

K33LN-D CHANNEL 33 – MINNEAPOLIS, MN
Q2 2023 ISSUES AND PROGRAMS LIST

Quarterly Issues/Programs List

Below is a list of some of the most significant issues addressed by K33LN-D, along with the most significant programming treatment of those issues for the period 04/01/2023 to 06/30/2023. This list is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Programming	Date	Duration	Description of Programming
Weather Related Issues	Daily Local Weather Broadcast	4/1/23 – 6/30/23	30 minutes	<p>Broadcasts included real time, community of license-specific data informing viewers of current weather conditions, day and evening outlooks, twelve-hour and following day forecasts, seven-day outlooks, temperature records, temperature, humidity and wind speed graphs, local radars, current weather warnings and watches, as well as regional and national forecasts and information about major weather events.</p>
Early Alzheimer's Detection	Alzheimer's Association and NASCAR "Ryan Blaney – Early Detection" Public Service Announcement	4/1/23 – 6/30/23 (2x/day)	60 seconds	<p>More than 6 million Americans live with Alzheimer's, but fewer than half have received an official diagnosis. Close family members know their loved ones best and are typically the first to notice memory issues or cognitive problems but they're often hesitant to initiate a conversation—even when they know something is wrong. Talking about the changes you are noticing in your loved one is hard, but an early diagnosis can have significant benefits, including eliminating uncertainty and providing more time for support.</p> <p>Encourage families to start a conversation with their person alongside their doctor - the first step towards a possible ALZ diagnosis, and creating a plan of action.</p> <p>Using real stories, the goal of "Hopeful Together," created in partnership with the Alzheimer's Association, is to spread awareness of the benefits of getting an early diagnosis and encourages open communication between loved ones about cognitive health.</p> <p>An early diagnosis can give you and your family more time to plan together, allows participation in care decisions, you and your family will be able to review and update legal documents, discuss finances and property, and identify your care preferences. The website Alz.org/TimeToTalk and Alz.org/Tiempo for Spanish speakers offers families helpful tools and resources, including information on the disease and the benefits of an early diagnosis.</p>

<p>Youth Fentanyl Awareness</p>	<p>Real Deal on Fentanyl Public Service Announcement</p>	<p>4/1/23 – 6/30/23 (2x/day)</p>	<p>60 seconds</p>	<p>In 2021, there were nearly 108,000 drug overdose deaths - the highest number recorded in a 12-month period and a staggering 52 percent increase over the last two years. This rise in overdose-related deaths is being fueled by the prevalence of synthetic opioids, like fentanyl, which were involved in an estimated 66% of overdose deaths during this period.</p> <p>Fentanyl is often made illegally. It's laced into other drugs, like heroin and cocaine, and used to make fake versions of prescription pills. Because of this, many individuals who encounter fentanyl have encountered it unknowingly.</p> <p>To increase awareness of the dangers & prevalence of fentanyl, this new campaign, Real Deal on Fentanyl, was created to educate young people 13-24 and arm them with lifesaving information. The campaign also includes a distinct forthcoming creative effort, targeted to parents of 13–24-year-olds, to help parents also understand the risks posed by fentanyl, and how they can talk to their children about this issue.</p>
<p>Fatherhood Involvement</p>	<p>National Responsible Fatherhood “Play Catch Her” Public Service Announcement</p>	<p>4/1/23 – 6/30/23 (2x/day)</p>	<p>60 seconds</p>	<p>What is #Dadication? It's just like dedication but it means that as a father, you never stop being a dad. There's no one right way as long as you show up for your kids, even when it's not so easy.</p> <p>The Fatherhood Involvement campaign PSAs highlight the diverse experiences of real dads who share a commitment to being there for their kids through parenting highlights and challenges. By acknowledging the hard work they put forth in the face of hardships, the campaign seeks to provide all fathers with confidence to keep going in their efforts to be present for their children.</p> <p>All PSAs direct audiences to visit Fatherhood.gov for parenting tips, fatherhood programs, and other resources.</p>

Community Issues Program List

April through June 2023

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

Date and Time	Program	Talent	Description
2023-07-03 06:00*	Body and Spirit	Dick Nunez (Host), Omar Mosquera, Jonathan Hopkins	Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migraine headaches.
2023-07-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2023-07-03 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2023-07-04 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-07-04 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses beta-cell burnout.
2023-07-04 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2023-07-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2023-07-04 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.
2023-07-05 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2023-07-05 08:00!	Today Cooking		discusses south american favorites.
2023-07-05 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Siki Plang, Edwin M Cotto	Cheri Peters (Host), Siki Plang, and Edwin M Cotto discuss our higher calling.
2023-07-05 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss delicious, nutritious recipes.
2023-07-05 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2023-07-05 15:00!	Today Cooking		discusses south american favorites.
2023-07-05 20:00!	Today Cooking		discusses south american favorites.
2023-07-05 23:00!	Today Cooking		discusses south american favorites.
2023-07-06 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2023-07-06 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2023-07-06 12:00*	Ultimate Prescription		discusses valves of the heart.
2023-07-06 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2023-07-07 03:30*	Live to Be Well		discusses made up mind.

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2023-07-07 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2023-07-07 05:30*	Ultimate Prescription		discusses valves of the heart.
2023-07-07 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
2023-07-07 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-07-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillo et al.
2023-07-09 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-07-09 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2023-07-09 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.
2023-07-10 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dwight Hall, Debbie Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
2023-07-10 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2023-07-10 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
2023-07-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2023-07-10 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2023-07-11 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-07-11 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses the cause of hypertension.
2023-07-11 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-07-11 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2023-07-11 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.

