

Community Program Issues List

January through March 2023

All times are Central Time Zone. Programs marked * are 30 min. and ! are 1 hour

2023-03-22 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2023-03-24 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2023-03-27 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2023-03-29 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2023-03-31 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2023-01-02 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2023-01-04 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2023-01-06 04:30*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2023-01-09 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2023-01-11 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2023-01-13 04:30*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2023-01-16 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2023-01-18 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.

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2023-01-20 04:30*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2023-01-23 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2023-01-25 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2023-01-27 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2023-01-30 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2023-02-01 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises..
2023-02-03 04:30*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2023-02-06 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2023-02-08 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly"	Casio Jones and Dan "Curly" Summers discuss Florida hospital
2023-02-10 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2023-02-13 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2023-02-15 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2023-02-17 04:30*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.

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2023-02-20 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2023-02-22 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.
2023-02-24 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2023-02-27 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2023-03-01 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2023-03-03 04:30*	Action 4 Life	Casio Jones (Host), Mindy Issacs,	Casio Jones and Mindy Isaacs discuss a great workout!.
2023-03-06 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-03-08 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-03-10 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2023-03-13 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2023-03-15 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.
2023-03-17 04:30*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2023-01-02 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.

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2023-01-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2023-01-09 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2023-01-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2023-01-16 13:30*	Abundant Living	Paula & Curtis Eakin	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2023-01-18 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2023-01-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2023-01-25 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2023-01-30 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2023-02-01 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2023-02-06 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more
2023-02-08 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2023-02-13 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.

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2023-02-15 13:30*	Abundant Living	Paula & Curtis Eakin	Christine Salter discusses prevention and screening.
2023-02-20 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2023-02-22 13:30*	Abundant Living		discusses frequently asked questions.
2023-02-27 13:30*	Abundant Living		discusses drugs dark side.
2023-03-01 13:30*	Abundant Living		discusses h for herbal medicine.
2023-03-06 13:30*	Abundant Living		discusses e for eating.
2023-03-08 13:30*	Abundant Living		discusses a is for adoration.
2023-03-13 13:30*	Abundant Living		discusses l for liquids.
2023-03-15 13:30*	Abundant Living		discusses healthy heart cooking.
2023-03-20 13:30*	Abundant Living		discusses e for exercise.
2023-03-22 13:30*	Abundant Living		discusses r for rest.
2023-03-27 13:30*	Abundant Living		discusses meals in minutes.
2023-03-29 13:30*	Abundant Living		discusses s for sunlight.
2023-01-02 06:00*	Body and Spirit	Dick Nunez, Ted Arview	Dick Nunez and helps demonstrate exercises for rehabilitating a bad back.

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2023-01-04 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, John Leaman	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2023-01-06 06:00*	Body and Spirit	Dave Stevenson, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2023-01-09 06:00*	Body and Spirit	Greg Morikone, John Leaman, Dick	Dick Nunez and helpers demonstrate exercises to help
2023-01-11 06:00*	Body and Spirit	Dick Nunez (Host), Theresa Wilson	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back. Dick
2023-01-13 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez and helpers demonstrate more exercises for flexibility.
2023-01-16 06:00*	Body and Spirit	Dick Nunez, Susan Santos, Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.
2023-01-18 06:00*	Body and Spirit	Joe Carrell, Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises for the Vision Impared.
2023-01-20 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick	Dick Nunez with helpers shows specific exercises designed for
2023-01-23 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
2023-01-25 06:00*	Body and Spirit	Dick Nunez, David Weston, Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
2023-01-27 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez, Greg	Dick Nunez with helpers shows more specific exercises designed
2023-01-30 06:00*	Body and Spirit	John Leaman, Randi Brewer, Dick Nunez	Dick Nunez with helpers shows specific exercises designed to help with knee pain.

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2023-02-01 06:00*	Body and Spirit	Jr., Dick Nunez, Greg Morikone, Moses Primo	Dick Nunez with helpers shows specific exercises designed to help with tennis elbow and carpal tunnel syndrom.
2023-02-03 06:00*	Body and Spirit	Kim Wilson, Dick Nunez, Theresa	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss
2023-02-06 06:00*	Body and Spirit	Dick Nunez, Miles Scruggs, Jim Hillman	Dick Nunez and helpers demonstrate exercises for the abdominal wall.
2023-02-08 06:00*	Body and Spirit	Amiee Walker, Dick Nunez, Barbara	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate
2023-02-10 06:00*	Body and Spirit	Mike Wilson, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
2023-02-13 06:00*	Body and Spirit	Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.
2023-02-15 06:00*	Body and Spirit	John Leaman, Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
2023-02-17 06:00*	Body and Spirit	Andrew Hard, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises for strength training.
2023-02-20 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2023-02-22 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2023-02-24 06:00*	Body and Spirit	Brittany Nunez, Christy Soderling, Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2023-02-27 06:00*	Body and Spirit	Kim Rogers, Madison Turner,	Dick Nunez with Amy Andersen and Jonathon Hopkins

