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Date and Time	Program	Talent	Description
2015-10-01 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hultz , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-10-01 04:30*	Issues and Answers	Shelley Quinn *, Jim Ayer	Shelley Quinn and Jim Ayer discuss how to overcome the adversary.
2015-10-01 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.
2015-10-01 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-01 10:00*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2015-10-01 11:00!	Celebrating Life in Recovery	Cheri Peters *, Cheryl McGuinnes	Cheri Peters and Cheryl McGuinne discuss recovery from addiction in a series titled Beauty Beyond the Ashes.
2015-10-01 12:00*	Ultimate Prescription	Charles Mills & James Marcum	Charles Mills and James Marcum discuss health on solid ground.
2015-10-01 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor discuss how to freely eat and feel better.
2015-10-01 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2015-10-02 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrate exercise routines for circuit training.
2015-10-02 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss food for thought.
2015-10-02 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2015-10-04 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss helps for back pain releif.
2015-10-04 06:00*	Body and Spirit Aerobics	•	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2015-10-04 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2015-10-05 01:00!	Celebrating Life in Recovery	Cheri Peters *, Lemuel Vega	Cheri Peters and Lemuel Vega discuss Life Beyond the Bars.
2015-10-05 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2015-10-05 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of sunshine as well as demonstrates exercise routines for health.
2015-10-05 07:30*	Ultimate Prescription	Charles Mills , James Marcum	James Marcum discusses a new song to sing.
2015-10-05 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2015-10-05 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.

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2015-10-05 19:00! Celebrating Life in Recovery Vega Beyond the Bars. 2015-10-06 06:00* Body and Spirit Aerobics Andrew Hard , Dick Nunez , Dick Nunez and helpers discuss and demonstrate choosing the right workout.	
2015-10-06 06:00* Body and Spirit Aerobics Andrew Hard , Dick Nunez , Dick Nunez and helpers discuss and demonstrate choosing the right workout.	a .
Rick Nunez demonstrate choosing the right workout.	o t
	.
2015-10-06 10:00* Help Yourself to Health Agatha Thrash, Don Miller, Dr. Agatha Thrash with Don Miller and W	-
Wynn Horsely Horsely discuss helps for back pain releif	
2015-10-06 13:30* Let's Cook Together Jill Morikone *, JoAnn Jill Morikone and JoAnn Rachor show an	
Rachor discussthe basics of cooking in a slow	W
cooker	
2015-10-06 14:00* Body and Spirit (New) Lyndi Schwartz M.D. *, Andi Lyndi Schwartz M.D., Andi Hunsaker M.D.	
Hunsaker M.D., Lauren and Lauren Rittenhouse show areobic	
Rittenhouse excercises than can be done in the home	
2015-10-07 01:30* Ultimate Prescription Charles Mills , James James Marcum discusses a new song to	ig to
Marcum sing.	00 ;f=
2015-10-07 02:00! Celebrating Life in Cheri Peters *, Lemuel Cheri Peters and Lemuel Vega discuss L	SS LITE
Recovery Vega Beyond the Bars. 2015-10-07 06:00* Body and Spirit Dick Nunez Dick Nunez discusses the digestion as w	e woll
as demonstrates exercise routines for	
digestive health.	'1
2015-10-07 13:00* Issues and Answers Shelley Quinn *, Cynthia Shelly Quinn with Cynthia Powell-Hicks	ke
Powell-Hicks discuss Depression and its Effects.	iko
2015-10-07 13:30* Abundant Living Paula & Curtis Eakin Paula and Curtis Eakin discuss brunch id	ch ideas
2015-10-07 14:00* Action 4 Life Casio Jones *, Rena Lee Casio Jones and Rena Lee discuss excit	
workout with an exercise ball & a dumbbe	•
2015-10-08 03:00! Up Close Shelley Quinn *, 01. Sandy Dr. Neil Nedley offers serious and helpful	lpful
Williams, 02. Neil Nedley ideas about dealing with depression.	
MD , 03. Colleen Harrell	
2015-10-08 04:30* Issues and Answers Shelley Quinn *, Cynthia Shelly Quinn with Cynthia Powell-Hicks	ks
Powell-Hicks discuss Depression and its Effects.	
2015-10-08 06:00* Body and Spirit Aerobics Dick Nunez , Fred Garber , Dick Nunez and helpers demonstrate sim	
Matthew Hard home exercises to reduce neck pain.	
2015-10-08 09:00! Stop-Smoking Clinic Dr. Arthur Weaver Dr. Arthur Weaver discusses stop smoking	noking
clinic.	•
2015-10-08 10:00* Wonderfully Made Allan Handysides , Stoy Allan Handysides and Stoy Proctor discuss	iscuss
Proctor coping with Arthritis.	00 l !fc
2015-10-08 11:00! Celebrating Life in Cheri Peters *, Lemuel Cheri Peters and Lemuel Vega discuss L	SS LITE
Recovery Vega Beyond the Bars. 2015-10-08 12:00* Ultimate Prescription Charles Mills, James James Marcum discusses a new song to	a to
2015-10-08 12:00* Ultimate Prescription Charles Mills , James James Marcum discusses a new song to Marcum sing.	ıy ıo
2015-10-08 13:30* Let's Cook Together Jill Morikone *, JoAnn Jill Morikone and JoAnn Rachor show ho	v how t
Rachor do fast cooking in a slow cooker.	V HOW L
2015-10-08 14:00* Body and Spirit (New) Andi Hunsaker M.D. *, Andi Hunsaker M.D., Lauren Rittenhouse	nuse an
Lauren Rittenhouse, Lyndi Lyndi Schwartz discuss the joy of	Jaco an
Schwartz excercising.	
2015-10-09 06:00* Body and Spirit Dick Nunez Dick Nunez discusses the air you breather	athe as
well as demonstrates exercise routines for	
health.	
2015-10-09 10:00* Health for a Lifetime Don Mackintosh *, Vicki Don Mackintosh and Vicki Griffin discuss	cuss
Griffin brain on a binge.	

