

7/10/2016

Quarterly Issues and Programs April - May List
KTLR AM 890 / Oklahoma City

Issue: **Good Physical and Mental Health**
Program: **3rd Opinion**
Date: 4/4/2016
Time: Noon to 1pm
Description: Host Dr. Mary Schrick discusses good physical health that will make the coming warm months more enjoyable for your outings

Issue: **Enough Sleep**
Program: **3rd Opinion**
Date: 5/16/2016
Time: 7 to 9am
Description: Host Dr. Mary Schrick reviews the importance of a good night's sleep of 7 to 8 hours and a nutritional breakfast to make for a good start to your day

Issue: **Spring Health Tips**
Program: **Wellness Now – OKC County/City Health Department**
Date: 5/21/2016
Time: 7:30 to 8am
Description: Host Ken Johnson discusses the need and ways to maintain a healthy exercise program to make for a more enjoyable season

Issue: **Proper Exercising**
Program: **3rd Opinion**
Date: 6/7/2016
Time: 7 to 9am
Description: Dr. Mary explains how exercise helps one maintain a healthy body which contributes to a healthy outlook on life both for outside and inside activities

Issue: **Taking Care of Yourself**
Program: **Wellness Now**
Date: 6/19/2016
Time: 7:30 to 8am
Description: Host Ken Johnson with the Oklahoma City/County Health Department provides great selfcare health tips

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