April through June 2015

Date and Time	Program	Talent	Description
2015-04-01 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	pain that won't go away.
2015-04-01 02:00!	<u> </u>	Cheri Peters *, Rene	Cheri Peters and Rene Quispe discuss rest.
	Recovery	Quispe	
2015-04-01 06:00*	Body and Spirit	Dick Nunez , John Dinzey ,	Dick Nunez with John Dinzey and Tony Hall
0015 01 01 10 00*	Alexandra (1222)	Tony Hall	demonstrate exercises for Baby Boomers.
2015-04-01 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for
2015-04-01 14:00*	Action 4 Life	Casio Jones *, Nadine	building better bones. Part 1. Casio Jones with Nadine Brooks discuss
2015-04-01 14.00	ACTION 4 LITE	Brooks	running benefits.
2015-04-02 03:00!	Up Close	Don Mackintosh *, Shelley	Shelly Quinn with quests discuss dealing with
2010 04 02 00.00:	Op 0.000	Quinn *, Cecila Hudson ,	loneliness.
		Mike McKinnon , Shirley	
		Garner	
2015-04-02 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber ,	Dick Nunez with helpers show and talk about
		Matthew Hard	workout excercises for men.
2015-04-02 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2015-04-02 10:00*	Wonderfully Made	N David Emerson	
2010 01 02 10.00	Wonderfally Made	Tt. Bavia Emolocii	
2015-04-02 11:00!	Celebrating Life in	Cheri Peters *, Rene	• • • • • • • • • • • • • • • • • • • •
	Recovery	Quispe	
2015-04-02 12:00*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	pain that won't go away.
2015-04-02 13:30*	Let's Cook Together		
		Rachor	_
0015 04 00 14:00*	Dody and Chirit (Navy)	Andi Hungalov * Lundi	
2015-04-02 14.00	body and Spirit (New)		
2015-04-03 06:00*	Rody and Spirit		
2013-04-03 00.00	body and opini	DICK Nullez	
2015-04-03 10:00*	Health for a Lifetime	Don Mckintosh *. David	
		DeRose	
2015-04-03 13:30*	Abundant Living		Curtis and Paula Eakins discuss ideas for
	ŭ	·	building better bones. Part 2.
2015-04-03 14:00*	Action 4 Life	Casio Jones *, Dan "Curly"	Casio Jones and Dan "Curly" Summers
		Summers	discuss Florida hospital massage therapy.
2015-04-05 03:30*	Help Yourself to Health	_	Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark discuss how certain habits can lead to
0015 01 05 05 55	D 1 10 10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	D: 1 N = 10 :	
2015-04-05 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber	
2015 04 05 14:00*	Rody and Spirit (Now)	Andi Hunaakar * Lundi	
2010-04-05 14:00"	body and Spirit (New)		
2015-04-06 01:001	Celebrating Life in		
_010 07 00 01.00!	=	•	onon i ctora and riaiph canonez discuss all.
2015-04-06 05:30*	-		N. David Emerson discusses fevers &
	in an		
2015-04-02 10:00* 2015-04-02 11:00! 2015-04-02 12:00* 2015-04-02 13:30* 2015-04-02 14:00* 2015-04-03 06:00* 2015-04-03 10:00* 2015-04-03 13:30* 2015-04-03 14:00*	Wonderfully Made Celebrating Life in Recovery Ultimate Prescription Let's Cook Together Body and Spirit (New) Body and Spirit Health for a Lifetime Abundant Living Action 4 Life Help Yourself to Health	N. David Emerson Cheri Peters *, Rene Quispe Dr. James Marcum *, Charles Mills Jill Morikone *, JoAnn Rachor Andi Hunsaker *, Lyndi Schwartz , Tami Bivens Dick Nunez Don Mckintosh *, David DeRose Curtis Eakins , Paula Eakins Casio Jones *, Dan "Curly" Summers Agatha Thrash *, Don Miller	clinic. N. David Emerson discusses fevers & immune system, pt. 1. Cheri Peters and Rene Quispe discuss resider. Dr. James Marcum and Charles Mills discussing that won't go away. Jill Morikone and JoAnn Rachor show and discussthe basics of cooking in a slow cooker Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. Dick Nunez demonstrates exercises for the wheelchair bound. Don Mckintosh and David De Rose discussifungi. Curtis and Paula Eakins discuss ideas for building better bones. Part 2. Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. Dr. Agatha Thrash, Don Miller and Rhonda

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Date and Time	Program	Talent	Description
2015-04-06 06:00*	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez with Greg Morikone and Scott
	•	, Scott Tanner	Tanner demonstrate exercise routines
			designed for strength training.
2015-04-06 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2015-04-06 13:30*	Abundant Living		Curtis and Paula Eakins cook up some
	Ü	,	Mexican Cuisine.
2015-04-06 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2015-04-06 19:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-04-07 06:00*	Body and Spirit Aerobics		Dick Nunez and helpers demonstrate simple
		Nunez , Dick Nunez	home exercises for women.
2015-04-07 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss how certain habits can lead to addictive behavior.
2015-04-07 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show how to do fast cooking in a slow cooker.
2015-04-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy	Lyndi Schwartz, Nancy Diaz, and Tami
		Diaz , Tami Bivens	Bivens discuss strengthening in the legs.
2015-04-08 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2015-04-08 02:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-04-08 06:00*	Body and Spirit	Barbara Nolen , Dick Nunez	Dick Nunez and helpers demonstrate
2015-04-08 13:30*	Abundant Living	, Mollie Steenson Paula and Curtis Eakins	exercises for when there is not enough time. Curtis and Paula Eakins discuss the health advantanges of getting to that winning weight.
2015-04-08 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2015-04-09 03:00!	Up Close		Marti Jones talks about dealing with death.
2015-04-09 06:00*	Body and Spirit Aerobics		Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2015-04-09 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2015-04-09 10:00*	Wonderfully Made	N. David Emerson	clinic. N. David Emerson discusses fevers &
2015-04-09 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	immune system, pt. 2. Cheri Peters and Ralph Sanchez discuss air.
2015-04-09 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss think about it.
2015-04-09 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and
2015-04-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	show making lunch. Andi Hunsaker, Lyndi Schwartz, and Nancy
2015-04-10 06:00*	Body and Spirit	Schwartz , Nancy Diaz Dick Nunez , Miles Scruggs	Diaz discuss waving with confidence. Dick Nunez and helpers demonstrate exercises to help counter-act stress.