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Date and Time	Program	Talent	Description
2015-10-09 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2015-10-11 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2015-10-11 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2015-10-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2015-10-12 01:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-12 05:30*	Wonderfully Made	Allan Handysides , Stoy Proctor	Allan Handysides and Stoy Proctor discuss coping with Arthritis.
2015-10-12 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins , Omar Moquera	Dick Nunez with Omar Moquera and Jonathan Hopkins demonstrate exercise routines to help with hip pain.
2015-10-12 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2015-10-12 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-10-12 14:00*	Action 4 Life	Casio Jones *, Monica Flower	Casio Jones and Monica Flower discuss focus on the midsection.
2015-10-12 19:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-13 06:00*	-	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2015-10-13 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2015-10-13 11:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-10-13 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making lunch.
2015-10-13 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2015-10-14 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss you've got rhythm.
2015-10-14 02:00!	Celebrating Life in Recovery	Cheri Peters *, The Otto Family	Cheri Peters and the Otto family discuss the identity epidemic.
2015-10-14 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathan Hopkins	Dick Nunez with Alex Hinez and Jonathan Hopkins demonstrate exercise routines for the lower body.
2015-10-14 13:00*	Issues and Answers	Shelley Quinn *, Cynthia Powell-Hicks	Shelly Quinn with Cynthia Powell-Hicks discuss Depression and Treatment Modalities.
2015-10-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.

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Date and Time	Program	Talent	Description
2015-10-14 14:00*	Action 4 Life	Casio Jones *, Monica	Casio Jones and Monica Flowers discuss
		Flowers	who doesn't like to stretch?.
2015-10-15 03:00!	Up Close	Kay Kuzma *, 01. Donna	Donna Teat discusses issues of teenage
	•	Teat , 02. Cassandra	pregancy.
		Thomson	
2015-10-15 04:30*	Issues and Answers	Shelley Quinn *, Cynthia	Shelly Quinn with Cynthia Powell-Hicks
		Powell-Hicks	discuss Depression and Treatment
			Modalities.
2015-10-15 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber,	Dick Nunez and helpers shows simple home
		Matthew Hard	exercises and discusses the subject of fats.
2015-10-15 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
			clinic.
2015-10-15 10:00*	Wonderfully Made	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Proctor	diseases and problems of the womb in a
			series titled When Good Wombs Go Bad.
2015-10-15 11:00!	Celebrating Life in	Cheri Peters *, The Otto	Cheri Peters and the Otto family discuss the
	Recovery	Family	identity epidemic.
2015-10-15 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	you've got rhythm.
2015-10-15 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and
			show making appetizers and dinner.
2015-10-15 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail	Jeanie Weaver, Abigail Czeizinger, Tim
		Czeizinger , Tim Tiernan	Tiernan show exercises to help Strengthen
			your back.
2015-10-16 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez with Alex Hinez and Jonathan
		Jonathan Hopkins	Hopkins demonstrate exercise routines to
			help with diabetes.
2015-10-16 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki	Don Mackintosh and Vicki Griffin discuss
		Griffin	your fabulous, forgotten friend fiber.
2015-10-16 14:00*	Action 4 Life	Casio Jones *, Tyler Flower	
			working out with young folks.
2015-10-18 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller ,	
2215 12 12 22 22	D	Wynn Horsely	skeletal problems. (Pt. 2)
2015-10-18 06:00*	Body and Spirit Aerobics		Dick Nunez with Brittany Nunez and Jane
		Nunez , Dick Nunez	Baker demonstrate exercise routines
0015 10 10 11 00+	Deal and Octob (No.)		especially for Women.
2015-10-18 14:00°	Body and Spirit (New)	Jeanie Weaver *, Abigail	Jeanie Weaver, Abigail Czeizinger, Frances
		Czeizinger , Frances Clark	Clark show exercises to help aching
0015 10 10 01:001	Calabration Life in	Chari Datara * Dan	shoulders.
2015-10-19 01:00!	<u> </u>	Cheri Peters *, Ron	Cheri Peters and Ron Woolsey discuss
2015 10 10 05:20*	Recovery	Woolsey	overcoming sin.
2015-10-19 05:30*	Wonderfully Made	Allan Handysides , Stoy	Allan Handysides and Stoy Proctor discuss
		Proctor	diseases and problems of the womb in a
0015 10 10 00:00*	Pady and Chirit	Dick Nuncz * Janathan	series titled When Good Wombs Go Bad.
2015-10-19 06:00*	Body and Spirit	Dick Nunez *, Jonathan	Dick Nunez with Omar Mosquera and
		Hopkins , Omar Mosquera	Jonathan Hopkins demonstrate exercise
2015-10 10 07:20*	Illtimate Proporiation	James Marcum & Charles	routines to help with migrane headaches. James Marcum and Charles Mills discuss
2010-10-19 07.30	Ultimate Prescription		someone to love.
		Mills	Someone to love.

