

Community Issues Program List

October through December 2020

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

Date and Time	Program	Talent	Description
2020-10-01 06:00	* Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2020-10-01 10:00	* From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-10-01 12:00	* Ultimate Prescription	Dr. James Marcum	discusses danny shelton's experience with bypass surgery.
2020-10-02 03:00	* Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2020-10-02 06:00	* Body and Spirit	Dick Nunez (Host), Terrance Marshall	Dick Nunez and Terrance Marshall discuss shoulder pain.
2020-10-02 09:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system.
2020-10-02 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2020-10-02 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 2.)
2020-10-04 03:30	* From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-10-04 06:00	* Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2020-10-05 01:00	! Celebrating Life in Recovery	Cheri Peters (Host), Brian Cladoosby	Cheri Peters, with friend Brian Cladoosby, offers plain talk about the Road to Sobriety from Alcoholism and Substance Abuse.
2020-10-05 14:00	* Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2020-10-06 05:30	* Wonderfully Made	Neil Nedley, Rise Rafferty	Dr. Neil Nedly and Rise Rafferty discuss our brain's frontal lobe.

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2020-10-06 06:00	* Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2020-10-06 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2020-10-06 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.
2020-10-07 06:00	* Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss supplements.
2020-10-07 13:00	* Issues and Answers	Shelley Quinn (Host), Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 2 (perfectionism, workaholism).
2020-10-07 14:00	* Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2020-10-07 23:00	! Today Cooking		discusses mediterranean specialities.
2020-10-08 06:00	* Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2020-10-08 12:00	* Ultimate Prescription	Dr. James Marcum	discusses valves of the heart.
2020-10-09 03:00	* Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2020-10-09 06:00	* Body and Spirit	Dick Nunez (Host), Mary Cordes	Dick Nunez and Mary Cordes discuss osteoporosis.
2020-10-09 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.
2020-10-09 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2020-10-09 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Don Mackintosh and Neil Nedley discuss making and staying.

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Date and Time	Program	Talent	Description
2020-10-11 06:00 *	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2020-10-12 01:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Mary Holley MD	Cheri Peters with Dr. Mary Holley discuss the Meth Mindset. Part 1.
2020-10-12 05:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2020-10-12 06:00 *	Body and Spirit	Dick Nunez (Host), Kenny Rivera	Dick Nunez and Kenny Rivera discuss depression.
2020-10-12 13:30 *	Abundant Living	Curtis & Paula Eakins	discusses a is for adoration.
2020-10-12 14:00 *	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2020-10-13 02:00 *	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2020-10-13 05:30 *	Wonderfully Made	Neil Nedley, Rise Rafferty	Neil Nedley and Rise Rafferty discuss the truth will set you free pt.1.
2020-10-13 06:00 *	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2020-10-13 13:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2020-10-13 14:00 *	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2020-10-13 17:00 *	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-10-14 06:00 *	Body and Spirit	Michael Webb, Dick Nunez, Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2020-10-14 08:00 !	Today Cooking		discusses meals in minutes.

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2020-10-14 14:00	* Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2020-10-15 06:00	* Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2020-10-15 12:00	* Ultimate Prescription	Dr. James Marcum	discusses diagnosing a weak heart.
2020-10-15 14:00	* Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2020-10-16 03:00	* Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2020-10-16 06:00	* Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2020-10-16 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2020-10-16 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss processing grief.
2020-10-18 03:30	* From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-10-18 06:00	* Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2020-10-18 14:00	* Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2020-10-19 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2020-10-19 06:00	* Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2020-10-19 14:00	* Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.

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2020-10-20 05:30	* Wonderfully Made	Neil Nedley, Rise Rafferty	Neil Nedley and Rise Rafferty discuss the truth will set you free pt.2.
2020-10-20 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.
2020-10-20 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses not butter chicken & others.
2020-10-20 14:00	* Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2020-10-21 06:00	* Body and Spirit	Dick Nunez, Elora Ford, Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2020-10-21 08:00	! Today Cooking		discusses authentic indian cuisine part 3.
2020-10-21 12:00	! Celebrating Life in Recovery	Cheri Peters (Host), Mary Holley MD	Cheri Peters with Mary Holley, MD discuss the Meth Mindset. Part 2.
2020-10-21 14:00	* Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2020-10-22 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.
2020-10-22 12:00	* Ultimate Prescription	Dr. James Marcum	discusses exercise.
2020-10-22 14:00	* Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2020-10-23 03:00	* Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2020-10-23 06:00	* Body and Spirit	Dick Nunez (Host), Barbara Nolen, Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.

