

10/10/2016

**Quarterly Issues and Programs July – Sept. List**  
**KTLR AM 890 / Oklahoma City**

Issue: **Good Physical and Mental Health**  
Program: **3<sup>rd</sup> Opinion**  
Date: 7/11/2016  
Time: Noon to 1pm  
Description: Host Dr. Mary Schrick discusses good physical health that will make the Summer months more enjoyable for your outings

Issue: **Enough Sleep**  
Program: **3<sup>rd</sup> Opinion**  
Date: 7/20/2016  
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 day

Issue: **Taking Care of Yourself**  
Program: **Wellness Now**  
Date: 8/23/2016  
Time: 7:30 to 8am  
Description: Host Ken Johnson with the Oklahoma City/County Health Department provides tips to better enjoy outdoors this Summer

Issue: **Proper Exercising**  
Program: **3<sup>rd</sup> Opinion**  
Date: 8/17/2016  
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: **Fall Health Tips**  
Program: **Wellness Now – OKC County/City Health Department**  
Date: 9/3/2016  
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 return to cooler weather

**Mike Miller / General Manager - KTLR Oklahoma City, OK.**