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Date and Time	Program	Talent	Description
2015-10-19 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2015-10-19 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2015-10-19 19:00!	•	Thompson Cundiff Cheri Peters *, Ron	Cheri Peters and Ron Woolsey discuss
2015-10-20 06:00*	Recovery Body and Spirit Aerobics	Woolsey Becky Garber , Brittany Nunez , Dick Nunez	overcoming sin. Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Janethan Hapking.
2015-10-20 10:00*	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	and Jonathon Hopkins Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 2)
2015-10-20 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2015-10-20 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2015-10-21 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2015-10-21 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-21 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines.
2015-10-21 13:00*	Issues and Answers	Karen Thomas *, Walter Turner	Karen Thomas and Walter Turner discuss every child's chance.
2015-10-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2015-10-21 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2015-10-22 03:00!	Up Close	01. Kay Rizzo , 02. Alexandra Vance , Shelley Quinn	Kay Rizzo offers a special disscussion for the distressed. Is suicide really a way out?
2015-10-22 04:30*	Issues and Answers	Karen Thomas *, Walter Turner	Karen Thomas and Walter Turner discuss every child's chance.
2015-10-22 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2015-10-22 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-22 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions of leading a physically active lifestyle.
2015-10-22 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ron Woolsey	Cheri Peters and Ron Woolsey discuss overcoming sin.
2015-10-22 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss someone to love.
2015-10-22 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.

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Date and Time	Program	Talent	Description
2015-10-22 14:00*	Body and Spirit (New)		Jeanie Weaver, LaDonna Terrill, and Tim
		Terrill , Tim Tiernan	Tiernan show how to do strenght training exercises.
2015-10-23 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez show exercise techniques for
	, ,	Jonathon Hopkins	training with a partner.
2015-10-23 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki	Don Mackintosh and Vicki Griffin discuss
2015-10-23 14:00*	Action 4 Life	Griffin Casio Jones *, Izhar	journey to victory. Casio Jones and Curtis Eakins discuss
2010 10 20 11.00	7 totion 1 Lino	Buendia	nutrition, health, and exercise.
2015-10-23 17:00*	NEWSTART Now	Ron Giannoni *, Alan &	Ron Giannoni, Alan, and Priscilla Brown
2015-10-25 03:00*	NEWSTART Now	Priscilla Brown Ron Giannoni *, Alan &	discuss Diabetes and Chronic Obesity. Ron Giannoni, Alan, and Priscilla Brown
2015-10-25 05.00	NEWSTART NOW	Priscilla Brown	discuss Diabetes and Chronic Obesity.
2015-10-25 03:30*	Help Yourself to Health	Agatha Thrash , Don Miller ,	Dr. Agatha Thrash with Don Miller discuss
0045 40 05 00 00*	Dark and Oakh Anadaka	Wynn Horsely	diabetes.
2015-10-25 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the
		Tiopiano ana Filonara Holoon	vision impaired.
2015-10-25 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa	Jeanie Weaver, Teresa Bonilla, and Tim
		Bonilla , Tim Tiernan	Tiernan show exercises to help control your waisline.
2015-10-26 01:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Ehm talk about the
	Recovery	Ehm	hardest part of forgivness.
2015-10-26 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the health dimensions
2015-10-26 06:00*	Pady and Spirit	Diek Nunez * Pritteny	of leading a physically active lifestyle. Dick Nunez with Omar Mosquera and
2015-10-20 00.00	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Brittany Nunez demonstrate exercise routines
		·	to help with depression.
2015-10-26 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
2015-10-26 13:30*	Abundant Living	Mills Paula & Curtis Eakin	healing rest. Paula and Curtis Eakin discuss the master
			gland - part 2.
2015-10-26 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones with Trent Chance discuss and
2015-10-26 19:00!	Celebrating Life in	Chance Cheri Peters *, Michael	demonstrate exercises for body repair. Cheri Peters and Michael Ehm talk about the
2010 10 20 10.00:	Recovery	Ehm	hardest part of forgivness.
2015-10-27 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathan Hopkins and
2015-10-27 10:00*	Help Yourself to Health	Hopkins and Megan Frasier	Megan Frasier discuss youth fitness.
2015-10-27 10.00	neip roursell to nealth	Agatha Thrash, Don Miller, Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss diabetes.
2015-10-27 11:00*	NEWSTART Now	Ron Giannoni *, Trinidad	Ron Giannoni and Trinidad Regalato discuss
0045 40 07 40 00*	Lalla Ocal Taradlara	Regalato	Diabetes and Chronic Obesity.
2015-10-27 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and show making breakfast.
2015-10-27 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim	Jeanie Weaver, Tim Tiernan, and Wendy
		Tiernan , Wendy Mitchell	Mitchell show exercises to help aching feet.
2015-10-28 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2015-10-28 02:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Ehm talk about the
	Recovery	Ehm	hardest part of forgivness.

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Date and Time	Program	Talent	Description
	'		-
2015-10-28 06:00*	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
2015-10-28 13:00*	Issues and Answers	Karen Thomas *, Moletta Robinson	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2015-10-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2015-10-28 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2015-10-29 03:00!	Up Close	Don Mackintosh *, 01. Kelly Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2015-10-29 04:30*	Issues and Answers	Karen Thomas *, Moletta Robinson	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2015-10-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2015-10-29 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-10-29 10:00*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2015-10-29 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Ehm	Cheri Peters and Michael Ehm talk about the hardest part of forgivness.
2015-10-29 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss healing rest.
2015-10-29 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and show making lunch.
2015-10-29 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2015-10-30 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2015-10-30 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven steps setting & sustaining.
2015-10-30 14:00*	Action 4 Life	Casio Jones *, Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2015-11-01 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2015-11-01 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2015-11-02 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and barriers to starting a physical activity exercise program.
2015-11-02 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
2015-11-02 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.