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2020-10-23 09:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2020-10-23 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2020-10-23 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss heart health. (Part 1.)
2020-10-25 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.
2020-10-25 14:00	* Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2020-10-26 01:00	! Celebrating Life in Recovery	Cheri Peters (Host), Michael Kontes	Cheri Peters and Michael Kontes discuss the trama of the loss of a child. The discussion focuses on awareness and helps.
2020-10-26 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2020-10-26 06:00	* Body and Spirit	Susan Santos, Dick Nunez, Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2020-10-26 14:00	* Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2020-10-27 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.
2020-10-27 05:30	* Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention.
2020-10-27 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.
2020-10-27 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.

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2020-10-27 14:00	* Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2020-10-28 06:00	* Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2020-10-28 13:30	* Abundant Living	Curtis & Paula Eakins	discusses meals in minutes.
2020-10-28 14:00	* Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2020-10-28 15:00	! Today Cooking		discusses incredibly delicious vegan specials part 1.
2020-10-29 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
2020-10-29 10:00	* From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2020-10-29 12:00	* Ultimate Prescription	Dr. James Marcum	discusses disease that can't be cured.
2020-10-29 14:00	* Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2020-10-30 03:00	* Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2020-10-30 06:00	* Body and Spirit	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strenght training for seniors.

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2020-11-01 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.
2020-11-01 14:00 *	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2020-11-01 14:00 *	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2020-11-02 01:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Cheri Buckner-Webb	Cheri Peters and Cheri Buckner-Webb discuss the racialism as it exists still today.
2020-11-02 05:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2020-11-02 06:00 *	Body and Spirit	Dick Nunez, Greg Morikone, Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2020-11-02 14:00 *	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2020-11-03 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.
2020-11-03 05:30 *	Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention for teens and young adults.
2020-11-03 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2020-11-03 13:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillos et al.
2020-11-03 14:00 *	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic excercises than can be done in the home.

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2020-11-03 17:00	* From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul.
2020-11-04 06:00	* Body and Spirit	Joe Carrell, Dee Hilderbrand, Dick Nunez	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2020-11-04 14:00	* Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!
2020-11-04 23:00	! Today Cooking		discusses taco explosion.
2020-11-05 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.
2020-11-05 12:00	* Ultimate Prescription	Dr. James Marcum	discusses why we are sick.
2020-11-05 14:00	* Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2020-11-06 04:30	* Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2020-11-06 06:00	* Body and Spirit	Dick Nunez, Justin Walker, Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for strength training for youth.
2020-11-06 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2020-11-06 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh provide an enlightening discussion on Cancer. (Part 3.)
2020-11-08 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.
2020-11-08 14:00	* Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.

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2020-11-09 01:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Nyse Collins	Cheri Peters and Nyse Collins discuss the healthy value of food.
2020-11-09 05:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-11-09 06:00 *	Body and Spirit	Randi Brewer, Dick Nunez, Mindy Kellum	Dick Nunez, with helpers, demonstrate beginning exercising.
2020-11-09 14:00 *	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Tyler Flower discuss working out with young folks.
2020-11-10 05:30 *	Wonderfully Made	Stephen Campbell	Stephen Campbell discusses Crisis Intervention for older adults.
2020-11-10 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2020-11-10 13:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2020-11-10 14:00 *	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2020-11-11 06:00 *	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.
2020-11-11 08:00 !	Today Cooking		discusses tobago cuisine.
2020-11-11 13:00 *	Issues and Answers	J. D. Quinn (Host), Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2020-11-11 13:30 *	Abundant Living	Curtis & Paula Eakins	discusses drugs dark side.
2020-11-12 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.

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2020-11-12 10:00 *	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2020-11-12 14:00 *	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2020-11-13 04:30 *	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2020-11-13 06:00 *	Body and Spirit	Dick Nunez, Scott Tanner, Miles Scruggs	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2020-11-13 09:00 *	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2020-11-13 09:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2020-11-13 10:00 *	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh provide an enlightening discussion on Gerd and what can be done for it.
2020-11-15 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 fast food.
2020-11-15 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2020-11-15 14:00 *	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.