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2023-07-12 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2023-07-12 08:00!	Today Cooking		discusses placeholder.
2023-07-12 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dwight Hall, Debbie Hall	Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse.
2023-07-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2023-07-12 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2023-07-12 15:00!	Today Cooking		discusses placeholder.
2023-07-12 20:00!	Today Cooking		discusses placeholder.
2023-07-12 23:00!	Today Cooking		discusses placeholder.
2023-07-13 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.
2023-07-13 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-07-13 12:00*	Ultimate Prescription		discusses diagnosing a weak heart.
2023-07-13 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2023-07-14 03:30*	Live to Be Well		discusses attitude of gratitude.
2023-07-14 04:30*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2023-07-14 05:30*	Ultimate Prescription		discusses diagnosing a weak heart.
2023-07-14 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2023-07-14 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-07-14 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2023-07-16 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2023-07-16 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.
2023-07-16 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.

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2023-07-17 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Gerri Morrison	Cheri Peters (Host) and Gerri Morrison discuss healing with prayer.
2023-07-17 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2023-07-17 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2023-07-17 13:30*	Abundant Living	Paula & Curtis Eakin	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2023-07-17 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2023-07-18 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2023-07-18 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses hypertension & insulin resistance syndrome.
2023-07-18 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 Women.
2023-07-18 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2023-07-18 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.
2023-07-19 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2023-07-19 08:00!	Today Cooking		discusses placeholder.
2023-07-19 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Gerri Morrison	Cheri Peters (Host) and Gerri Morrison discuss healing with prayer.
2023-07-19 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2023-07-19 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2023-07-19 15:00!	Today Cooking		discusses placeholder.
2023-07-19 20:00!	Today Cooking		discusses placeholder.
2023-07-19 23:00!	Today Cooking		discusses placeholder.
2023-07-20 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 exercise routings with Jane Baker and Jonathon Hopkins

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2023-07-20 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2023-07-20 12:00*	Ultimate Prescription		discusses exercise.
2023-07-20 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.
2023-07-21 03:30*	Live to Be Well		discusses not looking back pt 1.
2023-07-21 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2023-07-21 05:30*	Ultimate Prescription		discusses exercise.
2023-07-21 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2023-07-21 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2023-07-21 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2023-07-23 03:30*	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.
2023-07-23 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 help lower bad cholesterol.
2023-07-23 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.
2023-07-24 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Janet Claymore, Duane Ross	Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students.
2023-07-24 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2023-07-24 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2023-07-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.

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2023-07-24 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2023-07-25 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-07-25 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1.
2023-07-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss exercises for the vision impaired.
2023-07-25 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2023-07-25 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2023-07-26 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2023-07-26 08:00!	Today Cooking		discusses placeholder.
2023-07-26 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Janet Claymore, Duane Ross	Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students.
2023-07-26 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2023-07-26 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2023-07-26 15:00!	Today Cooking		discusses placeholder.
2023-07-26 20:00!	Today Cooking		discusses placeholder.
2023-07-26 23:00!	Today Cooking		discusses placeholder.
2023-07-27 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.
2023-07-27 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.
2023-07-27 12:00*	Ultimate Prescription		discusses why we are sick.
2023-07-27 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2023-07-28 03:30*	Live to Be Well		discusses not looking back pt 2.

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2023-07-28 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2023-07-28 05:30*	Ultimate Prescription		discusses why we are sick.
2023-07-28 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
2023-07-28 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-07-28 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2023-07-30 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2023-07-30 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.
2023-07-30 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.
2023-07-31 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2023-07-31 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2023-07-31 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2023-07-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2023-07-31 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2023-08-01 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2023-08-01 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2.
2023-08-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2023-08-01 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2023-08-01 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.
2023-08-02 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises

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2023-08-02 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2023-08-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2023-08-03 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.
2023-08-03 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2023-08-03 12:00*	Ultimate Prescription		discusses why we are sick.
2023-08-03 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.
2023-08-04 03:30*	Live to Be Well		discusses refusing to compromise.
2023-08-04 05:30*	Ultimate Prescription		discusses why we are sick.
2023-08-04 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Brittany Nunez	Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
2023-08-04 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2023-08-06 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2023-08-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2023-08-06 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2023-08-07 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2023-08-07 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2023-08-07 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
2023-08-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2023-08-08 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2023-08-08 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3.

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2023-08-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2023-08-08 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2023-08-08 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.
2023-08-09 06:00*	Body and Spirit	Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
2023-08-09 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2023-08-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2023-08-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2023-08-10 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2023-08-10 12:00*	Ultimate Prescription		discusses light.
2023-08-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2023-08-11 03:30*	Live to Be Well		discusses not living with excuses.
2023-08-11 05:30*	Ultimate Prescription		discusses light.
2023-08-11 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2023-08-11 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2023-08-13 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2023-08-13 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.

Community Issues Program List

April through June 2023

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

2023-08-13 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2023-08-14 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2023-08-14 05:30*	Cook 30	Jeremy Dixon	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2023-08-14 06:00*	Body and Spirit	Dick Nunez (Host), Alex Hinez, Jane Baker	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2023-08-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2023-08-15 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.
2023-08-15 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 1.
2023-08-15 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 strength training.
2023-08-15 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2023-08-16 06:00*	Body and Spirit	Dick Nunez (Host), Jane Baker, Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.
2023-08-16 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2023-08-16 13:30*	Abundant Living	Paula & Curtis Eakin	Christine Salter discusses prevention and screening.
2023-08-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2023-08-17 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.
2023-08-17 12:00*	Ultimate Prescription		discusses light.
2023-08-17 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2023-08-18 03:30*	Live to Be Well		discusses no more fear.
2023-08-18 05:30*	Ultimate Prescription		discusses light.