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Date and Time	Program	Talent	Description
2015-11-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2015-11-02 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2015-11-03 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathan Babb and
2015-11-03 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy dinner.
2015-11-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2015-11-04 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?.
2015-11-04 06:00*	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
2015-11-04 13:30* 2015-11-04 14:00*	Abundant Living Action 4 Life	Paula & Curtis Eakin Casio Jones *, Frances Clark	Paula and Curtis Eakin discuss go red. Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2015-11-05 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2015-11-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2015-11-05 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-05 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
2015-11-05 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss modern or biblical?
2015-11-05 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2015-11-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2015-11-06 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
2015-11-06 10:00*	Health for a Lifetime	Don Mackintosh *, Vicki Griffin	Don Mackintosh and Vicki Griffin discuss seven goals for designer lifestyle.
2015-11-06 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2015-11-08 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2015-11-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.

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Date and Time	Program	Talent	Description
2015-11-09 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-09 05:30*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine.
2015-11-09 06:00*	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
2015-11-09 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2015-11-09 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2015-11-09 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2015-11-09 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2015-11-10 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
2015-11-10 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2015-11-11 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the depth of deceptions.
2015-11-11 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel Vega	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2015-11-11 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
2015-11-11 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2015-11-11 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2015-11-12 03:00!	Up Close	Danny Shelton *, Kay Kuzma *, 01. Shelley Quinn , 02. Robbie D. Windham , 03. Pat Mudgett	Shelly Quinn discuss balancing work and family.
2015-11-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2015-11-12 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-12 10:00*	Wonderfully Made	Dr. Meshach Samuel	Dr. Meschach Samuel discusses the concepts of preventive medicine and Diabetes.

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Date and Time	Program	Talent	Description
2015-11-12 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bryan Myers , Buddy Williams , Lemuel	Cheri Peters, Bryan Myers, Buddy Williams, and Lemuel Vega discuss smuggling, selling
		Vega	and doing drugs in prison.
2015-11-12 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
2015-11-12 13:30*	Let's Cook Together	Mills Barbara Nolen *, Bev Cook	depth of deceptions. Barbara Nolen and Bev Cook demonstrate
	Total Cook (ogoo.		preparing raw desserts.
2015-11-12 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz , Andi Hunsaker, and Lauren
		Hunsaker, Lauren Rittenhouse	Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2015-11-13 06:00*	Body and Spirit	Dick Nunez *, Brittany	Dick Nunez with Brittany Nunez and
		Nunez , Jonathon Hopkins	Jonathon Hopkins demonstrate exercise
2015-11-13 10:00*	Health for a Lifetime	Don Mackintosh * Christina	routines to help with obesity. Don Mackintosh and Christina Salter discuss
		Salter	colon health.
2015-11-13 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate
2015-11-13 17:00*	NEWSTART Now	Ron Giannoni *, Barbara	exercising with a Trike. Ron Giannoni and Barbara Ferriester discuss
		Ferriester	Diabetes and Chronic Obesity.
2015-11-15 03:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss Diabetes and Chronic Obesity.
2015-11-15 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier demonstrate exercise routines
2015-11-15 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	for strength training. Lyndi Schwartz, Andi Hunsaker, and Lauren
	, , ,	Hunsaker , Lauren	Rittenhouse perfrom abdominal muscle
2015-11-16 05:30*	Wonderfully Made	Rittenhouse Dr. Meshach Samuel	strengthening exercises. Dr. Meschach Samuel discusses the
2013 11 10 03.00	Wonderfully Made	Dr. Meshach Camaci	concepts of preventive medicine and
0015 11 10 00 00*	D 1 10 11		Diabetes.
2015-11-16 06:00*	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunez with Jane Baker demonstrate exercise routines to help with knee pain.
2015-11-16 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
2015-11-16 13:30*	Abundant Living	Mills Paula & Curtis Eakin	lie. Paula and Curtis Eakin discuss brunch ideas.
2015-11-16 14:00*			Casio Jones and Kevin Toms demonstrate
0045 44 47 00 00*	D 10 : ': 4 1:		exercise techniques.
2015-11-17 06:00	Body and Spirit Aerobics	and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with
			tendonitis.
2015-11-17 11:00*	NEWSTART Now	Ron Giannoni *, Barbara Ferriester	Ron Giannoni and Barbara Ferriester discuss
2015-11-17 13:30*	Let's Cook Together	Jill Morikone *, Monica	Diabetes and Chronic Obesity. Jill Morikone and Monica Cambell
	· ·	Campbell	demonstrate making breakfast with Tofu.
2015-11-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to
		Schwartz	help agility and building strenght.
2015-11-18 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	lie.