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Date and Time	Program	Talent	Description
2015-04-10 10:00*	Health for a Lifetime	Don Mckintosh *, David	Don Mckintosh and David DeRose discuss
		DeRose	the cause and treatment of hives.
2015-04-10 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses living large.
2015-04-10 14:00*	Action 4 Life	Casio Jones *, Frances	Casio Jones and Frances Czeizinger
		Czeizinger	demonstrate exercise techniques.
2015-04-10 17:00*	NEWSTART Now	Ron Giannoni *, Debra Seaver	Ron Giannoni and Debra Seaver discuss Type II Diabetes and Chronic Obesity.
2015-04-12 03:00*	NEWSTART Now	Ron Giannoni *, Debra	Ron Giannoni and Debra Seaver discuss
		Seaver	Type II Diabetes and Chronic Obesity.
2015-04-12 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	
		, Rhonda Clark	Clark in the first of a two-part series discuss weight control.
2015-04-12 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez ,	Dick Nunez, Kyle Gabbert and Luther Whiting
	, ,	Rick Nunez	demonstrate exercises that are appropriate with diabetes.
2015-04-12 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy	Lyndi Schwartz, Nancy Diaz, and Tami
_5.5 51 12 17.00	_ Jaj and Opint (1909)	Diaz , Tami Bivens	Bivens discuss the core of the matter.
2015-04-13 01:00!	Celebrating Life in	Cheri Peters *, Tracy	Cheri Peters and Tracy Hammond discuss
	Recovery	Hammond	temperance.
2015-04-13 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers &
	•		immune system, pt. 2.
2015-04-13 06:00*	Body and Spirit	Dick Nunez , Elora Ford	Dick Nunez and helpers demonstrate
			exercises to help with osteoporosis.
2015-04-13 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2015-04-13 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss how the
_3.0 0. 10 10.00			Snack Attack can sneak up on you.
2015-04-13 14:00*	Action 4 Life	Casio Jones *, Dee	Casio Jones and Dee Hilderbrand
		Hilderbrand	demonstrate exercise techniques.
2015-04-13 19:00!	Celebrating Life in	Cheri Peters *, Tracy	Cheri Peters and Tracy Hammond discuss
	Recovery	Hammond	temperance.
2015-04-14 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber ,	Dick Nunez, Fred Garber, and Matthew Hard
		Matthew Hard	discuss comfort of your own home.
2015-04-14 10:00*	Help Yourself to Health	•	Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark in the first of a two-part series discuss
0045 04 44 44 00*	NEWOTART	D O'	weight control.
2015-04-14 11:30*	NEWSTART Now	Ron Giannoni *, Debra	Ron Giannoni and Debra Seaver discuss
0015 04 14 10:00*	Latio Cook Tagatian	Seaver	Type II Diabetes and Chronic Obesity.
∠015-04-14 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and
2015-04-14 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	show making appetizers and dinner.
2013-04-14 14.00	body and opini (New)	Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-04-15 01:20*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
2010-04-10 01.00	Ommate i rescription	Charles Mills	depression.
2015-04-15 02:00!	Celebrating Life in	Cheri Peters *, Tracy	Cheri Peters and Tracy Hammond discuss
2010 07 10 02.00:	Recovery	Hammond	temperance.
2015-04-15 06:00*	Body and Spirit	David Weston , Dick Nunez	Dick Nunez with Jonathan Hopkins and
_3.0 0. 10 00.00	_ 13/ aa opt	, Michael Webb	Megan Frasier demonstrate exercises for
			youth fitness.

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Date and Time	Program	Talent	Description
2015-04-15 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss fats you don't think about in liquid form.
2015-04-15 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2015-04-16 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hultz ,	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-04-16 06:00*	Body and Spirit Aerobics	03. Hilary Washington Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2015-04-16 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-04-16 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss reproductive years.
2015-04-16 11:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-04-16 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2015-04-16 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and demonstrate preparing main entrees.
2015-04-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	•
2015-04-17 06:00*	Body and Spirit	Dick Nunez , Martha Weber , Susan Santos	•
2015-04-17 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don McKintosh and David DeRose discuss male menopause.
2015-04-17 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the inportance of daily walking for health.
2015-04-17 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2015-04-19 03:30*	Help Yourself to Health		Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion of helpful weight control.
2015-04-19 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2015-04-19 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.
2015-04-20 01:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-04-20 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss reproductive years.
2015-04-20 06:00*	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
2015-04-20 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2015-04-20 13:30*	Abundant Living	Paula and Curtis Eakins	Paula and Curtis Eakins discusses pasta bilities.

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Date and Time	Program	Talent	Description
2015-04-20 14:00*	Action 4 Life	Casio Jones *, Mindy	Casio Jones and Mindy Isaacs discuss pure
		Isaacs	health gym.
2015-04-20 19:00!	· ·	Cheri Peters *, Wayne	Cheri Peters and Wayne Blakely discuss
	Recovery	Blakely	integrity.
2015-04-21 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez ,	•
0015 04 01 10:00*	Halm Varmaalf ta Haaltla	Rick Nunez	demonstrate choosing the right workout.
2015-04-21 10:00*	Help Yourself to Health	_	Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark continue their discussion of helpful weight control.
2015-04-21 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate
2013 04 21 10.00	Let's Gook Together	dii Morikone , Bev Cook	preparing a quick lunch.
2015-04-21 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 stepping
		Rittenhouse	excercises for osteoporosis.
2015-04-22 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
	•	Charles Mills	chemical reactions.
2015-04-22 02:00!	Celebrating Life in	Cheri Peters *, Wayne	Cheri Peters and Wayne Blakely discuss
	Recovery	Blakely	integrity.
2015-04-22 06:00*	Body and Spirit	Dick Nunez , John Leaman ,	•
		Randi Brewer	exercises to help with Diabetes.
2015-04-22 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on
2015 04 22 14:00*	Action 4 Life	Casia lanas * Mindu	how to build up your immunity.
2015-04-22 14:00*	ACTION 4 LITE	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2015-04-23 03:00!	Lin Close	Shelley Quinn *, 01. Sandy	Dr. Neil Nedley offers serious and helpful
2010 04 20 00.00:	Op 01030	Williams , 02. Neil Nedley	ideas about dealing with depression.
		MD , 03. Colleen Harrell	Tabab about adaming with appropriati
2015-04-23 04:30*	Issues and Answers	J. D. Quinn *, Troy	J. D. Quinn and Troy Fitzgerald discuss
		Fitzgerald	getting what we expect, or expecting what we
			got.
2015-04-23 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber ,	Dick Nunez and helpers demonstrate simple
		Matthew Hard	home exercises to reduce neck pain.
2015-04-23 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
0015 04 00 40 00*	Maria de Colonia de Co	A se NAVelle ed. Obe de la	clinic.
2015-04-23 10:00*	wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
2015-04-23 11:00!	Colobrating Life in	Fernandez Cheri Peters *, Wayne	discuss p.m.s Cheri Peters and Wayne Blakely discuss
2010-04-23 11.00!	Recovery	Blakely	integrity.
2015-04-23 12:00*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
2010 01 20 12.00	Chamato i 1000mption	Charles Mills	chemical reactions.
2015-04-23 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and
	J	,	show making breakfast.
2015-04-23 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.
2015-04-24 06:00*	Body and Spirit	Dave Stevenson , Dick	Dick Nunez and helpers demonstrate
		Nunez	exercises to help with Joint pain.
2015-04-24 10:00*	Health for a Lifetime	Don Mckintosh *, David	Don McKintosh and David DeRose discuss
		DeRose	the pros and cons of vitamin supplements.