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2023-03-01 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2023-03-03 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez and helpers shows the joys of exercising.
2023-03-06 06:00*	Body and Spirit	William Brauer, Jason Maxwell, Dick Nunez	Dick Nunez and helpers demonstrate exercises for hip training.
2023-03-08 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William	Dick Nunez, Jason Maxwell, and William Brauer discuss train to
2023-03-10 06:00*	Body and Spirit	Brittany Nunez, Dick Nunez, Christy	Dick Nunez and helpers demonstrate simple home
2023-03-13 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Kim Rogers	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2023-03-15 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better
2023-03-17 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2023-03-20 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude
2023-03-22 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound
2023-03-24 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez, Chirsty	Dick Nunez and helpers demonstrate simple home
2023-03-27 06:00*	Body and Spirit	Dick Nunez, Chirsty Sodering, Brittany Nunez	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2023-03-29 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez and helpers demonstrate simple home exercises to keep arthritis

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2023-03-31 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat
2023-01-03 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout excercises for men.
2023-01-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises
2023-01-08 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2023-01-10 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2023-01-12 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew	Dick Nunez, Kyle Gabbert and
2023-01-15 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2023-01-17 06:00*	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2023-01-19 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home
2023-01-22 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2023-01-24 06:00*	Body and Spirit	Dick Nunez, Fred	Dick Nunez and helpers
2023-01-26 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises

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2023-01-29 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2023-01-31 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2023-02-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for
2023-02-05 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads
2023-02-07 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to
2023-02-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2023-02-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2023-02-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2023-02-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb,	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee
2023-02-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2023-02-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior
2023-02-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines
2023-02-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and	Dick Nunez with Janet Nelson and Cindy Hanson show exercise

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2023-02-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2023-03-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for
2023-03-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Janet and Richard Nelson discuss
2023-03-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2023-03-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Cindy Hanson discuss the subject of cholesterol
2023-03-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol
2023-03-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss
2023-03-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise
2023-03-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2023-03-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol
2023-03-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2023-03-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2023-03-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with

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2023-03-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2023-01-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2023-01-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2023-01-16 05:30*	Cook 30	Jeremy Dixon	Nick Evenson (Host) and Dr. James Marcum discuss food is medicine.
2023-01-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses
2023-01-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillos et al.
2023-02-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2023-02-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2023-02-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2023-02-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2023-03-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.

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2023-03-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-03-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-03-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2023-01-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses
2023-01-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-01-17 13:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the
2023-01-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2023-01-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2023-02-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2023-02-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2023-02-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese phe noodles et al.
2023-02-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2023-03-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2023-03-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2023-03-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet

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2023-01-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2023-01-13 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast
2023-01-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2023-01-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2023-02-03 09:30*	Cook 30	Jeremy Dixon	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the
2023-02-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2023-02-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2023-02-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2023-03-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2023-03-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas
2023-03-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2023-03-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.

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2023-03-31 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2023-01-04 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2023-01-11 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and
2023-01-18 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jack Bridges, Grandma Wilma	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.
2023-01-25 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Mark Thornton	Paula and Curtis Eakin discuss pms relief.
2023-02-01 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations
2023-02-08 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute
2023-02-15 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Harmony Dust and	Cheri Peters, Harmony Dist and Ashley Dodson discuss discuss
2023-02-20 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty
2023-03-01 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2023-03-08 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ron Woolsey	Paula and Curtis Eakin discuss brunch ideas.
2023-03-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Monica Barlow	Cheri Peters and Monica Barlow talk about youth outreach.
2023-03-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Luke Pierson, Mark Pierson	Cheri Peters with Luke and Mark Pierson discuss grief among the family.
2023-03-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Christian Berdahl	Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions.
2023-01-05 10:00*	From Sickness	Rico Hill (Host),	Rico Hill (Host) and Milton Mills

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2023-01-12 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2023-01-19 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis
2023-01-26 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis,	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-01-29 03:30*	From Sickness	Rico Hill (Host),	Rico Hill, Camille Clark, Thomas
2023-02-09 10:00*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2023-02-16 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2023-02-23 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson,	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2023-03-02 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2023-03-05 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2023-03-16 10:00*	From Sickness to Health	Rico Hill (Host), Camille Clark,	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne
2023-03-19 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2023-03-30 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson,	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2023-01-06 03:30*	Live to Be Well		discusses thriving through the pain.