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Date and Time	Program	Talent	Description
2015-11-18 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez with Alex Hinez and Jonathon
		Jonathon Hopkins	Hopkins demonstrate 10-sec training exercises
2015-11-18 13:00*	Issues and Answers	Karen Thomas *, Richard	Karen Thomas and Richard Valenzuela
		Valenzuela	discuss search and rescue.
2015-11-18 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -
			the overview.
2015-11-18 14:00*	Action 4 Life	Casio Jones *, Larry	Casio Jones and Larry McLucas discuss the
2015-11-19 03:00!	Un Closo	McLucas Dan Mackintosh *, 01. Dr.	benefits of Chiropractic procedures. Gerard McLane discusses obesity and diet.
2013-11-19 03.00!	op close	Gerard McLain , 02. Naomi	deraid McLarie discusses obesity and diet.
		Coleman	
2015-11-19 04:30*	Issues and Answers	Karen Thomas *, Richard	Karen Thomas and Richard Valenzuela
		Valenzuela	discuss search and rescue.
2015-11-19 06:00*	Body and Spirit Aerobics		Dick Nunez with Cindy Hanson and Megan
		Hanson and Megan Frasier	Frasier demonstrate exercise routines for
2015 11 10 00:001	Stan Smaking Clinia	Dr. Arthur Weaver	help with depression.
2015-11-19 09.00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-11-19 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping
		ga	toward stepping into health.
2015-11-19 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	lie.
2015-11-19 13:30*	Let's Cook Together	Jill Morikone *, Monica	Jill Morikone and Monica Cambell
0015 11 10 14:00*	Dody and Chirit (Navy)	Campbell	demonstrate preparing vegetable entrees.
2015-11-19 14.00	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening
		Rittenhouse	exercises.
2015-11-20 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez with Alex Hinex and Brittany
		Brittany Nunez	Nunez demonstrate exercise routines for
			lower back training.
2015-11-20 10:00*	Health for a Lifetime		Don Mackintosh and Christina Salter discuss
2015-11-20 14:00*	Action 4 Life	Salter	breast health.
2015-11-20 14.00	Action 4 Life	Casio Jones , Idalia Dirizey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese
			diet.
2015-11-22 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Jonathan
		Hanson and Jonathan Babb	· · · · · · · · · · · · · · · · · · ·
			demonstrate exercise routines for health.
2015-11-22 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hnusaker with Lauren Rittehnouse and
		Rittenhouse , Lyndi Schwartz	Lyndi Schwartz discuss benefits of stepping exercises.
2015-11-23 01:00!	Celebrating Life in	Cheri Peters *, Dannielle	Cheri Peters and Dannielle Synot discuss
_0.0 .1 _0 01.00:	Recovery	Synot	every heart's cry.
2015-11-23 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about walking and stepping
	-	-	toward stepping into health.
2015-11-23 06:00*	Body and Spirit	Dick Nunez *, Jane Baker ,	Dick Nunez with Omar Mosquera and
		Omar Mosquera	Brittany Nunez demonstrate exercise routines
			for health.

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Date and Time	Program	Talent	Description
2015-11-23 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	path of truth.
2015-11-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -
0045 44 00 44 00*	A -1' A 1 'C -	Ossis Issas * Bass Balan	the causes.
2015-11-23 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the
0045 44 00 40-001	Onlaboration Life in	Obasi Batawa * Bassialla	benefits of running exercises.
2015-11-23 19:00!	•	Cheri Peters *, Dannielle	Cheri Peters and Dannielle Synot discuss
2015-11-24 06:00*	Recovery Body and Spirit Aerobics	Synot Dick Nuncz * Janathan	every heart's cry. Dick Nunez with Jonathon Hopkins and
2015-11-24 06.00	body and Spirit Aerobics		Richard Nelson disscuss the subject of
		Tiopkins and Hichard Neison	colesterol and demonstrate exercise routines
			for health.
2015-11-24 13:30*	Let's Cook Together	Jill Morikone *, Monica	Jill Morikone and Monica Cambell show how
_3.0 20.00		Campbell	to put on a pizza party.
2015-11-24 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Ron Giannoni with Dr. Richard Lukens and
	, , , ,	Hunsaker , Lauren	Joe Westbury disscuss the pitfalls of the
		Rittenhouse	American Lifestyle on health.
2015-11-25 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss the
		Mills	path of truth.
2015-11-25 02:00!	_	Cheri Peters *, Dannielle	Cheri Peters and Dannielle Synot discuss
	Recovery	Synot	every heart's cry.
2015-11-25 06:00*	Body and Spirit	Dick Nunez *, Brittany	Training for Young People is the topic talked
		Nunez , Jonathon Hopkins	about by Dick Nunez. Appropriate and safe
			exercises are demonstrated by Dick with
0015 11 05 10 00*		K TI + BILL	helpers Brittany Nunez and Jonathon
2015-11-25 13:00*	Issues and Answers	Karen Thomas *, Richard Valenzuela	Karen Thomas and Richard Valenzuela
2015-11-25 13:30*	Abundant Living	Paula & Curtis Eakin	discuss breaking down barriers. Paula and Curtis Eakin discuss alzheimers -
2013-11-23 13.30	Abundant Living	I adia & Curtis Lakiii	the treatment.
2015-11-25 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	
	7.00.0	, 20.4 24,.00	choosing the right bicycycle.
2015-11-26 03:00!	Up Close	Don Mackintosh *, 01. Marti	Marti Jones with guests discuss recovering
	•	Jones , 02. Jan Morris	from the pain of divorce.
2015-11-26 04:30*	Issues and Answers	Karen Thomas *, Richard	Karen Thomas and Richard Valenzuela
3.2 1. 20 030		Valenzuela	discuss breaking down barriers.
2015-11-27 06:00*	Body and Spirit	Dick Nunez *, Brittany	Dick Nunez with Brittany Nunez and Jane
	, ,	Nunez , Jane Baker	Baker demonstrate exercise routines
			especially for Women.
2015-11-27 10:00*	Health for a Lifetime	Don Mackintosh *, Christina	Don Mackintosh and Christina Salter discuss
		Salter	gynecological.
2015-11-27 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	
	NEWOTABET	D 01 1 2 7 1 1 1	option of a fitness center workout.
2015-11-27 17:00*	NEWSTARTNow	Ron Giannoni *, Trinidad	Ron Giannoni and Trinidad Regalato discuss
0045 44 00 00:00*	NICMOTA DT Na	Regalato	Diabetes and Chronic Obesity.
2015-11-29 03:00*	INEANOTAKT INOM	Ron Giannoni *, Trinidad	Ron Giannoni and Trinidad Regalato discuss
2015-11-20 06:00*	Body and Spirit Aerobics	Regalato Dick Nunez * Jonathon	Diabetes and Chronic Obesity. Dick Nunez with Jonathon Hopkins and Cindy
2010 11-20 00.00	Body and opini Actobios	Hopkins and Cindy Hanson	Hanson disscuss the subject of protein and
		Hopkino and Omay Hanson	demonstrate exercise routines for health.
			Same and Charles Tourist of Houlett