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Date and Time	Program	Talent	Description
2015-04-24 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis Eakins and Paula Eakins talk
	· ·		surprisingly about How to weaken your
			immunity.
2015-04-24 14:00*	Action 4 Life	Casio Jones *, Mindy	Casio Jones and Mindy Isaacs discuss a
		Isaacs	great workout!.
2015-04-24 17:00*	NEWSTART Now	Ron Giannoni *, Maria Lee	Ron Giannoni and Maria Lee Costin discuss
		Costin	Type II Diabetes and Chronic Obesity.
2015-04-26 03:00*	NEWSTART Now	Ron Giannoni *, Maria Lee	Ron Giannoni and Maria Lee Costin discuss
		Costin	Type II Diabetes and Chronic Obesity.
2015-04-26 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash, Don Miller and Rhonda
	·	, Rhonda Clark	Clark discuss skeletal problems and their
			effects.
2015-04-26 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.
2015-04-26 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.
2015-04-27 01:00!	Celebrating Life in	Cheri Peters *, Adam	Cheri Peters and Adam Schutte discuss
	Recovery	Schutte	optimism.
2015-04-27 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss p.m.s
2015-04-27 06:00*	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez and helpers demonstrate
		, John Leaman	exercises to help with shoulder pain.
2015-04-27 07:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	the natural heart - part 1.
2015-04-27 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and
			convienience of crock-pot cooking for the
			busy family.
2015-04-27 14:00*	Action 4 Life		Casio Jones, Bradley Hite, and Mindy Issacs
		, Mindy Issacs	discuss workout circuit.
2015-04-27 18:30*	Issues and Answers	J. D. Quinn *, Troy	J. D. Quinn and Troy Fitzgerald discuss
		Fitzgerald	getting what we expect, or expecting what we
0015 04 07 10:001	Calabastian Life in	Chari Datava * Adam	got.
2015-04-27 19:00!	_	Cheri Peters *, Adam	Cheri Peters and Adam Schutte discuss
0015 04 00 00:00*	Recovery	Schutte	optimism.
2015-04-28 06:00*	body and Spirit Aerobics	Andrew Hard , Dick Nunez ,	
		Rick Nunez	exercises and addresses the subject of
2015 04 20 10:00*	Holo Vourself to Health	Agotho Throok * Don Millor	Cancer.
ZU10-U4-Z8 1U:UU"	Help Yourself to Health		Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark discuss skeletal problems and their
2015 04 20 11:00*	legues and Anguera	LD Quine * Troy	effects.
2010-04-26 11:00°	Issues and Answers	J. D. Quinn *, Troy	J. D. Quinn and Troy Fitzgerald discuss
		Fitzgerald	getting what we expect, or expecting what we
0015 04 00 44-00*	NITMOTADT NI	Don Cionnani * Maria I -	got.
2015-04-28 11:30*	INEM 2 I HAY I WOM	Ron Giannoni *, Maria Lee	Ron Giannoni and Maria Lee Costin discuss
2015 04 20 12:20*	Latia Cook Tagathar	Costin	Type II Diabetes and Chronic Obesity.
2010-04-28 13:30"	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Condy discuss and
			show making lunch.

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Date and Time	Program	Talent	Description
2015-04-28 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.
2015-04-29 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	the natural heart - part 1.
2015-04-29 02:00!	Celebrating Life in	Cheri Peters *, Adam	Cheri Peters and Adam Schutte discuss
2015-04-29 06:00*	Recovery Body and Spirit	Schutte Dick Nunez *, Theresa	optimism. Dick Nunez and helpers demonstrate
-	, i	Wilson	exercises for rehabilitating a bad back.Dick
			Nunez and helpers demonstrate more
2015-04-29 13:30*	Abundant Living	Paula and Curtis Eakins	exercises for flexibility. Curtis and Paula Eakins discuss the
		The second Edition	difference between CRP and CPR for a
0045 04 00 44 00*	Asiles Allife	O	healthy life.
2015-04-29 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2015-04-30 03:00!	Up Close	Kay Kuzma *, 01. Donna	Donna Teat discusses issues of teenage
		Teat , 02. Cassandra	pregancy.
2015-04-30 04:30*	Issues and Answers	Thomson J. D. Quinn *, Gregory L.	J. D. Quinn and Gregory L. Jackson discuss
2010 04 00 04.00	ioodoo diid Allowolo	Jackson	surrender: the secret to perfect peace and
	B 1	B. I. N	happiness.
2015-04-30 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2015-04-30 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
0045 04 00 40 00*		A 14/ II 1 01 1 1	clinic.
2015-04-30 10:00*	wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility.
2015-04-30 11:00!	Celebrating Life in	Cheri Peters *, Adam	Cheri Peters and Adam Schutte discuss
0045 04 00 40 00*	Recovery	Schutte	optimism.
2015-04-30 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2015-04-30 13:30*	Let's Cook Together	Jill Morikone *, Bev Condy	Jill Morikone and Bev Cook prepare a healthy
	_		dinner.
2015-04-30 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching
		Ozoizingoi , riiii rieinan	back.
2015-05-01 06:00*	Body and Spirit	Dick Nunez , John Dinzey ,	Dick Nunez and helpers demonstrate more
2015-05-01 10:00*	Health for a Lifetime	Tony Hall Don Mckintosh *, David	exercises for flexibility. Don McKintosh and David DeRose discuss
2010-00-01 10.00	i icaitii ioi a Liictiiiic	DeRose , David	flu sypmtoms and treatment.
2015-05-01 14:00*	Action 4 Life	Casio Jones *, Mindy	Casio Jones and Mindy Isaacs discuss a pair
2015_05_03 03·20*	Halp Voursalf to Haalth	Isaacs	of dumbbells and yourself!.
2010-00-00 03.30	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller ,	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark talk, in a two-part series,
		Rhonda Clark	about the Respiratory System.
2015-05-03 06:00*	Body and Spirit Aerobics	-	Dick Nunez with Brittany Nunez and Jane
		Nunez , Dick Nunez	Baker demonstrate exercise routines especially for Women.