Community Issues Program List

April through June 2023

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

2023-08-18 06:00*	Body and Spirit	Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
2023-08-18 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.

QUARTERLY ISSUES/PROGRAMS REPORT

Station (call letters): K33LN-D Channel 33.1

Location (city, state): Minneapolis-St.Paul, MN.

For quarter beginning:

- January - Mar 2023
- April - Jun 2023**
- July – Sep 2023
- October - Dec 2023

Attached hereto are descriptions of issue-responsive programming broadcast by this station during the reporting period.

The listed programs aired on the station during the reporting period on the days and times indicated. Each program regularly provides information or addresses current local issues of concern to viewers in the area where the station is located.

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community ***“PROBLEMAS Y SOLUCIONES*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Minneapolis	04/03/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	04/04/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>

		<i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	04/05/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	04/06/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	04/07/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression

		<i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		- TST Suicide - TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/10/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: - TST Witchcraft - TST Depression - TST Suicide - TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/11/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: - TST Witchcraft - TST Depression - TST Suicide - TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/12/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

		<i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		<p>against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	04/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	04/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers <p>Host: Pastor Marcos</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>04/17/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>04/18/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>04/19/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/20/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/21/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/24/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show:

		<i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>		-TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/25/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04//26/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	04/27/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about

		<p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>04/28/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos</p>

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Minneapolis	05/01/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/02/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/03/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and</p>

		<i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/04/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/05/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/08/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at

		<p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/09/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/10/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>

<p>Problemas y Soluciones Minneapolis</p>	<p>05/11/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>05/12/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>05/15/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 05:00pm Ends: 05:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/16/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/17/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/18/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated

		<i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/19/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/22/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones	05/23/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at

<p>Minneapolis</p>		<p><i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>05/24/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>
<p>Problemas y Soluciones Minneapolis</p>	<p>05/25/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos</p>

		<i>Duration:58min</i>		
Problemas y Soluciones Minneapolis	05/26/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/29/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	05/30/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	05/31/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Minneapolis	06/01/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST of Cure <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	06/02/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST of Cure <p>Host: Pastor Marcos</p>
Problemas y Soluciones Minneapolis	06/05/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/06/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/07/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/08/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/09/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/12/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/15/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/16/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/19/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/20/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
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		<i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/22/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/23/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/26/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show:

		<i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		<ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit - TST Fast of Daniel Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/27/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit - TST Fast of Daniel Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/28/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit - TST Fast of Daniel Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/29/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and

		<i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure - TST Fast of Daniel Host: Pastor Marcos
Problemas y Soluciones Minneapolis	06/30/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 05:00pm</i> <i>Ends: 05:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure - TST Fast of Daniel Host: Pastor Marcos

The following are local issues of concern to the community ***“ROMPIENDO EL SILENCIO”*** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	04/03/2023	Starts: 7:00pm Ends: 7:58pm Duration:58min	HOW TO DISCOVER YOUR INNER SELF	<p>Sometime is really scary to take a look inside. We are not ready to deal with certain feelings that may be rooted way down there. Our experts tell us how to deal with our inner self.</p> <p>Guests: -Dr. Patricia Arcache Family Therapist -Yeny Hércules Integrative Mental Health Ttherapist -Olivia Plate Psychologist</p>
Rompiendo el Silencio	04/04/2023	Starts: 7:00pm Ends: 7:58pm Duration:58min	HOW DOES DIVORE AFFECT YOUR KIDS	<p>There are many consequences when couples divorce. The ones that suffer the most are the children. How can we help them go through the changes? Our experts tell us and our guests share their testimonies.</p> <p>Guests: Itzel Molina Family Psychotherapist Dr. Arnaldo Laconelli Psychologist Josephine Rivera Testimony Sabrina Roman Testimony</p>

Rompiendo el Silencio	04/05/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW TO KEEP A HEALTHY AND ACTIVE BRAIN	<p>As time goes by our bodies deteriorate, including our brains. There are several ways our experts show us how to keep a healthy and active brain.</p> <p>Guests: -Dr. Arodi Martínez Psychologist -Laura Aguilar Psychotherapist -Dr. Pablo Meza Neurologist</p>
Rompiendo el Silencio	04/06/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	ARTIFICIAL INTELIGENCE	<p>We explored the benefits and possible dangers tied to the fast technological advances we are witnessing every day.</p> <p>Guests: -Elizabeth Vargas Coach-Advisor -Christian Pasten Electronic Engineer Expert in submarine robotics -Dr. Manuel Rodríguez Robotic Surgeries</p>
Rompiendo el Silencio	04/07/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW TO DISCOVER YOUR TALENTS	<p>We all have talents but not all of us know what they are or how to use them. Our experts will tell you how to discover what your talents are and how to use them for your benefit.</p> <p>Guests: -Elisa Guzman Family therapist -Marcela Arrieta Specialist on emotional healing Javier Barrera</p>