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Date and Time	Program	Talent	Description
2015-11-29 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance
2015-11-30 01:00!		Cheri Peters *, Joanie	and strength. Cheri Peters and Joanie McCulloch discuss
2015-11-30 05:30*	Recovery Wonderfully Made	McCulloch Don Morgan	coming out of hiding. Don Morgan talks about physical activity and
2015-11-30 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez , Jane Baker	how it affects adult obesity and health. Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker
2015-11-30 07:30*	Ultimate Prescription	James Marcum & Charles	and Jonathon Hopkins James Marcum and Charles Mills discuss the
2015-11-30 13:30*	Abundant Living	Mills Paula & Curtis Eakin	heart of health. Paula and Curtis Eakin discuss the master gland - part 1.
2015-11-30 14:00*		Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2015-11-30 19:00!	Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-12-01 06:00*		Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2015-12-01 11:00*		Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 1)
2015-12-01 14:00*	• • • • • • • • • • • • • • • • • • • •	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz James Marcum & Charles	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. James Marcum and Charles Mills discuss the
2015-12-02 01:30	Ultimate Prescription Celebrating Life in	Mills Cheri Peters *, Joanie	heart of health. Cheri Peters and Joanie McCulloch discuss
2015-12-02 02:00:	Recovery Body and Spirit	McCulloch Dick Nunez *, Jane Baker ,	coming out of hiding. Dick Nunez show exercises for body toning.
2013 12 02 00.00	Body and Opini	Jonathon Hopkins	Dick is assisted by Jane Baker and Jonathon Hopking.
2015-12-02 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2015-12-02 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss
2015-12-03 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2015-12-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2015-12-03 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-03 10:00*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and how it affects obesity in children and their health.
2015-12-03 11:00!	Celebrating Life in Recovery	Cheri Peters *, Joanie McCulloch	Cheri Peters and Joanie McCulloch discuss coming out of hiding.
2015-12-03 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss the heart of health.

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Date and Time	Program	Talent	Description
2015-12-03 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
		Burton	demonstrate holiday recipes. (Part 2)
2015-12-03 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy	Andi Hunsaker, Nancy Diaz, and Tami Bivens
		Diaz , Tami Bivens	discuss balance ball / abdominal workout.
2015-12-04 06:00*	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez, Jonathon Hopkins and Omar
		Hopkins , Omar Mosquera	Mosquera show exercise routines for
			shoulder training.
2015-12-04 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss
0045 40 04 44.00*	A - 1: A : f -	Ossis James * Karia Tam	neurologic disorder.
2015-12-04 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise
2015-12-06 06:00*	Pady and Chirit Aarabiaa	Dick Nuncz * Magan	by cycling.
2013-12-06 06.00	Body and Spirit Aerobics	Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2015-12-06 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Tami
2010 12-00 14.00	body and opini (New)	Schwartz , Tami Bivens	Bivens discuss walk for life.
2015-12-07 01:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
_0.0 12 07 01.007	Recovery	Carducci Jr.	discuss choices.
2015-12-07 05:30*	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and
	·	-	how it affects obesity in children and their
			health.
2015-12-07 06:00*	Body and Spirit	Dick Nunez *, Alex Hinez ,	Dick Nunez, Jonathon Hopkins and Omar
		Jonathon Hopkins	Mosquera demonstrate healthful body
			exercises.
2015-12-07 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
0015 10 07 10 00*	A1 1 1111	Mills	when the heart attacks.
2015-12-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2015-12-07 14:00*	Action 4 Life	Casio Jones *, Galen	Casio Jones with Galen Comstock discuss
		Comstock	the effects of sugar on the body.
2015-12-07 19:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
2015-12-08 06:00*	Recovery Body and Spirit Aerobics	Carducci Jr.	discuss choices. Dick Nunez with Megan Fraiser and Cindy
2015-12-06 00.00	body and Spirit Aerobics	Frasier and Cindy Hanson	Hanson discuss migraine headaches and
		Tasici and only Hanson	demonstrate exercises routines to help with
			migraines.
2015-12-08 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton cook up
	Ŭ	Burton	some soup and fixin's.
2015-12-08 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Tami
		Schwartz , Tami Bivens	Bivens discuss strengthening with bands.
2015-12-09 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	when the heart attacks.
2015-12-09 02:00!		Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
0015 10 00 00 00	Recovery	Carducci Jr.	discuss choices.
2015-12-09 06:00*	Body and Spirit	Dick Nunez *, Jonathon	Dick Nunez, Jonathon Hopkins and Brittany
		Hopkins & Brittany Nunez	Nunez show body exercises and explain how
0015 10 00 10:00*	Abundant Living	Davida Comita Caldia	they work.
2015-12-09 13:30*	Abundani Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in
2015-12-09 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	wonderland. Casio Jones with Sarah Behn talk about
2010 12 00 14.00	AUDIT T LITE	Casio dones , Caran Delli	Juice and health.
			Juice and nealth.