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Date and Time	Program	Talent	Description
2015-05-03 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.
2015-05-04 01:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-05-04 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility.
2015-05-04 06:00*	Body and Spirit		Dick Nunez and helpers demonstrate exercises for women.
2015-05-04 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2015-05-04 13:30*	Abundant Living	Paula and Curtis Eakins	For those who are a Gluten for Punishment, Curtis and Paula Eakins discuss.
2015-05-04 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise
2015-05-04 19:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-05-05 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , 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
2015-05-05 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark talk, in a two-part series, about the Respiratory System.
2015-05-05 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook prepare ethnic salads.
2015-05-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2015-05-06 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
2015-05-06 02:00!	Celebrating Life in Recovery		Cheri Peters and Jim Attikson discuss nutrition.
2015-05-06 06:00*	Body and Spirit	Dick Nunez , Joe Carrell , Miles Scruggs	Dick Nunez and helpers demonstrate exercises for the Vision Impared.
2015-05-06 13:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2015-05-06 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
2015-05-06 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2015-05-07 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?
2015-05-07 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes a marriage happier.
2015-05-07 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.

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Date and Time	Program	Talent	Description
2015-05-07 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-05-07 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care.
2015-05-07 11:00!	Celebrating Life in Recovery	Cheri Peters *, Jim Attikson	Cheri Peters and Jim Attikson discuss nutrition.
2015-05-07 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 2.
	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook discuss dairy replacements.
2015-05-07 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.
2015-05-08 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez with helpers shows specific exercises designed for the low back.
2015-05-08 14:00*		Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
	NEWSTART Now	Ron Giannoni *, Shela Eppler	Ron Giannoni and Shela Eppler discuss Type II Diabetes and Chronic Obesity .
2015-05-10 03:00*		Ron Giannoni *, Shela Eppler	Ron Giannoni and Shela Eppler discuss Type II Diabetes and Chronic Obesity .
2015-05-10 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark continue their disscussion of the Respiratory System.
2015-05-10 06:00*	Body and Spirit Aerobics		Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2015-05-10 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2015-05-11 01:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-05-11 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care.
2015-05-11 06:00*		, Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2015-05-11 13:30*	-	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2015-05-11 14:00*		Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.
2015-05-11 19:00!	Celebrating Life in Recovery		Cheri Peters and Fran McKain discuss social support.
2015-05-12 06:00*	Body and Spirit Aerobics	Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2015-05-12 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Calvin Thrash, Don Miller and Rhonda Clark continue their disscussion of the Respiratory System.

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Date and Time	Program	Talent	Description
2015-05-12 11:00*	NEWSTART Now	Ron Giannoni *, Shela	Ron Giannoni and Shela Eppler discuss Type
2015-05-12 13:30*	Let's Cook Together	Eppler Barbara Nolen *, Bev Cook	II Diabetes and Chronic Obesity . Barbara Nolen and Bev Cook demonstrate
2010 00 12 10.00	Lot o Cook Together	Daibara Holoit , DOV OOOK	preparing raw desserts.
2015-05-12 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.
	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2015-05-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-05-13 06:00*	Body and Spirit	David Weston , Dick Nunez , Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
2015-05-13 13:00*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life fulfilling.
2015-05-13 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2015-05-13 14:00*	Action 4 Life	Casio Jones *, Monica Flower	Casio Jones and Monica Flower discuss focus on the midsection.
2015-05-14 03:00!	Up Close	Don Mackintosh *, 01. Kelly	Kelly Dulac and Neil Nedley discuss the
		Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	process of change in one's life.
2015-05-14 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: how it makes the single life
2015-05-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy	fulfilling. Dick Nunez with Jonathan Babb and Megan
	, ,	Hanson and Megan Frasier	Frasier demonstrate exercise routines to help with knee pain.
2015-05-14 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-05-14 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2015-05-14 11:00!	Celebrating Life in Recovery		Cheri Peters and Fran McKain discuss social support.
2015-05-14 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2015-05-14 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate making breakfast with Tofu.
2015-05-14 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2015-05-15 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Miles Scruggs	·
2015-05-15 10:00*	Health for a Lifetime	Don Mckintosh *, Williams Dewitt	Don Mckintosh and Williams Dewill discuss the effects hypertension and how it affects our body.
2015-05-15 14:00*	Action 4 Life	Casio Jones *, Monica Flowers	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2015-05-17 03:30*	Help Yourself to Health		Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss, in a two-part series, Nutrition.

