep our brain healthy.					
06:00:00	Classical Stretch: By Essentrics	APTEX	(S)	(CC)	DVI	#1106H
	Knee Strengthening					
	Miranda Esmonde-White outside this majestic Chapel at the Colonial respent knee pain.	ort for a standing and barre	e workout to	strengther	n your kı	nees and
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#313H
	Close Your Nose					
07:00:00	Flip My Florida Yard (Sfpbs) Bell Family - Vero Beach	SFPBS	(S)	(CC)	N/A	#208H
Epis	ode #208 THE BELL FAMILY - VERO BEACH The flip crew and experts	all have one thing on their i	minds and th	at's functi	onal turi	f. They

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.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 359 of 366

Thu Mar						
Thu, Mai	30, 2023					
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
07:30:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#105H
07.50.00	The Truth About Prostate Cancer	NETA	(0)	(00)	N/A	#10511
08:00:00	Finding Hope-Town Hall	SFPBS	(S)	(CC)	N/A	#103H
	Mental Health Crisis In Teenagers & Young Adults					
Cha	nges in education and the effects of the pandemic have increased 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	imatic stress Its Town Hal	in our you II, medical	uth. In th experts	ne Health tackle
09:00:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#129H
	Groundbreaking New Drug for Breast Cancer					
cher patie	ew drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team n treatment, but ways to cope with the disease.	in 60 percent	of subjects.	We also i	ntroduce	e care for
09:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#130H
10:00:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1703F
	Alzheimer's: A Public Health Crisis					
othe cost	eimer's Disease is an under-recognized public health crisis. And while the word Alzheir r word, globally the number of people diagnosed is expected to double every 20 years. to our healthcare system, it takes an emotional toll on families as they care for their lov usses Alzheimer's Disease from a caregiver and a public health perspective.	Not only doe	s Alzheimer's	s come wi	ith a tren	nendous
Mille They	Second Opinion with Joan Lunden Millennial Health II Innials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also	the least hea	Ithy generati	on in rece	ent times	ation eve and the
Mille They are e dete	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea	most educate the least hea their health p lth.	ed, and most Ithy generati Ilays out in th	t connecte on in rece he years a	ed gener ent times ahead wi	ation eve and the II
Mille They are dete 11:00:00	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea Innovations In Medicine	most educate the least hea t their health p lth. NETA	ed, and most lthy generational blays out in the (S)	t connecte on in rece he years a (CC)	ed gener	ation eve and the
Mille They are e dete 11:00:00	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea	most educate the least hea t their health p lth. NETA	ed, and most lthy generational blays out in the (S)	t connecte on in rece he years a (CC)	ed gener ent times ahead wi	ation eve and the II
Mille They are d dete 11:00:00 Brain	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea Innovations In Medicine n Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local)	most educate the least hea t their health p lth. NETA	ed, and most lthy generational blays out in the (S)	t connecte on in rece he years a (CC)	ed gener ent times ahead wi	ation eve and the II
Mille They are 6 dete 11:00:00 Brain 11:30:00 Lung patie	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Hea Innovations In Medicine n Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke	most educate the least hea t their health p lith. NETA en Pox, Stres SFPBS dn't intimidate	ed, and most thy generational lays out in the (S) s-Free Retire (S) the athletic	t connecte on in rece he years a (CC) ement. (CC) and coura	ed gener: ent times ahead wi N/A N/A ageous lu	ation eve and the II #505H #102H ung canc
Mille They are e dete 11:00:00 Brain 11:30:00 Lung patie dise	Millennial Health II minials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Health Innovations In Medicine In Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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 e ase would eventually define her legacy. Medical Frontiers	most educate the least hea t their health p lith. NETA en Pox, Stres SFPBS dn't intimidate	ed, and most thy generational lays out in the (S) s-Free Retire (S) the athletic	t connecte on in rece he years a (CC) ement. (CC) and coura	ed gener: ent times ahead wi N/A N/A ageous lu	ation eve and the II #505H #102H ung canc
They are dete 11:00:00 Brain 11:30:00 Lung patie dise 12:00:00	Millennial Health II minials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Health Innovations In Medicine In Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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 e ase would eventually define her legacy. Medical Frontiers Groundbreaking New Drug for Breast Cancer	most educate the least hea their health p lth. NETA en Pox, Stres SFPBS dn't intimidate radicate the s	ed, and most lthy generation lays out in the (S) s-Free Retire (S) the athletic st tigma that on (S)	connecte on in rece he years a (CC) ement. (CC) and coura nly smoke (CC)	ed gener: ent times ahead wi N/A N/A ageous Iu ers contra N/A	and they #505H #102H ung canc acted the #129H