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2020-11-16 01:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Shannon Ethridge	Cheri Peters and Shannon Ethridge discuss the health and emotional value of sexual purity.
2020-11-16 05:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2020-11-16 06:00 *	Body and Spirit	Ethel Carlsson, Elora Ford, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2020-11-16 13:30 *	Abundant Living	Curtis & Paula Eakins	discusses h for herbal medicine.
2020-11-16 14:00 *	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2020-11-17 05:30 *	Wonderfully Made	Don Morgan	Don Morgan explains the importance of physical activity for those with diabetes.
2020-11-17 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2020-11-17 13:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2020-11-17 14:00 *	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2020-11-18 06:00 *	Body and Spirit	Dick Nunez (Host), Michael Webb, Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2020-11-18 13:00 *	Issues and Answers	J. D. Quinn (Host), Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and happiness.
2020-11-18 13:30 *	Abundant Living	Curtis & Paula Eakins	discusses e for eating.
2020-11-18 14:00 *	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.

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2020-11-18 23:00	! Today Cooking		discusses breakfast made simple.
2020-11-19 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.
2020-11-19 12:00	* Ultimate Prescription	Dr. James Marcum	discusses light.
2020-11-19 14:00	* Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2020-11-20 04:30	* Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2020-11-20 06:00	* Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
2020-11-20 09:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2020-11-20 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai green curry lentils et al.
2020-11-20 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss the frontal lobe of the brain.
2020-11-22 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.
2020-11-22 14:00	* Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2020-11-23 01:00	! Celebrating Life in Recovery	Cheri Peters (Host), Jack Bridges, Gramdma Wilma	Cheri Peters and Grandma Wilma bring out to the open the real-life trama of using Meth.

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2020-11-23 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2020-11-23 06:00	* Body and Spirit	Tammy Larson, Dick Nunez, Patricia Juarez	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
2020-11-23 14:00	* Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2020-11-24 05:30	* Wonderfully Made	Don Morgan	Don Morgan explains the importance of physical activity for those dealing with cancer.
2020-11-24 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.
2020-11-24 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2020-11-24 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.
2020-11-24 17:00	* From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2020-11-25 06:00	* Body and Spirit	Michael Webb, Miles Scruggs, Dick Nunez	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2020-11-25 13:00	* Issues and Answers	J. D. Quinn (Host), Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2020-11-25 13:30	* Abundant Living	Curtis & Paula Eakins	discusses I for liquids.
2020-11-25 14:00	* Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benenefits of pool exercise.
2020-11-25 15:00	! Today Cooking		discusses thanksgiving special.

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Date and Time	Program	Talent	Description
2020-11-27 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.
2020-11-27 06:00	* Body and Spirit	Nicole Garcia, Dick Nunez	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.
2020-11-27 09:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2020-11-27 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2020-11-27 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss protein in the diet.
2020-11-29 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2020-11-29 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.
2020-11-30 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2020-11-30 06:00	* Body and Spirit	Dick Nunez, Tony Hall, John Dinzey	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises for Baby Boomers.
2020-11-30 13:30	* Abundant Living	Curtis & Paula Eakins	discusses healthy heart cooking.
2020-11-30 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.
2020-12-01 02:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.

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Date and Time	Program	Talent	Description
2020-12-01 05:30	* Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss the heart and heart attacks.
2020-12-01 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2020-12-01 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2020-12-01 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.
2020-12-02 06:00	* Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2020-12-02 13:00	* Issues and Answers	J. D. Quinn (Host), Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2020-12-02 13:30	* Abundant Living	Curtis & Paula Eakins	discusses e for exercise.
2020-12-02 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.
2020-12-03 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2020-12-03 11:30	* From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2020-12-03 12:00	* Ultimate Prescription	Dr. James Marcum	discusses movement part 2.
2020-12-04 04:30	* Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.

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Date and Time	Program	Talent	Description
2020-12-04 06:00	* Body and Spirit	Dick Nunez, Greg Morikone, Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
2020-12-04 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2020-12-04 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh discuss vegetarian concerns.
2020-12-06 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.
2020-12-06 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2020-12-06 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.
2020-12-07 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2020-12-07 06:00	* Body and Spirit	Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help counter-act stress.
2020-12-07 13:30	* Abundant Living	Curtis & Paula Eakins	discusses r for rest.
2020-12-07 14:00	* Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2020-12-08 05:30	* Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss winning the cardiovascular war.