				Expert on human potential specializing on talents
Rompiendo el Silencio	04/10/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	FINANCIAL CRISIS	We are seeing how the economy is changing and it has been somewhat complicated lately. Our experts give us a quick glance and advice on how to proceed Guests: -Diana Méndez Real Estate Agent
				-Ivan Mark Flores Financial Advisor -Gustavo Vargas Communicator/ Expert in finances
Rompiendo el Silencio	04/11/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	CHILD ABUSE	Our experts guide us on how to identify if children are being abuse and talked about how to protect them and deal with this matter. Guests: -Julia Aguilar Pedagogue -Dr. Carlos Correa Psychologist -Dr. Stella Sneider Psychologist/Sex Therapist
Rompiendo el Silencio	04/12/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	LIMITING KID'S ACCESS TO SOCIAL MEDIA	We had several kinds of workouts. The idea is to motivate everyone to get moving. Find your favorite work out and do it with us! Guests: Zumba Instructors -Fer López -Patty -Abraham -Oscar Spinning Instructor -Rebeca Bone

				Coach Kangoo Jumps -Ruth Avila
Rompiendo el Silencio	04/13/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	OVERCOMING DIFFICULT TIMES	<p>What is the best way to overcome difficult times? How do you keep going after a tragedy? What is the best way to deal with important issues?</p> <p>Guests: -Carmen Cervantes Life Coach/ therapist -Angeles Sanchez Life coach -Carolina Uribe Clinical psychologist</p>
Rompiendo el Silencio	04/14/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>		<p>Woman usually neglect their health and themselves due to having to take care of so many other things and people. We talked about the basic health needs we need to take better care of ourselves.</p> <p>Specialists: -Dr. Gloria Monsalve General Medicine -Dra. Giselle Hernández Nutriicionist</p>
Rompiendo el Silencio	04/17/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	BECOME AN ENTREPENOUR	<p>You've always wanted to be your own boss. You dream of having your idea become a business. Our experts will give you the DO's and DON'Ts and will help you get there.</p> <p>Guests:</p>

				<p>-Jaqueline Vrba President and founder of FRIDARS org. -Claudia Shah SBCD Business advisor -Rebecca Alvarado -Maribel Ramírez -Nora Angeles Ceo Natural Break Juice</p>
Rompiendo el Silencio	04/18/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	HOW TO STOP FEELING GUILTY	<p>Hour guests give us clear tips on how to overcome feelings of guilty and how to have a better life once you learn how to forgive yourself.</p> <p>Guests:</p> <p>-Itzel Molina Family Psychotherapist -jacqueline Cacho Journalist/producer/writer -Dr.JesusGonzalezClinical Psicologist/ psychooncologist</p>
Rompiendo el Silencio	04/19/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	AUTISM	<p>Celebrating and acknowledging the month of April as the month of autism, our expert talk about how to read signs on your kids and how to proceed in case these symptoms are present in your child.</p> <p>Guests:</p> <p>- Daverly Camacho Tutor of Special needs children -Alejandra Angers Specialist in neuropsychologist and learning -Gustavo Llata Tik toker with a brother who has autism</p>

Rompiendo el Silencio	04/20/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW TO OVERCOME YOUR FEARS	<p>Our experts give us advice on how to deal with fear and phobias. And how to eventually overcome them.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Marcela Arrieta Specialist in Emotional Healing -Gabby Guasso Self-help Speaker -Dr. Arody Martinez Psychologist <p>Zoom Dr. Manuel Jimenez Psychiatrist/Psychotherapist</p>
Rompiendo el Silencio	04/21/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HEALTHY EATING FOR THE WHOLE FAMILY	<p>The importance of healthy eating for the whole family! How to stop eating junk food and start with a healthy diet and exercise.</p> <p>Guests:</p> <ul style="list-style-type: none"> Johanna Spates Personal Trainer Dr. Rafael Bolio Expert in nutrition Madga Gonzalez Producer and Mother of 2 (Nathaly- André) <p>Zoom Nancy Tabares Health Coach and Nutrition</p>
Rompiendo el Silencio	04/24/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	ARE YOU A TOXIC PERSON OR A VITAMIN PERSON	<p>We talked about the trades of a toxic person and a “vitamin” person. How to deal with them, how to</p>

				<p>identify them and figure out who is both.</p> <p>Guests: -Gabby Guasso Self Help Conferencist Veronica Villatoro -Writer/ Entrepreneur Zoom Mariana Bermudez Psychologist/ couple counselor Maria Mendez Clinical Psychologist</p>
Rompiendo el Silencio	04/25/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	VICES	<p>We talked about vices and addictions. How to avoid becoming an addict and how to deal spot somebody that maybe addicted.</p> <p>Julieta Romano testimony Guests: Zoom Alejandro Garcia Psychologist Amy Muratalla Family Counselor</p>
Rompiendo el Silencio	04//26/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	CHRONIC FATIGUE SYNDROME	<p>We learned the difference between being just tired and chronic fatigue syndrome. Our experts show us how to navigate this difficult condition.</p> <p>Guests: -Dr. Carlos Correa Psychologist Mimi Castillo Personal Trainer Zoom: Dr.kasein Gonzalez General practitioner Karla Alvarado Nutritionist</p>

Rompiendo el Silencio	04/27/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	ARE WE JUST FOLLOWING TRENDS?	<p>How people now a days are influenced by social media to the point they lose their own identity</p> <p>Guests: Eliza Guzman Family therapist Mayra Alvarez Specialist in human development Angela Artunduaga Image Consultant Zoom Barbara Quintanilla</p>
Rompiendo el Silencio	04/28/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	ADRIANA MACIAS HOW TO SUCCEED NO MATTER WHAT	<p>Adriana Macias is a motivational speaker that became very successful in spite of the fact she was born without arms.</p> <p>Guests: Adriana Macias Lawyer/ writer/speaker</p>