Mille They are a dete 11:00:00 Brain 11:30:00 Lung patie disea 12:00:00 A ne cher patie	Millennial Health II minials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Health Innovations In Medicine In Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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 e ase would eventually define her legacy. Medical Frontiers	most educate the least hea t their health p lith. NETA en Pox, Stres SFPBS dn't intimidate radicate the s APTEX 2-positive bre in 60 percent	ed, and most thy generational (S) s-Free Retire (S) the athletic tigma that on (S) east cancers. of subjects.	t connecte on in rece he years a (CC) ement. (CC) and coura nly smoke (CC) It consist We also i	ed gener: ent times ahead wi N/A N/A ageous lu ers contra N/A s of a po ntroduce	ation eve and the II #505H #102H ung canc acted the #129H wwerful e care fo
Mille They are a dete 11:00:00 Brain 11:30:00 Lung patie dise 12:00:00 A ne cher patie just	Millennial Health II ennials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Health Innovations In Medicine in Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. But that dident, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and e ase would eventually define her legacy. Medical Frontiers Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team n	most educate the least hea t their health p lith. NETA en Pox, Stres SFPBS dn't intimidate radicate the s APTEX 2-positive bre in 60 percent	ed, and most thy generational (S) s-Free Retire (S) the athletic tigma that on (S) east cancers. of subjects.	t connecte on in rece he years a (CC) ement. (CC) and coura nly smoke (CC) It consist We also i	ed gener: ent times ahead wi N/A N/A ageous lu ers contra N/A s of a po ntroduce	ation eve and they II #505H #102H ung canc acted the #129H wwerful e care for
Mille They are a dete 11:00:00 Brain 11:30:00 Lung patie disea 12:00:00 A ne cher patie	Millennial Health II minials were born between the years 1981 and 1996. At 73 million, they are the largest, y make up the greatest percentage of the population and the labor force. They are also experiencing declining health faster than any other recent generation before them. How rmine the overall health of America. This episode discusses the issue of Millennial Heal Innovations In Medicine in Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello 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 e ase would eventually define her legacy. Medical Frontiers Groundbreaking New Drug for Breast Cancer wo drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team in treatment, but ways to cope with the disease. Medical Frontiers Amazing Human Body	most educate the least hea t their health p lith. NETA en Pox, Stres SFPBS dn't intimidate radicate the s APTEX 2-positive bre in 60 percent nade up of ca	ed, and most thy generational (S) s-Free Retire (S) the athletic tigma that on (S) ast cancers. of subjects. ncer survivor	t connecte on in rece he years a (CC) ement. (CC) and coura nly smoke (CC) It consist We also i rs. The pro	ed gener: ent times ahead wi N/A N/A ageous lu ers contra N/A s of a po ntroduce ogram lo	ation eve and the ill #505H #102H ung canc acted the #129H e care for poks at n
Mille They are d dete 11:00:00 Brain 11:30:00 Lung patie dise 12:00:00 A ne cher patie just 12:30:00 13:00:00 See	Millennial Health II minials 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 Heal Innovations In Medicine in Neurosurgery, Hair Loss Treatments, Managing Anxiety, New Bunion Surgery, Chicke Hope Is Here (Sfpbs/Health Channel Local) Jill Costello g cancer diagnoses for young, non-smoking individuals are a growing trend. But that did ant, 21-year-old Jill Costello. Jill's fighting spirit and her desire to help find a cure and e ase would eventually define her legacy. Medical Frontiers Groundbreaking New Drug for Breast Cancer w drug jointly developed by Japanese and US pharmaceutical companies targets HER notherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared ents struggling with changes in appearance due to treatment, and a cheerdance team in treatment, but ways to cope with the disease. Medical Frontiers	most educate the least hea t their health p lth. NETA en Pox, Stres SFPBS dn't intimidate rradicate the s APTEX 22-positive bre in 60 percent nade up of ca APTEX PBS side environm	ed, and most thy generational (S) s-Free Retire (S) the athletic tigma that or (S) asst cancers. of subjects. ncer survivor (S) (S)	t connecte on in rece he years a (CC) ement. (CC) and coura nly smoke (CC) It consist We also i rs. The pro (CC) (CC)	ed gener- ent times ahead wi N/A N/A Ageous Iu rrs contra N/A ts of a poo ntroduce ogram Ic N/A N/A	ation eve and the ill #505H #102H ung canc acted the #129H werful e care for poks at n #130H #103H