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Date and Time	Program	Talent	Description
2015-12-10 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-12-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2015-12-10 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-10 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2015-12-10 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-12-10 12:00*	•	James Marcum & Charles Mills	James Marcum and Charles Mills discuss when the heart attacks.
2015-12-10 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
2015-12-10 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2015-12-11 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	
2015-12-11 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss
2015-12-11 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2015-12-11 17:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-13 03:00*	NEWSTART Now	Ron Giannoni *, Trinidad Regalato	Ron Giannoni and Trinidad Regalato discuss Diabetes and Chronic Obesity.
2015-12-13 06:00*	Body and Spirit Aerobics	_	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2015-12-13 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-12-14 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-12-14 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a discussion with James Marcum focused on Could I Have a Heart Attack?
2015-12-14 06:00*	Body and Spirit	Dick Nunez *, Johnathon Hopkins & Leif Sjoren	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2015-12-14 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss heart out of syne.
2015-12-14 13:30* 2015-12-14 14:00*		Paula & Curtis Eakin Casio Jones *, Galen Comstock	Paula and Curtis Eakin discuss go red. Casio Jones and Galen Comstock discuss Florida hospital wellness center.

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Date and Time	Program	Talent	Description
2015-12-14 19:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
0045 40 45 00:00*	Recovery	Diels Numer * Diels and	exercise.
2015-12-15 06:00*	Body and Spirit Aerobics		Dick Nunez with Richard Nelson and Cindy
		Nelson and Cindy Hanson	Hanson discusses motivation and demonstrates fitness exercises.
2015-12-15 11:00*	NEWSTART Now	Ron Giannoni *, Trinidad	Ron Giannoni and Trinidad Regalato discuss
2010 12 10 11.00	INCAACLUITI INOM	Regalato	Diabetes and Chronic Obesity.
2015-12-15 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
	· · - 9 - · · · ·	Burton	demonstrate preparing a quick dinner.
2015-12-15 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy	Lyndi Schwartz, Nancy Diaz, and Tami
		Diaz , Tami Bivens	Bivens discuss the core of the matter.
2015-12-16 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
0045 40 40 00 00	Outstand Life 1	Mills	heart out of syne.
2015-12-16 02:00!	<u> </u>	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
2015-12-16 06:00*	Recovery Body and Spirit	Dick Nunoz * Kulo Cabbart	exercise. Dick Nunez with helpers Kyle Gabbert and
2010-12-10 00.00	Dody and Spirit	& Jonathon Hopkins	Jonathon Hopkins show a high-Intensity
		a sonamon riophins	workout for those who are ready.
2015-12-16 13:00*	Issues and Answers	Karen Thomas *, Reginald	Karen Thomas, Reginald, and Emily Clark
		& Emily Clark	discuss wisdom and wealth.
2015-12-16 13:30*	· ·	Paula & Curtis Eakin	Paula and Curtis Eakin discuss pms relief.
2015-12-16 14:00*	Action 4 Life	Casio Jones *, Nadezda	Casio Jones with Nadezda Stortz
		Stotz	demonstrate and discuss Pilates exercises.
2015-12-17 02:001	Un Closo	Don Mackintoch * 01 Marti	(Part 2.)
2015-12-17 03:00!	oh Giose	Jones , 02. Mike McKinnon ,	Marti Jones talks about dealing with death.
		03. Debbie Edgerton	
2015-12-17 04:30*	Issues and Answers	Karen Thomas *, Reginald	Karen Thomas, Reginald, and Emily Clark
		& Emily Clark	discuss wisdom and wealth.
2015-12-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier discusses attitude and
0045 40 45 00 00	0. 0 1. 0	D 4 11 14/	demonstrates fitness exercises.
2015-12-17 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2015-12-17 10:00*	Wondorfully Mada	Shallov Quinn * James	clinic.
2015-12-17 10:00*	vvonuenuny made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on treatment after a
		Maroutt	heart attack.
2015-12-17 11:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
3.5.	Recovery	,	exercise.
2015-12-17 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	heart out of syne.
2015-12-17 13:30*	Let's Cook Together	Jill Morikone *, Kyong	Jill Morikone and Kyong Weathersby prepare
0045 40 47 44 66*	Ded and O. 19 (N. 1)	Weathersby	a Taste of Heaven breakfast.
2015-12-17 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Nancy
2015-12-18 06:00*	Body and Spirit	Schwartz , Nancy Diaz Dick Nunez *, Brittany	Diaz discuss quick start cardio. Dick Nunez with helpers Brittany Nunez and
2010-12-10 00.00	Douy and Spirit		Steven Lingenfelter demonstrate how to
		Trance & Gloven Lingenieller	exercise but avoid the pitfalls of overtraining.
2015-12-18 10:00*	Health for a Lifetime	Don Mackintosh *, Phil Mills	Don Mackintosh and Phil Mills discuss back
			pain.