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	05/01/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	LABOUR DAY FOR LANTIN AMERICA	<p>We are honoring the Latin American immigrants and their hard work featuring successful business owners who shared their strategies for success.</p> <p>Guests: -Maritza Pineda Business owner</p>

				<p>-Adela Henao Entrepreneur "Donde Adela" "Café Adelita" -Rosie Glam Influencer -Bar Tender-</p>
Rompiendo el Silencio	05/02/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	WHEN DO YOUNG PEOPLE START HATING THEIR BODIES?	<p>According to surveys 75% of kids of the age of 12 hate their bodies increasing to an 80% for kids of the ages between 18 and 20 years old.</p> <p>Guests:</p> <ul style="list-style-type: none"> - Yeny Hercules Integrative Mental Health Therapist -Martha Díaz Thanatologist/Therapist <p>ZOOM</p> <p>Dr. Tania Medina Plastic Surgeon Dr. Grover Bravo Psychologist/ Family Therapist</p>
Rompiendo el Silencio	05/03/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	HOW TO HELP YOUR PARTNER WHEN CHANGES OCCUR	<p>Couples face many changes but what happens when your spouse is having a hard time adjusting? We had important tips so couples can help each other during these times.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Mayra Alvarez Human Developing Specialist Jorge Partida Psychologist Chief of Psychology/Los Angeles County Department of Mental Health

				<p>-Jorge Suarez Personal Development Coach Zoom Irene Quintero</p>
Rompiendo el Silencio	05/04/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	DANGEROUS DIETS	<p>Every day millions of people subject themselves to dangerous diets to lose weight fast. We will explore healthy ways to achieve your weight goals.</p> <p>Guests: -Dr. Giselle Hernández Nutritionist -Dr. Patricia Arcache Family Therapist -Paloma zúñiga Life Coach</p>
Rompiendo el Silencio	05/05/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	IMMIGRANTS/ 5 DE MAYO CELEBRATION	<p>Immigrants are a big part of our society. We explored how they have helped with the economy, work force, culture and every aspect of life in the USA. We also had Mexican folklore in celebration of 5 de Mayo.</p> <p>Guests: -Blanca Soto Actor and Activist -Meredith Brown Immigration Attorney -Ballet Folclórico Rey Coliman -Grupo Versage</p>

Rompiendo el Silencio	05/08/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	FASHION AND SELF-ESTEEM	<p>We give tips on how to find fashion that is flattering for your body type. We also talked about how the clothes you wear can re enforce our self-esteem</p> <p>Guests:</p> <ul style="list-style-type: none"> -Karol Sanders Image Consultant -Merianny Villarroel Fashion Designer Carolina Uribe Psychologist -Adriana Bravo Hair Reconstruction Center
Rompiendo el Silencio	05/09/2023		VIOLENCE IN SCHOOLS	<p>With the help of our specialist, we try to understand why there is so much violence amongst kids in school, including the shootings that we see way too often.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Itzel Molina Family Psychotherapist -Paula Barajas Teacher -Jocelyne Barajas Police Officer ZOOM -Jess Rizo Uncle of Jackie Cazares Victim of Uvalde Shooting
Rompiendo el Silencio	05/10/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	DO MOMS ALSO GET DEPRESSED?	<p>As we celebrate Mother's Day in Latin America, we explore the job of a mother and how sometimes this beautiful but difficult roll can lead to depression.</p> <p>Guests:</p> <ul style="list-style-type: none"> Marcela Arrieta Specialist in Emotional Healing -María Dolores Torres

				<p>Mom of 3. One of them have autism</p> <p>ZOOM</p> <p>-Jessica Medina Mind-body therapist</p> <p>-Noelia Kouchoyan Journalist an TV producer</p> <p>Single mom of 1</p>
Rompiendo el Silencio	05/11/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	THE IMPORTANCE OF A DAILY ROUTINE	<p>Every day is important to have a certain routine. We talked about how to implement them, why they are important for the whole family and all the benefits they bring.</p> <p>Guests:</p> <p>-Mimy Castillo Personal Trainer</p> <p>-Jessica Martín Expert in Skin Care</p> <p>ZOOM</p> <p>Dr. Elisa Scianmanna Dermatologist</p> <p>Rosa Garalva Youtuber and author (La Revolución de la Limpieza)</p>
Rompiendo el Silencio Rompiendo el Silencio	05/12/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	MOTHER'S DAY	<p>As we approach Mother's Day we dedicate tribute to all moms, including ours. Our guests are exceptional woman and moms. We discussed the challenges and benefits of being a mom.</p> <p>-Rosa Milano Immigration Consultant/Para Legal Mother of 2</p> <p>-Lizbeth Aurora Gallegos Journalist Mother of 2</p>

				-Doris Mazariegos Make-up Artist
Rompiendo el Silencio	05/15/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW TO LOVE AGAIN	<p>Many people after a failed relationship are not willing to start a new one. We talked about all the positive things there are about love and how to overcome the past to start a new beginning.</p> <p>Guests:</p> <p>-Silvia Ramírez Psychologist Gladys Menendez Live Coach/ Entrepreneur Gaby Guasso Self Help Conferencist ZOOM Mariana Bermudez Psychologist /Couples Therapist</p>
Rompiendo el Silencio	05/16/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	EATING DISORDERS	<p>We explore the world of eating disorders. Red flags, the types of disorders there are, the consequences long term, treatments available.</p> <p>Guests:</p> <p>Dra. Giselle Hernandez Nutritionist Joha Rivera Changing Mentalities/Creating new habits Alejandra Ortega Skin Care Specialist</p>