Thu, Mar 30, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 360 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
14:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1105H
Foc	us: Compression socks, PPD, stress					
15:00:00	Smartlife	SFPBS	(S)	(CC)	N/A	#101H
3. U	us: 1. Sun Safety: Sun protection and Sunscreens - Dr. Deborah Lou Inderstanding Addiction - Dan Simmons (Hazelden Naples Foundatio betes- 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 Dis ationships - Paula Levine, PhD 4. Ask the Expert Segment - Dr. Fred di Glandt					Snack -
16:09:00	Smartlife	SFPBS	(S)	(CC)	N/A	#106H
16:21:00	Smartlife	SFPBS	(S)	(CC)	N/A	#107H
16:44:00	Smartlife	SFPBS	(S)	(CC)	N/A	#108H
17:00:00	Finding Hope-Town Hall Managing The Mental Health Crisis Town Hall	SFPBS	(S)	(CC)	N/A	#102H
18:00:00	Nova The Cannabis Question	NPS	(S)	(CC)	DVI	#4811
CBE canr	inabis contains chemicals which mimic ones found in our brain. One D, shows promise for treating seizures, addiction, and insomnia. NO nabis pose to the developing adolescent brain? Does heavy cannab erations at risk for addiction? As cannabis becomes socially accepte	VA joins scientists and experts ar is use impair intelligence, increas	ound the co e psychosis	untry. Wha , or even p	at risks o out futur	does e
19:00:00	Doctor Q & A	NETA	(S)	(CC)	N/A	#106H
	Keeping Bones Healthy & Strong					
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 A s they can prevent developing memory issues of any kind. There is ing at what we can do to keep our brain healthy.					
20:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and	e in five Americans are physically dependent on, not heroin or cocair investigative journalism, MEDICATING NORMAL follows the stories with familiar problems such as stress, mild depression, sleeplessne can occur when profit-driven medicine intersects with human beings	s of five ordinary people whose do ess, grief, etc. This is the untold s	octors presc	ribed psyc	hiatric d	rugs to
		PBS	(S)	(CC)	N/A	#103H
	The Mysteries of Mental Illness	180				
that 21:00:00	Rise and Fall of the Asylum					
that 21:00:00 Follo		nation's largest de-facto mental h	ealth facility	, meet the	detaine	es whos
that 21:00:00 Follo	Rise and Fall of the Asylum ow the rise and fall of mental asylums in the United States. Visit the	nation's largest de-facto mental h	ealth facility (S)	, meet the (CC)	e detaine N/A	es whos #220H

Thu, Mar 30, 2023

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 361 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Health Insiders	SFPBS	(S)	(CC)	N/A	#1105H
Focu	is: Compression socks, PPD, stress					
23:00:00	Doctor Q & A Keeping Bones Healthy & Strong	NETA	(S)	(CC)	N/A	#106H
23:30:00	Second Opinion with Joan Lunden Racial Disparities In Maternal Health	APTEX	(S)	(CC)	N/A	#1802H