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Date and Time	Program	Talent	Description
2015-05-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan	Dick Nunez and Jonathan Babb and Megan
		Babb and Megan Frasier	Frasier discuss knee pain.
2015-05-17 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph	Jeanie Weaver, Ralph Sanchez, and Tim
		Sanchez , Tim Tiernan	Tiernan show how the exercise for wellness.
2015-05-18 01:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
	Recovery	Carducci Jr.	discuss choices.
2015-05-18 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss fibroids.
2015-05-18 06:00*	Body and Spirit	Dick Nunez , John Leaman ,	· · · · · · · · · · · · · · · · · · ·
		Randi Brewer	exercises designed to help with knee pain.
2015-05-18 07:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	urological issues.
2015-05-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression
			and unveiling the culprits.
2015-05-18 14:00*	Action 4 Life	Casio Jones * , Tyler Flower	
			working out with young folks.
2015-05-18 19:00!	<u> </u>	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
	Recovery	Carducci Jr.	discuss choices.
2015-05-19 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathan Babb and
		Babb and Jonathon Hopkins	Jonathon Hopkins show exercises with
			aerobic intensity.
2015-05-19 10:00*	Help Yourself to Health	=	Dr. Agatha Thrash, Don Miller and Rhonda
		, Rhonda Clark	Clark discuss, in a two-part series, Nutrition.
2015-05-19 13:30*	Let's Cook Together	Jill Morikone *, Monica	Jill Morikone and Monica Cambell
		Campbell	demonstrate preparing vegetable entrees.
2015-05-19 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette	Jeanie Weaver, Lynette Jaque, and Wendy
		Jaque , Wendy Mitchell	Mitchell show exercises to help overcome
0045 05 00 04 00*	Hillian ata Danier 1 11	Du James Mess	osteoarthritis.
∠015-05-20 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
001E 0E 00 00:00!	Colobration Life !-	Charles Mills	urological issues.
2015-05-20 02:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
2015 05 20 06:00*	Recovery	Carducci Jr.	discuss choices.
2015-05-20 06:00*	Body and Spirit	_	Dick Nunez with helpers shows specific
		, Jr. , Moses Primo	exercises designed to help with tennis elbow
2015-05-20 13:30*	Abundant Living	Paula Fakine * Curtic	and carpal tunnel syndrom. Curtis and Paula Eakins discuss
2010-00-20 13.30	Abullualit Livilly	Paula Eakins *, Curtis Eakins	Depression's Drugs and alternatives.
2015-05-20 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones and Lynne Thompson Cundiff
2010-00-20 14.00	AUTOH T LIE	Thompson Cundiff	discuss s.i.u. recreational center.
2015-05-21 03:00!	Un Close	Shelley Quinn *, 01. Dr.	Shelly Quinn discuss facing the tough times.
_010 00 21 00.00!	Sp 01000	David Wilkins , 02. Jay	Change Gamin alsouss racing the tought tilles.
		Gallimore	
2015-05-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise
2310 00 21 00.00	200) and opinit horobios	, 041101 14010011	routines for senior training.
2015-05-21 09:001	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2010 00 21 00.00:	Stop Smoking Simile	Di. Attiai Waavoi	clinic.
2015-05-21 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
_0.0 00 _1 10.00		Fernandez	discuss menopause.
2015-05-21 11:00!	Celebrating Life in	Cheri Peters *, Michael	Cheri Peters and Michael Carducci Jr.
_3.0 00 21 11.00	Recovery	Carducci Jr.	discuss choices.
		Caradon or.	alcoado oriologo.

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Date and Time	Program	Talent	Description
2015-05-21 12:00*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	urological issues.
2015-05-21 13:30*	Let's Cook Together	Jill Morikone *, Monica	Jill Morikone and Monica Cambell show how
		Campbell	to put on a pizza party.
2015-05-21 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy	Jeanie Weaver, Betsy Sajdak, and Donna
		Sajdak , Donna Hall	Hall show how to do core strenthening
			exercises.
2015-05-22 06:00*	Body and Spirit	Dick Nunez , Kim Wilson ,	Dick Nunez with Janet Nelson and Bobby Jo
		Theresa Wilson	Murphy disscuss the subject of eating
			disorders and demonstrate exercise routines for health.
2015-05-22 10:00*	Health for a Lifetime	Don Mckintosh *, Williams	Don Mckintosh and William DeWitt discuss
2013-03-22 10.00	ricallition a Litellitie	Dewitt , Williams	prostate cancer and it's treatment.
2015-05-22 14:00*	Action 4 Life	Casio Jones *, Izhar	Casio Jones and Izhar Buendia discuss park
2010 00 22 11.00	Action 1 Lilo	Buendia	exercises.
2015-05-22 17:00*	NEWSTART Now	Ron Giannoni *, Brian	Ron Giannoni and Brian Morse discuss Type
		Morse	II Diabetes and Chronic Obesity.
2015-05-24 03:00*	NEWSTART Now	Ron Giannoni *, Brian	Ron Giannoni and Brian Morse discuss Type
		Morse	II Diabetes and Chronic Obesity.
2015-05-24 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin	Dr. Agatha Thrash, Don Miller and Rhonda
		Thrash, Don Miller,	Clark continue their discussion on Nutrition.
0015 05 01 00 00+	B	Rhonda Clark	5
2015-05-24 06:00 [^]	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins show
2015-05-24 14:00*	Body and Spirit (New)	Hopkins	exercise routines for team training. Jeanie Weaver, Garland & Donna Blanton
2013-03-24 14.00	body and Spirit (New)	Donna Blanton	show how to do a spinal wrap that will help
		Bonna Blanton	straighten your posture.
2015-05-25 01:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
	Recovery	,	exercise.
2015-05-25 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss menopause.
2015-05-25 06:00*	Body and Spirit	Dick Nunez , Jim Hillman ,	Dick Nunez and helpers demonstrate
		Miles Scruggs	exercises for the abdominal wall.
2015-05-25 07:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
0045 05 05 40-00*	Abunadant Lining	Charles Mills	aging issues.
2015-05-25 13:30*	Abundant Living	Paula Eakins *, Curtis	Curtis and Paula Eakins discuss Depression.
2015-05-25 14:00*	Action 4 Life	Eakins Casio Jones *, Izhar	Casio Jones and Curtis Eakins discuss
2010-00-20 14.00	AUDIT 4 LIIC	Buendia	nutrition, health, and exercise.
2015-05-25 19:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
_0.0 00 10 10.00	Recovery	2 5.510 , Drad 1 0.010	exercise.
2015-05-26 06:00*		Dick Nunez *, Janet Nelson	
-	, , , , , , , , , , , , , , , , , , , ,	and Cindy Hanson	Hanson show exercise routines to help with
		•	fibromyalgia.
2015-05-26 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin	Dr. Agatha Thrash, Don Miller and Rhonda
		Thrash, Don Miller,	Clark continue their discussion on Nutrition.
		Rhonda Clark	
2015-05-26 11:00*	NEWSTART Now	Ron Giannoni *, Brian	Ron Giannoni and Brian Morse discuss Type
		Morse	II Diabetes and Chronic Obesity.