Rompiendo el Silencio	05/17/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	WHAT ARE THE CONCERNS YOUNG PEOPLE HAVE FOR TEIR FUTURE	<p>We took to the streets to ask young people what are the main concerns they have about their future. We also, have young guests that express their worries in the studio.</p> <p>Guests: - Dra. Patricia Arcache Family Therapist Paloma Zúñiga Live Coach ZOOM Carolina Uribe Psychologist</p>
Rompiendo el Silencio	05/18/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW CAN WE HELP THE PEOPLE WE LOVE	<p>We talked about the stubborn people in our lives that won't take care of themselves even when it is imperative for them to go to the doctor or change bad habits, such as a bad diet and a sedentary life.</p> <p>Guests: -Elisa Guzmán Family Therapist Sandra Cajina Cancer survivor ZOOM Dra. Gloria Monsalve Family Doctor</p>
	05/19/2023	<i>Starts: 7:00pm</i>	SUCCESFUL WEMAN	Our guests talk to us about how they reached success.

Rompiendo el Silencio		<i>Ends: 7:58pm Duration:58min</i>		<p>The steps they took to get to the top in their careers. They shared important tips to start a business and also keep a balance family life.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Paulina Thomas Realtor/ Sales/ Marketing Director/ Content Creator and mom -Alejandrina Chaidez Master in cybersecurity/Forensic Auditor for the Government/Entrepreneur/ Mom Live -Remote -Liliana Garcia/Lilys Taste on Wheels-Food truck
Rompiendo el Silencio	05/22/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	HOW TO HAVE A HAPPY FAMILY	<p>Our experts tell us the best was to have a happy and healthy family. What to do, important tips, values, practices and more for the whole family.</p> <p>Guests:</p> <ul style="list-style-type: none"> Emily Chavéz Master in Neuro-linguistic Programming -Laura Aguilar Pedagogue
Rompiendo el Silencio	05/23/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	FINANCIAL EDUCATION	<p>If we plan ahead, we could reach financial stability and our goals. If we prepared, we can deal better with</p>

				<p>financial challenges that life may bring.</p> <p>Guests:</p> <p>Miriam Toro Financial Adviser -Natalie Torres Expert in Finances ZOOM -Tatiana Castro Managerial Coach in Digital Investments</p>
Rompiendo el Silencio	05/24/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	SHOULD WE LIVE IN A SOCIETY WITHOUT LIMITS?	<p>We discussed the importance of setting limits in our personal life, professional life and even with ourselves.</p> <p>Guests:</p> <p>-Gladys Menéndez Life Coach / Entrepreneur/ Mom and Grandmother -Joha Rivera Remodeling Mentalities and Creating conscious habits. ZOOM -Mayela García Human Communication Therapist</p>
Rompiendo el Silencio	05/25/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	HOW TO OVERCOME TRAUMA	<p>We discussed how some traumas are so difficult to overcome. How most of us one way or another have suffered from experiences we haven't been able to overcome. Our experts give us important tips on this matter.</p> <p>Guests:</p> <p>Martha Díaz Thanatology-Therapist -Elizabeth Vargas Coach-Family Advisor</p>

				<p>Ángeles Sánchez Life Coach ZOOM María Méndez Clinic Psychologist</p>
Rompiendo el Silencio	05/26/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	ANTIAGING LIFE STYLE	<p>We covered all the bases to tackle antiaging. Strategies from work outs to food that help with the aging proses and aesthetic treatments.</p> <p>Guests: Gloria Monsalve Family Doctor -Johanna Spates Personal Trainer ZOOM -Karla Alvarado Nutritionist -Berenice Naranjo Cosmetologist</p>
Rompiendo el Silencio	05/29/23	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	THE IMPORTANCE OF SELF-STEEM	<p>We discussed how important it is to raise children with a strong self-teem. How these values will play an important role as they become adults</p> <p>Guests: Emily Chávez Master in neuro-linguistic Programming Julia Aguilar Pedagogue</p>

Rompiendo el Silencio	05/30/23	Starts: 7:00pm Ends: 7:58pm Duration:58min	THE POWER OF THE WORDS	<p>We usually don't pay much attention to what comes out of our mouths. But it is very important that we are careful with our words since they can destroy or build.</p> <p>Guests: Isabel Medher Clinical Psychologist -Elisa Guzman Family Therapist ZOOM Marisol Cazerres Coach</p>
Rompiendo el Silencio	05/31/23	Starts: 7:00pm Ends: 7:58pm Duration:58min	INTERNATIONAL DAY WITH OUT TOBACCO	<p>International Day with Out Tobacco is celebrated around the world. We talked about the damage of smoking cigarettes creates to those who smoke and the people around them.</p> <p>Guests: Patricia Arcache Psychologist Viridiana de la Herran Neumologist Margie Munar Speech Therapist Testimony Yolanda Leyva</p>

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	06/01/2023	Starts: 7:00pm Ends: 7:58pm Duration:58min	EARLY PREGNANCY	We talked about the dangers of teen pregnancy. How it impacts our society, the families of this kids and their future.