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

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 362 of 366

				0		
Fri, Mar 3						
Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episod
00:00:00	All Health Go	SFPBS	(S)	(CC)	N/A	#0H
the s	30-minute informational program, hosted by Sasha Rionda, presents viewers with an ir ubscription plan AllHealthGo has created to offer users access to a number of healthca ultations, emotional advice, second-opinion consultations, as well as a number of tools	re digital ser	vices includi	different s		included i
00:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and o servi Neve	cross America, there are large and persistent racial differences in health and 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 ir 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 n become	ventive l s more o	nealth diverse.
01:00:00	Kids & Teens (Childcare)	SFPBS	(S)	(CC)	N/A	#840H
Focu	s: Dr. Holly Neville shares her expertise on how to care for childrren from birth through	young adulth	nood.			
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 includi	ng teleme		included i
02:30:00	Second Opinion with Joan Lunden Racial Disparities In Health	APTEX	(S)	(CC)	N/A	#1702H
and servi Neve	cross America, there are large and persistent racial differences in health and 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 ir 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 n become	ventive l s more	nealth diverse.
03:00:00	Health Trends #1203 (Verbal and Hearing Update)	SFPBS	(S)	(CC)	N/A	#1203H
Focu	is: Carin Searby discusses practicing better speech and hearing in honor of the Health	Care Observ	ance this mo	onth.		
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	Care Observ				
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	iption of the vices includi	different s	services	
05:30:00	Second Opinion with Joan Lunden	APTEX	(S)	(CC)	N/A	#1702H
A.U	Racial Disparities In Health	h 14h 1			1 4	
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 ir er has the disparity in access to healthcare become more obvious than with the panderr 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 n become	ventive l s more	nealth diverse.
06:00:00	Classical Stretch: By Essentrics Spine Mobility	APTEX	(S)	(CC)	DVI	#1107H
	ay on Classical Stretch, join Miranda Esmonde-White for an all-standing workout at the lity of your spine and keep you standing tall all-day long.	Saasil Kantei	nah Wedding	g resort th	at will in	prove the
06:30:00	Wai Lana Yoga	APTEX	(S)	(CC)	N/A	#314H
	-		(-)	(00)		
	Tight Shoulders, Tight Neck					
07:00:00	Tight Shoulders, Tight Neck The Mysteries of Mental Illness	PBS	(S)	(CC)	N/A	#103H

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

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 363 of 366 Fri, Mar 31, 2023 Title Subtitle Distrib Stereo Cap AS2 Start Episode 08:00:00 Call The Midwife PBS (S) (CC) N/A #806H Watch Lucille care for an unmarried teen mother and Valerie help her grandmother with an embarrassing medical problem. Mother Mildred tries to help, but ruffles feathers everywhere she goes. Nurse Crane's back troubles return with a vengeance. 09.00.00 APTEX Medical Frontiers (S) (CC)N/A #127H How The Muscles Prevent Disease In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease. 09:30:00 APTEX (S) (CC) N/A #128H Medical Frontiers Transforming Surgery with Japan's First Surgical Robot Japan's first surgical robot was developed two years ago. In December 2022, it won approval for use on cancers of the stomach, colon and prostate. We examine how the robot is used in surgeries and interview the developers about why the device was necessary. We also look at how the robot is being used to operate remotely and to train novice doctors, thereby changing the future of surgery. APTEX 10:00:00 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. APTEX 10.30.00 Second Opinion with Joan Lunden #1706H (S)(CC)N/A 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. 11:00:00 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. 11:30:00 Medical Frontiers APTEX (S) (CC) N/A #129H Groundbreaking New Drug for Breast Cancer A new drug jointly developed by Japanese and US pharmaceutical companies targets HER2-positive breast cancers. It consists of a powerful chemotherapy drug linked to an antibody. In a clinical study, cancer shrank or disappeared in 60 percent of subjects. We also introduce care for patients struggling with changes in appearance due to treatment, and a cheerdance team made up of cancer survivors. The program looks at not just treatment, but ways to cope with the disease. 12.00.00 Call The Midwife PBS N/A #807H (S) (CC)Learn why Mother Mildred decides it's time for Sister Frances to attend her first solo birth. Trixie consoles a patient who discovers she has gonorrhea. Sister Monica Joan follows Great Britain's Olympic hopes. 13:00:00 Call The Midwife PBS (S) (CC) N/A #808H Share in the Turners' emotions over May's impending adoption. Sister Hilda digs deep to give a terminally ill patient her final wish. Valerie and Trixie must testify in a grueling court case. Fred and Reggie keep secrets from each other. 14:00:00 Health Insiders SFPBS (S) (CC) N/A #1010H 14:30:00 SFPBS Health Insiders (S) (CC) N/A #1114H Focus: Autism, brain cancer, skin care #201H 15:00:00 Smartlife SEPRS (S) (CC)N/A