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Date and Time	Program	Talent	Description
2015-05-26 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
	B 1 10 10 10 11 1	Burton	demonstrate preparing brunch.
2015-05-26 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy	Jeanie Weaver, Betsy Sajdak, and Donna
0045 05 05 04 05*	1.000 t D	Sajdak , Donna Hall	Hall show us how to do body stretches.
2015-05-27 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
0045 05 07 00 00'	Onlaboration 1965 15	Charles Mills	aging issues.
2015-05-27 02:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
0015 05 07 00:00*	Recovery	Amino Walker Darbara	exercise.
2015-05-27 06:00*	Body and Spirit	Amiee Walker , Barbara	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for
		Nolen , Dick Nunez	strength training for women.
2015-05-27 13:30*	Ahundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression.
2010-00-21 10.00	ADUITUATIL LIVING	Curus & r aula Earlis	(Part 2)
2015-05-27 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones with Trent Chance discuss and
2010 00 27 14.00	AUGUST T LITE	Chance	demonstrate exercises for body repair.
2015-05-28 03:00!	Up Close	Danny Shelton *, Kay	Shelly Quinn discuss balancing work and
_0.0 00 20 00.00	-p 0.000	Kuzma *, 01. Shelley Quinn	
		, 02. Robbie D. Windham ,	isy.
		03. Pat Mudgett	
2015-05-28 06:00*	Body and Spirit Aerobics	•	Dick Nunez with Jonathon Hopkins and
	, ,		Richard Nelson show exercise routines to
		•	help with lower back problems.
2015-05-28 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
	-		clinic.
2015-05-28 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss cervical cancer.
2015-05-28 11:00!	Celebrating Life in	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss
	Recovery		exercise.
2015-05-28 12:00*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
0045 05 00 40 00*	Latta Oaala Taaattaa	Charles Mills	aging issues.
∠015-05-28 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
2015 05 20 14:00*	Pady and Cnirit (Naus)	Burton	demonstrate holiday recipes. (Part 1)
2015-05-28 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
		Schwartz	Lynui Johwanz discuss tips for better fleatin.
2015-05-29 06:00*	Body and Spirit	Dick Nunez , Mike Wilson	Dick Nunez and helpers demonstrate
2010 00 20 00.00	Body and Opini	Dion Nation, with Wilson	exercises that can help control hypertension.
2015-05-29 10:00*	Health for a Lifetime	Don McKintosh *, George	Don Mckintosh and George Guthrie discuss
_3.0 00 20 10.00	a Endanto	Guthrie	benefits of vitamin B-12.
2015-05-29 14:00*	Action 4 Life	Casio Jones *, Trent	Casio Jones and Trent Chance discuss the
-		Chance	benefits of massage.
2015-05-31 03:30*	Help Yourself to Health		Dr. Agatha Thrash with Don Miller and
	•	, Rhonda Clark	Rhonda Clark discuss the importance of
			proper sleep.
2015-05-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez with Jonathon Hopkins and
		Hopkins and Megan Frasier	Megan Frasier demonstrate exercise routines
		-	for strength training.
2015-05-31 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz , Andi Hunsaker, and Lauren
		Hunsaker , Lauren	Rittenhouse discuss how the body is
		Rittenhouse	designed for action, not a sedentary lifestyle.

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Date and Time	Program	Talent	Description
2015-06-01 01:00!	Celebrating Life in	Cheri Peters *, James	Cheri Peters and James Moon discuss
	Recovery	Moon	liquids.
2015-06-01 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss cervical cancer.
2015-06-01 06:00*	Body and Spirit	Dick Nunez , Greg Morikone	Dick Nunez and helpers demonstrate
			exercises that can help with hip pain.
2015-06-01 07:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	disease fighting foods.
2015-06-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the
			Blues.
2015-06-01 14:00*	Action 4 Life	Casio Jones *, Ben	Casio Jones with Ben Burkhamer discuss
		Burkhamer	hypertension, health, and exercise.
2015-06-01 19:00!	Celebrating Life in	Cheri Peters *, James	Cheri Peters and James Moon discuss
	Recovery	Moon	liquids.
2015-06-02 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	
		and Richard Nelson	demonstrate exercise routines for help with tendonitis.
2015-06-02 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Don Miller and
	'	, Rhonda Clark	Rhonda Clark discuss the importance of
		,	proper sleep.
2015-06-02 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
	_	Burton	demonstrate holiday recipes. (Part 2)
2015-06-02 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker , Lauren	Rittenhouse perfrom abdominal muscle
		Rittenhouse	strengthening exercises.
2015-06-03 01:30*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	disease fighting foods.
2015-06-03 02:00!	<u> </u>	Cheri Peters *, James	Cheri Peters and James Moon discuss
	Recovery	Moon	liquids.
2015-06-03 06:00*	Body and Spirit		Dick Nunez and helpers demonstrate
0015 00 00 10 00#		, John Leaman	exercises that can help with knee pain.
2015-06-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects
0045 00 00 44 00*	A - 1: A 1: f -	Oncin Innan # March	of sadness and how it affects the body.
2015-06-03 14:00*	Action 4 Life	Casio Jones *, Monique	Casio Jones and Monique Anderson discuss
0015 00 04 00-001	Lin Clone	Anderson	the exercise benefits of mall walking.
2015-06-04 03:00!	up Glose	Dan Mackintosh *, 01. Dr.	Gerard McLane discusses obesity and diet.
		Gerard McLain , 02. Naomi	
0015 06 04 00:00*	Dady and Craimit Associate	Coleman	Diak Nunary with Cindy Hansen and Marsen
2015-06-04 06:00*	Body and Spirit Aerobics	•	Dick Nunez with Cindy Hanson and Megan
		Hanson and Megan Frasier	Frasier demonstrate exercise routines for
2015 06 04 00:001	Cton Cmaking Clinia	Dr. Arthur Weaver	help with depression.
2015-06-04 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-06-04 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss labor and delivery.
2015-06-04 11:00!	Celebrating Life in	Cheri Peters *, James	Cheri Peters and James Moon discuss
	Recovery	Moon	liquids.
2015-06-04 12:00*	Ultimate Prescription	Dr. James Marcum *,	Dr. James Marcum and Charles Mills discuss
		Charles Mills	disease fighting foods.