				<p>Guests:</p> <ul style="list-style-type: none"> -Silvia Ramirez Psychologist -Sonia Tobar OBGYNO <p>ZOOM</p> <ul style="list-style-type: none"> -Barbara Makinowski Psychotherapist
Rompiendo el Silencio	06/02/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	<p>IN SEARCH FOR THE AMERICAN DREAM IMMIGRANTS ARE LONELY</p>	<p>A study shows the price immigrants pay in search of the American dream. Being away from home and their families, the main issue is the fact that they feel lonely and isolated.</p> <ul style="list-style-type: none"> -Paloma Zuñiga Life Coach -Marcela Arrieta Specialist in emotional healing ZOOM -Carla Colina Psychologist
Rompiendo el Silencio	06/05/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	<p>ETIQUETE AND GOOD MANNERS</p>	<p>We discussed etiquette as a standard conduct that sets expectations about social behavior. Etiquette obeys conventional norms within a society, or social class or group. We had a panel of guests that showed us how to conduct ourselves in different social scenarios.</p> <p>Guests:</p> <ul style="list-style-type: none"> -Silvia Santiago Public Image Consultant -karol Sanders

				<p>Image Consultant Zoom Cinthia Romero Public Speaking Consultant</p>
Rompiendo el Silencio	06/06/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO DISCIPLINE YOUR CHILDREN WITHOUT VIOLENCE</p>	<p>Discipline kids without violence is the way to teach a path of autonomy and responsibility. for this, we must use techniques that do not provoke negative reactions or damage children's self-esteem. in this way, we allow for a healthy and happy development in an environment of love and respect between parents and children.</p> <p>Guests: -Mayra Alvarez Specialist in Human Development -Julia Aguilar Pedagogue -Nubia Almeida Child Psychologist</p>
Rompiendo el Silencio	06/07/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	<p>ABANDONMENT</p>	<p>child abandonment occurs when a parent, guardian or legal representative abandons a child without regard for the child's physical integrity, safety or well-being. Today we discussed the repercussions that people, especially kids that suffer from abandonment.</p> <p>-Marcela Arrieta Specialist in Emotional Healing Gladys Menendez Life Coach ZOOM Zulem Colin</p>

				Life Coach Testimony Cecilia Caballero
Rompiendo el Silencio	06/08/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	THE IMPORTANCE OF HAVING POSITIVE THOUGHTS	<p>Each one of us has the power to choose what to believe and what to think. Our thoughts will be determining how our day goes, therefore how our life goes. We are in control of our thoughts; we decide how to think and shape our future and wellbeing.</p> <p>Guests: -Laura Solano Life Coach - Joha Rivera Reshaping Mindsets and Creating Conscious Habits Zoom -Solimar Vargas Psychologist Testimony Elizabeth Ortiz</p>
Rompiendo el Silencio	06/09/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	DO NEGATIVE EMOTIONS MAKE US SICK	<p>Emotions play a fundamental role in our daily lives. they can be intense and powerful, capable of influencing our decisions, behaviors and overall well-being. however, when emotions are unbalanced or not properly managed, they can lead to emotional illnesses that negatively affect our physical and mental health</p>

				<p>guests: -Nora Rodas emotional wellbeing coach leah kyriaskis personal trainer</p> <p>-Anabel Basulto lmft therapist/ licensed mental health therapist zoom</p> <p>-Begoña Ormaechea Psychologist</p> <p>Testimony Adelina Alaniz</p>
Rompiendo el Silencio	06/12/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	HOW TO MANAGE YOUR TIME SUCCESSFULLY	<p>We all have the same 24 hours a day, but when we compare ourselves with other people we think: why do they do better than we do? how do they manage to do so many things a day? how do they manage to be successful, among many other things? but have you ever thought about what you do with the time you have? We will be sharing important tips on how to manage your time successfully.</p> <p>Guests: Aileen Nealie Psychotherapist Angeles Sanchez Life Coach</p> <p>ZOOM -Olivia Plate Psychologist</p>
Rompiendo el Silencio	06/13/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	THE BENEFITS OF A GOOD MOOD AND GOOD HUMOR	<p>Being in a good mood is important for several reasons. First, good humor allows us to face daily challenges with a positive</p>

				<p>attitude, which reduces stress and helps us maintain emotional balance. in addition, good humor strengthens our social relationships, as people with a good sense of humor tend to be more attractive and likable.</p> <p>Guests: -Itzel Molina Family Physiotherapist -Blanca Ochoa Motivational Therapist -Laura Aguilar Sandy Cervantes</p> <p>ZOOM</p> <p>Sandy Cervantes Entrepreneur</p>
<p>Rompiendo el Silencio</p> <p>Rompiendo el Silencio</p>	06/14/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	LEARNING HOW TO LET GO	<p>Many times, we cling to people, things or situations for fear of losing them. such is the fear of being without them, that we accumulate feelings, beliefs and emotions that have to do with those things that we are not willing to let go. this is why letting go is an ability that saves us a lot of time and suffering in order to live with peace of mind tranquility. if we think it is difficult, it will more than likely be so. the important thing is to be willing to travel light. we feel better every time we release what weighs us down</p>

				<p>Guests: -Izabel Medher Psychologist -Amy Muratalla Family Counselor</p> <p>ZOOM Clara Perez Psychologist</p>
Rompiendo el Silencio	06/15/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	WE ARE WHAT WE EAT	<p>"We are what we eat" is a popular saying that highlights the connection between our diet and our health. that is why the food we eat has a significant impact on our physical and mental well-being. proper nutrition is fundamental to maintain a healthy lifestyle.</p> <p>Guests:</p> <p>-Giselle Hernández Nutritionist Viviana Rodriguez Fitness Trainer</p> <p>ZOOM -Juliana Suarez Correa Gastroenterologist</p>
Rompiendo el Silencio	06/16/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	SUCCESS AND HAPPINES GO HAND IN HAND?	<p>each person deals with different situations or different factors that bring happiness to his or her life. since there is no fixed mold, each person has a different perspective on happiness, it is difficult to conclude a solution to the key to happiness. the key to happiness lies within each individual. many people value experiences over</p>