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Date and Time	Program	Talent	Description
2020-12-08 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2020-12-08 13:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2020-12-08 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.
2020-12-09 06:00 *	Body and Spirit	Elora Ford, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with osteoporosis.
2020-12-09 12:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Get a Grip (on real life).
2020-12-09 14:00 *	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2020-12-09 20:00 !	Today Cooking		discusses christmas brunch.
2020-12-10 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2020-12-10 12:00 *	Ultimate Prescription	Dr. James Marcum	discusses water.
2020-12-10 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.
2020-12-11 04:30 *	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2020-12-11 06:00 *	Body and Spirit	Michael Webb, Dick Nunez, David Weston	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.

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Date and Time	Program	Talent	Description
2020-12-11 09:00	* Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2020-12-11 09:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2020-12-11 10:00	* Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Don Mackintosh and Neil Nedley discuss sweet tooth.
2020-12-13 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2020-12-13 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.
2020-12-14 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2020-12-14 06:00	* Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
2020-12-14 13:30	* Abundant Living	Curtis & Paula Eakins	discusses s for sunlight.
2020-12-14 14:00	* Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2020-12-15 05:30	* Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller give insights on hospice care.
2020-12-15 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2020-12-15 13:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-12-15 14:00	* Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.

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2020-12-15 17:00	* 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 barbecuing.
2020-12-16 06:00	* Body and Spirit	Dick Nunez, Ted Arview	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
2020-12-16 12:00	! Celebrating Life in Recovery	Cheri Peters (Host), Dr. Douglas Weiss	Cheri Peters and Dr. Douglas Weiss discuss real-life situations in a segment titled Ten-minute marriage.
2020-12-16 13:30	* Abundant Living	Curtis & Paula Eakins	discusses tools for transformation.
2020-12-16 14:00	* Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2020-12-16 23:00	! Today Cooking		discusses holidays made simple.
2020-12-17 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2020-12-17 12:00	* Ultimate Prescription	Dr. James Marcum	discusses nutrition for diabetes.
2020-12-17 14:00	* Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-12-18 04:30	* Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2020-12-18 06:00	* Body and Spirit	Randi Brewer, Dick Nunez, John Leaman	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2020-12-18 09:00	* Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.

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2020-12-18 09:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2020-12-18 10:00 *	Health for a Lifetime	Don Mackintosh (Host), Neil Nedley	Dr. Neil Nedley and Don Mackintosh review present Health Updates.
2020-12-20 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2020-12-20 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.
2020-12-21 01:00 !	Celebrating Life in Recovery	Cheri Peters (Host), Harmony Dust and Ashley Dodson	Cheri Peters, Harmony Dist and Ashley Dodson discuss self-esteem in real-life situations in a segment titled I am a treasure.
2020-12-21 05:30 *	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2020-12-21 06:00 *	Body and Spirit	Dave Stevenson, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2020-12-21 13:30 *	Abundant Living	Curtis & Paula Eakins	discusses the one bowl meal.
2020-12-21 14:00 *	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2020-12-22 05:30 *	Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss caring for the terminally ill.
2020-12-22 06:00 *	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2020-12-22 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.

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Date and Time	Program	Talent	Description
2020-12-22 17:00	* From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2020-12-23 06:00	* Body and Spirit	Greg Morikone, John Leaman, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
2020-12-23 08:00	! Today Cooking		discusses heidiâ's health kitchen holiday favorites.
2020-12-23 13:30	* Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2020-12-23 14:00	* Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2020-12-24 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2020-12-24 12:00	* Ultimate Prescription	Dr. James Marcum	discusses nutrition for cardiovascular health.
2020-12-25 04:30	* Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2020-12-27 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2020-12-27 14:00	* Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2020-12-28 01:00	! Celebrating Life in Recovery	Cheri Peters (Host), Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2020-12-28 05:30	* Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2020-12-28 06:00	* Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez and helpers demonstrate more exercises for flexibility.

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Date and Time	Program	Talent	Description
2020-12-28 13:30	* Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2020-12-28 14:00	* Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2020-12-29 05:30	* Wonderfully Made	James Marcum & Danny Miller	Jim Marcum and Danny Miller discuss integrative medicine.
2020-12-29 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2020-12-29 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.
2020-12-29 17:00	* From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2020-12-30 06:00	* Body and Spirit	Dick Nunez, Susan Santos, Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.
2020-12-30 13:30	* Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2020-12-30 14:00	* Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2020-12-30 20:00	! Today Cooking		discusses recipes for special occasions.
2020-12-31 06:00	* Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2020-12-31 12:00	* Ultimate Prescription	Dr. James Marcum	discusses brain health (part 1).