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Date and Time	Program	Talent	Description
2015-06-04 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton cook up
		Burton	some soup and fixin's.
2015-06-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hunsaker, Lauren Rittenhouse, and
		Rittenhouse , Lyndi	Lyndi Schwartz perform leaping exercises to
		Schwartz	help agility and building strenght.
2015-06-05 06:00*	Body and Spirit	Andrew Hard , Dick Nunez ,	Dick Nunez and helpers demonstrate
0015 00 05 10 00*	Haralda Carra I (Callana	William Brauer	exercises for strength training.
2015-06-05 10:00"	Health for a Lifetime	Don Mckintosh *, George Guthrie	Don Mckintosh and George Guthrie discuss pros and cons of fasting.
2015-06-05 14:00*	Action 4 Life	Casio Jones *, Frances	Casio Jones with Frances Clark discuss the
2013-00-03 14.00	ACTION 4 LITE	Clark	bennefits of pool exercise.
2015-06-07 03:30*	Help Yourself to Health		Dr. Agatha Thrash with Don Miller and
2010 00 07 00.00	Troip reareon to rieatin	, Rhonda Clark	Rhonda Clark discuss some overlooked laws
		, raionda olani	of health.
2015-06-07 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy	Dick Nunez with Cindy Hanson and Jonathan
	, ,	Hanson and Jonathan Babb	Babb disscuss the use of supplements and
			demonstrate exercise routines for health.
2015-06-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker , Lauren	Rittenhouse perfrom core strengthening
		Rittenhouse	exercises.
2015-06-08 01:00!	_	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss
0015 00 00 05-00*	Recovery	A.z. Mallaud Obaria I a	environment.
2015-06-08 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2015-06-08 06:00*	Body and Spirit	Dick Nunez , Rick Nunez ,	Dick Nunez and helpers demonstrate
2010 00 00 00.00	Body and Opini	William Brauer	exercises that can help with lower back
		Trimain Bradei	training.
2015-06-08 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
	·	Mills	screening for all.
2015-06-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning
			into Vegetarianiam.
2015-06-08 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	discuss the importance of breakfast and
0015 00 00 10:00	Colobration Life !	Charl Datara * Dala Mal/-1	demonstrate exercises.
2015-06-08 19:00!	Recovery	Gheri Peters 7, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-06-09 06:00*	Body and Spirit Aerobics	Dick Nunez * Jonathon	Dick Nunez with Jonathon Hopkins and
2010 00 00 00.00	body and opini Acrobics		Richard Nelson disscuss the subject of
		Tropiumo and Fuoriard Holoon	colesterol and demonstrate exercise routines
			for health.
2015-06-09 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller	Dr. Agatha Thrash with Don Miller and
	•	, Rhonda Clark	Rhonda Clark discuss some overlooked laws
			of health.
2015-06-09 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
		Burton	demonstrate some lunch alternatives.
2015-06-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren	Andi Hnusaker with Lauren Rittehnouse and
		Rittenhouse , Lyndi	Lyndi Schwartz discuss matters of the heart.
	100 t B 100	Schwartz	
2015-06-10 01:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	screening for all.

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Date and Time	Program	Talent	Description
2015-06-10 02:00!	Celebrating Life in	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss
	Recovery		environment.
2015-06-10 06:00*	Body and Spirit	Andrew Hard , Dick Nunez ,	Dick Nunez and helpers show simple home
		Rick Nunez	exercises and discuss the subject protein.
2015-06-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects
			of coffee on the body.
2015-06-10 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	offer some suggestions for a healthy lunch
0015 00 11 00:001	Un Class	Don Mackintock * O1 Monti	and demonstrate exercises.
2015-06-11 03:00!	up close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	•
2015 06 11 06:00*	Pady and Chirit Aarahiaa	-	from the pain of divorce. Dick Nunez with Jonathon Babb and Janet
2015-06-11 06.00	Body and Spirit Aerobics	Babb and Janet Nelson	Nelson disscuss demonstrate exercises for
		Dabb and Janet Neison	the lower back challenge.
2015-06-11 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking
2010 00 11 00.00.	Ctop Cirrotting Cirrio	Di. / Willar Woavor	clinic.
2015-06-11 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
	•	Fernandez	discuss breast cancer.
2015-06-11 11:00!	Celebrating Life in	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss
	Recovery		environment.
2015-06-11 12:00*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
0015 00 11 10 00#		Mills	screening for all.
2015-06-11 13:30*	Let's Cook Together	Jill Morikone *, Marvella	Jill Morikone and Marvella Burton
2015-06-11 14:00*	Body and Spirit (New)	Burton Andi Hunsaker *, Lauren	demonstrate preparing a quick dinner. Andi Hnusaker with Lauren Rittehnouse and
2013-00-11 14.00	body and Spirit (New)	Rittenhouse, Lyndi	Lyndi Schwartz discuss benefits of stepping
		Schwartz	exercises.
2015-06-12 06:00*	Body and Spirit	Brittany Nunez , Christy	Dick Nunez and helpers show exercise
	, ,	Soderling , Dick Nunez	training for teenage girls.
2015-06-12 10:00*	Health for a Lifetime	Don Mckintosh *, George	Don Mckintosh and George Guthrie discuss
		Guthrie	suggestions on how to have a long and
			healthy life.
2015-06-12 14:00*	Action 4 Life	Casio Jones *, Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	offer some suggestions for a healthy dinner
0045 00 40 47.00*	NICMOTART Name	Dan Ciannani * Mila	and demonstrate exercises.
2015-06-12 17:00*	NEWSTART NOW	Ron Giannoni *, Mike Milburn	Ron Giannoni and Mike Milburn discuss Type
2015-06-14 03:00*	NEWSTART Now	Ron Giannoni *, Mike	II Diabetes and Chronic Obesity . Ron Giannoni and Mike Milburn discuss Type
2013-00-14 03.00	NEWSTAILT NOW	Milburn	Il Diabetes and Chronic Obesity.
2015-06-14 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller	
2010 00 11 00.00	Troip routeon to frouttr	, Rhonda Clark	Rhonda Clark discuss dealing with allergies.
2015-06-14 06:00*	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and Cindy
		Hopkins and Cindy Hanson	Hanson disscuss the subject of protein and
			demonstrate exercise routines for health.
2015-06-14 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
0045 00 45 55 55	147 1 6 11 5 4 5	Rittenhouse	American Lifestyle on health.
2015-06-15 05:30*	vvonderfully Made	Amy Wellard , Cherie Lou	Amy Wellard and Cherie Lon Fernandez
		Fernandez	discuss breast cancer.