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Date and Time	Program	Talent	Description
2015-12-18 14:00*	Action 4 Life	Casio Jones *, Monique	Casio Jones and Monique Anderson discuss
		Anderson	Florida wellness center.
2015-12-20 06:00*	Body and Spirit Aerobics		Dick Nunez, Brittany Nunez, and Daniel
		Nunez , Daniel Hopkins	Hopkins discuss diet for a new economy.
2015-12-20 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi	•
		Hunsaker M.D., Lauren	Lauren Rittenhouse show how to prepare for
		Rittenhouse	safe hiking.
2015-12-21 01:00!	<u> </u>	Cheri Peters *, James	Cheri Peters and James Moon discuss
0045 40 04 05 00*	Recovery	Moon	liquids.
2015-12-21 05:30*	Wonderfully Made	Shelley Quinn *, James	Shelly Quinn leads a health discussion with
		Marcum	James Marcum focused on treatment after a
0045 40 04 00:00*	Dealer and Onlink	Diala Namana * Amara	heart attack.
2015-12-21 06:00*	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon	Dick Nunez with Amy Andersen and
		Hopkins	Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2015-12-21 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
2013-12-21 07.30	Oillinale i rescription	Mills	dead in the head.
2015-12-21 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing
2010 12 21 10.00	7 todiladit Eiving	r adia a Gartio Eartin	power surges.
2015-12-21 14:00*	Action 4 Life	Casio Jones *, Marcie	Casio Jones with Marcie English discuss
		English	running benefits.
2015-12-21 19:00!	Celebrating Life in	Cheri Peters *, James	Cheri Peters and James Moon discuss
	Recovery	Moon	liquids.
2015-12-22 06:00*	Body and Spirit Aerobics		Dick Nunez, Brittany Nunez and Zak
		Nunez , Zak Oberholster	Oberholster demonstrate aerobic exercise.
2015-12-22 13:30*	Let's Cook Together	Jill Morikone *, Kyong	Jill Morikone and Kyong Weathersby prepare
0015 10 00 11 00#	5 1 10 11 (11)	Weathersby	some garden pasta soup and more.
2015-12-22 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *,	Andi Hunsaker, Lauren Rittenhouse, and
		Lauren Rittenhouse , Lyndi Schwartz M.D.	Lyndi Schwartz show how to run with
2015-12-23 01:30*	Liltimata Draggrintian	James Marcum & Charles	endurance. James Marcum and Charles Mills discuss
2015-12-25 01.50	Ultimate Prescription	Mills	dead in the head.
2015-12-23 02:00!	Celebrating Life in	Cheri Peters *, James	Cheri Peters and James Moon discuss
2013 12 23 02.00:	Recovery	Moon	liquids.
2015-12-23 06:00*			Dick Nunez, Kyle Gabbert and Luther Whiting
	200) and op	& Luther Whiting	demonstrate exercises that are appropriate
		3 · · · · · · · · · · · · · · · · · · ·	with diabetes.
2015-12-23 13:00*	Issues and Answers	Karen Thomas *, Ra'Shall	Karen Thomas and Ra'Shall Steede discuss
		Steede	from tragedy to triumph.
2015-12-23 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss brunch ideas.
2015-12-23 14:00*	Action 4 Life	Casio Jones *, Nadine	Casio Jones and Nadezda Stortz discuss
		Brooks	reducing body fat sensibly and demonstrate excercises
2015-12-24 03:00!	Up Close	Shelley Quinn *, 01. Cheri	Cheri Peters provides serious and direct talk
	•	Peters , 02. Amanda Hultz ,	about escaping Drug and Alcohol Addictions.
		03. Hilary Washington	, 5
2015-12-24 04:30*	Issues and Answers	Karen Thomas *, Ra'Shall	Karen Thomas and Ra'Shall Steede discuss
		Steede	from tragedy to triumph.

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Date and Time	Program	Talent	Description
2015-12-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2015-12-24 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-12-24 10:00*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2015-12-24 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-12-24 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss dead in the head.
2015-12-24 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven tofu dishes.
2015-12-24 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2015-12-25 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2015-12-27 03:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-27 06:00*	Body and Spirit Aerobics	Dick Nunez *, Brittany Nunez , Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2015-12-27 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2015-12-28 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-12-28 05:30*	Wonderfully Made	Shelley Quinn *, James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on managing stress.
2015-12-28 06:00*	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2015-12-28 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss deadly doses.
2015-12-28 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2015-12-28 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2015-12-28 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	•
2015-12-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2015-12-29 11:00*	NEWSTART Now	Ron Giannoni *, David Matsuura	Ron Giannoni and David Matsuura discuss Diabetes and Chronic Obesity.
2015-12-29 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven Mexican dishes.

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Data and Time	Dua	Talant	Description
Date and Time	Program	Talent	Description
2015-12-29 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *,	Andi Hunsaker M.D., Lauren Rittenhouse and
		Lauren Rittenhouse , Lyndi	Lyndi Schwartz discuss the joy of
		Schwartz	excercising.
2015-12-30 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	deadly doses.
2015-12-30 02:00!	Celebrating Life in	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss
	Recovery		environment.
2015-12-30 06:00*	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises
0015 10 00 10 00#	A1 1 1 1 1 1 1	5	for Senior Men.
2015-12-30 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2015-12-30 14:00*	Action 4 Life	Casio Jones *, Dan "Curly"	Casio Jones and Dan "Curly" Summers
		Summers	discuss Florida hospital massage therapy.
2015-12-31 03:00!	Up Close	Shelley Quinn *, 01. Sandy	Dr. Neil Nedley offers serious and helpful
		Williams , 02. Neil Nedley	ideas about dealing with depression.
		MD , 03. Colleen Harrell	
2015-12-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel	Dick Nunez, Daniel Hopkins, and Zak
		Hopkins , Zak Oberholster	Oberholster discuss super foods.
2015-12-31 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
			clinic.
2015-12-31 10:00*	Wonderfully Made	Shelley Quinn *, James	Shelly Quinn leads a health discussion with
		Marcum	James Marcum focused on the question,
			Where does cardio-vascular disease start?
2015-12-31 11:00!	· ·	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss
	Recovery		environment.
2015-12-31 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
0015 10 01 10 00#		Mills	deadly doses.
2015-12-31 13:30*	Let's Cook Together	Jill Morikone *, Kyong	Jill Morikone and Kyong Weathersby prepare
		Weathersby	some Taste of Heaven stir-fry dishes.
2015-12-31 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence	Jeanie Weaver, Terrence Marshall, and Tim
		Marshall , Tim Tiernan	Tiernan show exercises to help with aching
			knees.