				<p>possessions, while for others it is just the other way around.</p> <p>Guests:</p> <p>Dra. Patricia Arcache Phycologist Paloma Zuñiga Life Coach Zoom -Mariana Bermúdez Psychologist Testimony Aracely De Santiago</p>
Rompiendo el Silencio	06/19/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	OVERCOMING OBSTACLES IN LIFE	<p>In life the number of obstacles we need to overcome is overwhelming. We have so many things we need to deal with sometimes we feel there is no solution to these obstacles. Today we talked about how to overcome them and how to solve these issues the best way possible.</p> <p>Guests:</p> <p>- Jackeline Cacho Journalist/Producer/ Writer/ Emotional Intelligence Specialist -Mayra Alvarez Human Development Specialist</p> <p>Testimony Paula Barajas ZOOM Elva Allred Personal Trust and Relationship Coach</p>

Rompiendo el Silencio	06/20/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	WHEN A WOMAN HAS TO SEE THEIR CHILD INCARCERATED	<p>When a son is incarcerated, the mother faces a series of emotional and practical challenges. On an emotional level primarily, experiencing anguish, sadness and concern for the well-being of her child's future. Feelings of guilt or responsibility may also arise.</p> <p>Guests: -Dra. Patricia Arcache Family Therapist</p> <p>ZOOM Carolina Uribe Psychologist</p>
	06/21/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	LIVING WITH OUR MEMORIES	<p>Memories are an integral part of our personal history. By living with them, we can learn more about ourselves, our past experiences and how we go t to be who we are today. This gives us a greater understanding of our identity and can foster personal growth.</p> <p>Guests: -Elisa Guzman Family Therapist</p> <p>-Gladys Menendez Life Coach</p> <p>ZOOM Barbara Quintanilla</p>

				<p>Psychologist</p> <p>Testimony Marisol Rodriguez</p>
Rompiendo el Silencio	06/22/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	HOW TO REBUILD YOUR FAMILY	<p>Life can take many turns. Get married, have children, get divorce, start a relationship with another person or try again. This is an increasingly common life routine in many</p> <p>Guests: Joha Rivera Remodeling Mentalities and Creating conscious habits -Elizabeth Vargas Family Coach</p>
Rompiendo el Silencio	06/23/2023	<i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i>	HOW TO CARE FOR YOURSELF WHEN YOU ARE PREAGNANT	<p>Caring for a pregnant woman is very important both for her own health and for the well-being of the developing baby. During pregnancy, the body experiences significant changes and requires special attention to ensure a healthy gestational process.</p> <p>Guests: -Nataly Cifuentes OBGYN</p> <p>Barbara Guillien Fitness Trainer Elvia Pirir Pregnant Fitness Trainer ZOOM</p> <p>-Marcela Sandoval Prevention and Reversal of Illnesses</p>

				Solimar Vargas Psychologist
Rompiendo el Silencio	06/26/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	SELF LOVE	<p>Self-love is fundamental for a person’s emotional and mental well-being. It is essential to develop a positive self-image, establish healthy relationships, make conscious decisions and maintain integral well-being. It is an ongoing process of self-discovery, self-care and acceptance, and can have a transformative impact on a person’s quality of life.</p> <p>Guests: -Marcela Arrieta Emotional Healing Specialist. Blanca Ochoa Motivational Therapist Alejandra Ortega Specialist in Skin Care ZOOM -Karen Luquez Social Psychologist</p>
Rompiendo el Silencio	06/27/2023	<i>Starts: 7:00pm Ends: 7:58pm Duration:58min</i>	THE LINK BETWEEN STRESS AND HEATH ISSUES	<p>Prolonged stress has been linked to a number of diseases including heart disease, sleep disorders, digestive disorders, mood disorders and even a weakening of the immune system.</p> <p>Guests: Mayte Prida Anchor/ Motivational Speaker</p>

				<p>Itzel Molina Family Psychotherapist ZOOM Dra. Gloria Monsalve Family Doctor</p>
Rompiendo el Silencio	06/28/2023	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	BUILDING HEALTHY RELATIONSHIPS	<p>in a world full of romantic, complicated relationships and emotional conflict, it is crucial to recognized and value the importance of healthy partnerships. these strong and balanced relationships not only bring us happiness and fulfillment, but also have a positive impact on our physical and mental health.</p> <p>guests: romina clavero life coach jennifer flores psychologist</p> <p>zoom -jennifer flores psychologist</p>
Rompiendo el Silencio	06/29/23	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	THE BENEFITS OF MUSIC IN OUR LIVES	<p>Listening to music benefits general well-being, helps regulate emotion, and creates happiness and relaxation in everyday life. It can also transfer us to a much more positive state of mood, remember happy moments, increase self-</p>

				<p>esteem and confidence in ourselves.</p> <p>Guests:</p> <p>Izabel Medher Clinical Psychologist -YPG Band ZOOM -Barbara Malonowski Psychotherapist</p>
Rompiendo el Silencio	06/30/23	<p><i>Starts: 7:00pm</i> <i>Ends: 7:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO CARE OF YOURSELF DURING SUMMER</p>	<p>Summer is here and the elements like the sun, ocean and heat can damage your skin, hear and health in general. Our experts will give us important information on how avoid any health problems so we can enjoy summer.</p> <p>Guests:</p> <p>-Dra. Luaciana Yacomotti Family Doctor/ Skin Expert</p> <p>-Yessica Martin Skin Expet- Spa Treatment</p> <p>ZOOM Dra. Elisa Scianmanna Dermatologist</p>