Daily Program Listing II

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

Fri, Mar 31, 2023

Daily Program Listing II **WPBTHC** 01/01/2023 - 03/31/2023

Page 364 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
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
	us: 1. Spirituality at the End of Life – Rev. Guillermo Escalona 2. What is Vaping? – Dr. I sk The Expert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and					•

ert Segment – Dan Simmons -Hazelden Betty Ford Foundation 4. Single and Dating - Jasmin Terrani 5: Stroke Rehabilitation -Jose Vargas

16:13:00	Smartlife	SFPBS	(S)	(CC)	N/A	#206H
16:31:00	Smartlife	SFPBS	(S)	(CC)	N/A	#207H
16:45:00	Smartlife	SFPBS	(S)	(CC)	N/A	#208H
17:00:00	The Mysteries of Mental Illness Rise and Fall of the Asylum	PBS	(S)	(CC)	N/A	#103H

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

18:00:00	Medicating Normal	NETA	(S)	(CC)	N/A	#0H
and i help	in five Americans are physically dependent on, not heroin or cocaine, but commonly investigative journalism, MEDICATING NORMAL follows the stories of five ordinary p with familiar problems such as stress, mild depression, sleeplessness, grief, etc. Thi can occur when profit-driven medicine intersects with human beings in distress.	eople whose do	ctors presci	ribed psyc	hiatric o	drugs to

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	#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	Nova	NPS	(S)	(CC)	DVI	#4811
	The Cannabis Question					
CBD	nabis contains chemicals which mimic ones found in our brain. One is THC, which produ , shows promise for treating seizures, addiction, and insomnia. NOVA joins scientists an abis pose to the developing adolescent brain? Does heavy cannabis use impair intellige	d experts arou	nd the cou	intry. Wha	at risks	does

generations at risk for addiction? As cannabis becomes socially accepted, scientists are racing to understand the long-term health consequences.

21:00:00	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.

22:00:00 APTEX (S) Medical Frontiers (CC)N/A #127H How The Muscles Prevent Disease

In Japan, researchers have found that inactive, underweight people are at high risk of developing type 2 diabetes. A mouse experiment showed that just one day of no exercise results in a higher blood glucose level. Researchers have also confirmed that after exercise, the muscles release a substance that suppresses colon cancer. We introduce the latest findings on the relationship between the muscles and disease.

Daily Program Listing II WPBTHC 01/01/2023 - 03/31/2023

Page 365 of 366

Start	Title Subtitle	Distrib	Stereo	Сар	AS2	Episode
22:30:00	Medical Frontiers	APTEX	(S)	(CC)	N/A	#128H
	Transforming Surgery with Japan's First Surgical Robot					
	tate. We examine how the robot is used in surgeries and interview the developers about			essary. W	e also l	ook at how
23:00:00	obot is being used to operate remotely and to train novice doctors, thereby changing th Doctor Q & A	e tuture of su NETA	0,	(CC)	N/A	#107H
23:00:00			rgery. (S)	(CC)	N/A	#107H

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.

Fri, Mar 31, 2023

WPBTHC Date: 03/27/2023 01/01/2023 - 03/31/2023 Page 366 of 366 Sat, Apr 01, 2023 Title Subtitle Distrib Stereo Start Cap 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.

Daily Program Listing II

00:30:00 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.