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Date and Time	Program	Talent	Description
2015-06-15 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2015-06-15 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2015-06-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - Without the Bologna.
2015-06-15 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2015-06-16 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2015-06-16 10:00*	Help Yourself to Health		Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies.
2015-06-16 11:00*	NEWSTART Now	Ron Giannoni *, Mike Milburn	Ron Giannoni and Mike Milburn discuss Type II Diabetes and Chronic Obesity.
2015-06-16 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a Taste of Heaven breakfast.
2015-06-16 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2015-06-17 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2015-06-17 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2015-06-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2015-06-17 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	· · · ·
2015-06-18 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2015-06-18 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2015-06-18 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-06-18 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2015-06-18 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss obesity a disease?.
2015-06-18 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
2015-06-18 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2015-06-19 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez and helpers shows the joys of exercising.
2015-06-19 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2015-06-21 03:30*	Help Yourself to Health		Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 1.

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Date and Time	Program	Talent	Description
2015-06-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan	Dick Nunez and Megan Frasier and Cindy
		Frasier and Cindy Hanson	Hanson discuss strength training for women.
2015-06-21 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi	Andi Hunsaker, Lyndi Schwartz, and Nancy
		Schwartz , Nancy Diaz	Diaz discuss total fitness.
2015-06-22 01:00!	Celebrating Life in	Cheri Peters *, Rene	Cheri Peters and Rene Quispe discuss rest.
	Recovery	Quispe	
2015-06-22 05:30*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss
			health issues centering around weight loss.
2015-06-22 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell	Dick Nunez and helpers demonstrate
		, William Brauer	exercises for hip training.
2015-06-22 07:30*	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
		Mills	medicine's failing grade.
2015-06-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist
			advantage.
2015-06-22 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss
			nutrition and the pitfalls of the Mac & Cheese
			diet.
2015-06-22 19:00!	Celebrating Life in	Cheri Peters *, Rene	Cheri Peters and Rene Quispe discuss rest.
	Recovery	Quispe	
2015-06-23 06:00*	Body and Spirit Aerobics		Dick Nunez with Megan Fraiser and Cindy
		Frasier and Cindy Hanson	Hanson discuss migraine headaches and
			demonstrate exercises routines to help with
			migraines.
2015-06-23 10:00*	Help Yourself to Health	_	Dr. Agatha Thrash with Don Miller and
		, Rhonda Clark	Rhonda Clark talk about Cardiac concerns.
			Part 1.
2015-06-23 13:30*	Let's Cook Together	Jill Morikone *, Kyong	Jill Morikone and Kyong Weathersby prepare
		Weathersby	some Taste of Heaven tofu dishes.
2015-06-23 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy	Andi Hunsaker, Nancy Diaz, and Tami Bivens
0045 00 04 04 00*	The D is	Diaz , Tami Bivens	discuss balance ball / abdominal workout.
2015-06-24 01:30 [^]	Ultimate Prescription	James Marcum & Charles	James Marcum and Charles Mills discuss
0045 00 04 00 001	Calabaathan Life 1	Mills	medicine's failing grade.
2015-06-24 02:00!	Celebrating Life in	Cheri Peters *, Rene	Cheri Peters and Rene Quispe discuss rest.
2015 06 04 00:00*	Recovery	Quispe	Diek Nunez Josep Maywell and William
2015-06-24 06:00*	body and Spirit		Dick Nunez, Jason Maxwell, and William
2015 06 24 12:00*	leaves and Anguera	, William Brauer	Brauer discuss train to the glory of god.
2015-06-24 13:00*	Issues and Answers	Shelley Quinn *, Steve	Shelley Quinn and Steve Wohlberg discuss
2015-06-24 13:30*	Abundant Living	Wohlberg Curtis & Paula Eakins	exposing the twilight / vampire craze. Curtis and Paula Eakins talk about foods for
2010-00-24 13.30	Abundant Living	Guille & Fauld Edkille	joint health.
2015-06-24 14:00*	Action 4 Life	Casio longs * Barry Baylon	Casio Jones with Barry Bayles discuss the
2013-06-24 14.00	ACTION 4 LITE	Casio Jones , barry bayles	benefits of running exercises.
2015-06-25 03:00!	Lin Close	Don Mackintoch * Sholloy	Shelly Quinn with quests discuss dealing with
2010-00-20 03.00!	oh olose	Don Mackintosh *, Shelley Quinn *, Cecila Hudson ,	loneliness.
			101 ICIII IC35.
		Mike McKinnon , Shirley	
2015 06 25 04:20*	Issues and Answers	Garner	Shalloy Ouinn and Stoya Wahlbara diagras
2015-06-25 04:30*	133UCS AND ANSWEIS	Shelley Quinn *, Steve	Shelley Quinn and Steve Wohlberg discuss
		Wohlberg	exposing the twilight / vampire craze.

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Date and Time	Program	Talent	Description
2015-06-25 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.
2015-06-25 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-06-25 10:00*	Wonderfully Made	George Guthrie , Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2
2015-06-25 11:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-06-25 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2015-06-25 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven Mexican dishes.
2015-06-25 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2015-06-26 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
2015-06-26 10:00*	Health for a Lifetime	Don Mckintosh *, Jennifer Jill Schwirzer	Don Mckintosh and Jennifer Jill Schwirzer discuss the cause and effects of eating disorders.
2015-06-26 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycycle.
2015-06-26 17:00*	NEWSTART Now	Ron Giannoni *	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2015-06-28 03:00*	NEWSTART Now	Ron Giannoni *	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2015-06-28 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	·
2015-06-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2015-06-28 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2015-06-29 01:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-06-29 05:30*	Wonderfully Made		George Guthrie and Tim Amott discuss health issues centering around Type 2
2015-06-29 06:00*	Body and Spirit	Dick Nunez , Kim Rogers , Madison Turner	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2015-06-29 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss as a person thinketh.
2015-06-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.
2015-06-29 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	
2015-06-29 19:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.

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Date and Time	Program	Talent	Description
2015-06-30 06:00*	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2015-06-30 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2.
2015-06-30 11:00*	NEWSTART Now	Ron Giannoni *	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2015-06-30 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven stir-fry dishes.
2015-06-30 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.