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2023-01-13 03:30*	Live to Be Well		discusses educated to educate others.
2023-01-20 03:30*	Live to Be Well		discusses surviving the battle.
2023-01-27 03:30*	Live to Be Well		discusses the commitment of motherhood.
2023-02-03 03:30*	Live to Be Well		discusses a sense of commitment to god.
2023-02-10 03:30*	Live to Be Well		discusses a sister's love.
2023-02-17 03:30*	Live to Be Well		discusses protect to serve.
2023-02-24 03:30*	Live to Be Well		discusses tender healing.
2023-03-03 03:30*	Live to Be Well		discusses financial accountability.
2023-03-10 03:30*	Live to Be Well		discusses restored by faith.
2023-03-17 03:30*	Live to Be Well		discusses integrity and ethics in business.
2023-03-24 03:30*	Live to Be Well		discusses climate of change.
2023-03-31 03:30*	Live to Be Well		discusses accepting change.
2023-03-19 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare

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2023-03-21 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz
2023-03-23 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse
2023-03-26 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse
2023-03-28 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2023-01-10 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2023-01-12 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Clark	Jeanie Weaver, Frances Clark
2023-01-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2023-01-17 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger	Jeanie Weaver, Abigail Czeizinger, Frances Clark show
2023-01-19 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2023-01-22 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill	Jeanie Weaver, LaDonna Terrill
2023-01-24 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2023-01-26 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2023-01-29 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the

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2023-01-31 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2023-02-02 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2023-02-05 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland &	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal
2023-02-07 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2023-02-09 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2023-02-12 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2023-02-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2023-02-16 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2023-02-19 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2023-02-21 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.

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2023-02-23 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2023-02-26 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2023-02-28 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz,	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total
2023-03-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2023-03-05 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2023-03-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2023-03-09 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2023-03-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz,	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss
2023-03-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2023-03-16 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2023-01-24 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-01-31 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing

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2023-02-07 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-02-14 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2023-02-21 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2023-03-03 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2023-03-07 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2023-03-17 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-03-21 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2023-03-31 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-01-13 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-01-17 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-03-08 15:00!	Today Cooking		discusses "recipes for special occasions"

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2023-02-08 15:00!	Today Cooking		discusses holidays made simple.
2023-03-29 20:00!	Today Cooking		discusses international cuisine.
2023-02-22 08:00!	Today Cooking		discusses improving your immune response with food.
2023-02-15 15:00!	Today Cooking		discusses authentic indian cuisine.
2023-01-25 20:00!	Today Cooking		discusses simple soups and sides.
2023-03-01 20:00!	Today Cooking		discusses simply brunch.
2023-01-18 23:00!	Today Cooking		discusses colorful supper ideas.
2023-02-01 08:00!	Today Cooking		discusses south american favorites.
2023-03-22 15:00!	Today Cooking		discusses energy boosting recipes for the outdoors.
2023-01-11 15:00!	Today Cooking		discusses baking with the menas.
2023-01-26 12:00*	Ultimate Prescription		discusses why we are sick.
2023-02-03 05:30*	Ultimate Prescription		discusses why we are sick.
2023-02-10 05:30*	Ultimate Prescription		discusses light.
2023-02-17 05:30*	Ultimate Prescription		discusses light.

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2023-02-23 12:00*	Ultimate Prescription		discusses movement part 1.
2023-03-03 05:30*	Ultimate Prescription		discusses movement part 2.
2023-03-09 12:00*	Ultimate Prescription		discusses water.
2023-03-16 12:00*	Ultimate Prescription		discusses nutrition for diabetes.
2023-03-23 12:00*	Ultimate Prescription		discusses nutrition for cardiovascular health.
2023-03-31 05:30*	Ultimate Prescription		discusses brain health (part 1).
2023-01-06 05:30*	Ultimate Prescription		discusses valves of the heart.
2023-01-12 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2023-01-20 05:30*	Ultimate Prescription		discusses exercise.
2023-01-03 05:30*	Wonderfully	Timothy Howe and	Timothy Howe and Sheryl
2023-01-10 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2023-01-17 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of
2023-01-24 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Ron Giannoni and Dave Waddell discuss 668 pound man becomes a winner.
2023-01-31 05:30*	Wonderfully	Timothy Howe and	Timothy Howe and Sheryl
2023-02-07 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.

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2023-02-14 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
2023-02-21 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies.
2023-02-28 05:30*	Wonderfully Made	David DeRose and John Clark	Timothy Howe and Sheryl McWilliams discusses lifestyle choices.
2023-03-07 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2023-03-14 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2023-03-21 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2023-03-28 05:30*	Wonderfully Made	Claudio Japas, Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss metabolic