

Community Issues Program List

April through June 2015

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

Date and Time	Program	Talent	Description
2015-04-01 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2015-04-01 02:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-04-01 06:00*	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez with John Dinzey and 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 building better bones. Part 1.
2015-04-01 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2015-04-02 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-04-02 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez with helpers show and talk about workout excercises for men.
2015-04-02 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-04-02 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 1.
2015-04-02 11:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-04-02 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss pain that won't go away.
2015-04-02 13:30*	Let's Cook Together	Jill Morikone *, JoAnn Rachor	Jill Morikone and JoAnn Rachor show and discussthe basics of cooking in a slow cooker..
2015-04-02 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2015-04-03 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2015-04-03 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David De Rose discuss fungi.
2015-04-03 13:30*	Abundant Living	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins discuss ideas for building better bones. Part 2.
2015-04-03 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2015-04-05 03:30*	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.
2015-04-05 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.
2015-04-05 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2015-04-06 01:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	Cheri Peters and Ralph Sanchez discuss air.
2015-04-06 05:30*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 1.

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2015-04-06 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
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 Eakins , Paula Eakins	Curtis and Paula Eakins cook up some 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	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple 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 Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami 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 , Mollie Steenson	Dick Nunez and helpers demonstrate exercises for when there is not enough time.
2015-04-08 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the health advantages 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	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2015-04-09 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	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 clinic.
2015-04-09 10:00*	Wonderfully Made	N. David Emerson	N. David Emerson discusses fevers & immune system, pt. 2.
2015-04-09 11:00!	Celebrating Life in Recovery	Cheri Peters *, Ralph Sanchez	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 show making lunch.
2015-04-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2015-04-10 06:00*	Body and Spirit	Dick Nunez , Miles Scruggs	Dick Nunez and helpers demonstrate exercises to help counter-act stress.

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2015-04-10 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David DeRose discuss 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 Czeizinger	Casio Jones and Frances 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 Seaver	Ron Giannoni and Debra Seaver discuss Type II Diabetes and Chronic Obesity.
2015-04-12 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda 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 , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2015-04-12 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2015-04-13 01:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss 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 Snack Attack can sneak up on you.
2015-04-13 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2015-04-13 19:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-04-14 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2015-04-14 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark in the first of a two-part series discuss weight control.
2015-04-14 11:30*	NEWSTART Now	Ron Giannoni *, Debra Seaver	Ron Giannoni and Debra Seaver discuss Type II Diabetes and Chronic Obesity.
2015-04-14 13:30*	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook discuss and show making appetizers and dinner.
2015-04-14 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2015-04-15 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss depression.
2015-04-15 02:00!	Celebrating Life in Recovery	Cheri Peters *, Tracy Hammond	Cheri Peters and Tracy Hammond discuss temperance.
2015-04-15 06:00*	Body and Spirit	David Weston , Dick Nunez , Michael Webb	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.

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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 , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2015-04-16 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.
2015-04-16 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	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2015-04-17 06:00*	Body and Spirit	Dick Nunez , Martha Weber , Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
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 importance 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	Agatha Thrash *, Don Miller , Rhonda Clark	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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2015-04-20 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2015-04-20 19:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-04-21 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2015-04-21 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda 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 preparing a quick lunch.
2015-04-21 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 exercises for osteoporosis.
2015-04-22 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2015-04-22 02:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-04-22 06:00*	Body and Spirit	Dick Nunez , John Leaman , Randi Brewer	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2015-04-22 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss ideas on how to build up your immunity.
2015-04-22 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2015-04-23 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
2015-04-23 04:30*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2015-04-23 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2015-04-23 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-04-23 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss p.m.s..
2015-04-23 11:00!	Celebrating Life in Recovery	Cheri Peters *, Wayne Blakely	Cheri Peters and Wayne Blakely discuss integrity.
2015-04-23 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss chemical reactions.
2015-04-23 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making breakfast.
2015-04-23 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 aerobic exercises than can be done in the home.
2015-04-24 06:00*	Body and Spirit	Dave Stevenson , Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2015-04-24 10:00*	Health for a Lifetime	Don McKintosh *, David DeRose	Don McKintosh and David DeRose discuss the pros and cons of vitamin supplements.

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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 Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2015-04-24 17:00*	NEWSTART Now	Ron Giannoni *, Maria Lee Costin	Ron Giannoni and Maria Lee Costin discuss Type II Diabetes and Chronic Obesity.
2015-04-26 03:00*	NEWSTART Now	Ron Giannoni *, Maria Lee Costin	Ron Giannoni and Maria Lee Costin discuss Type II Diabetes and Chronic Obesity.
2015-04-26 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda 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. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2015-04-27 01:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-04-27 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss p.m.s..
2015-04-27 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
2015-04-27 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2015-04-27 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula revisit the joys and convenience of crock-pot cooking for the busy family.
2015-04-27 14:00*	Action 4 Life	Casio Jones *, Bradley Hite , Mindy Issacs	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2015-04-27 18:30*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2015-04-27 19:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-04-28 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2015-04-28 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss skeletal problems and their effects.
2015-04-28 11:00*	Issues and Answers	J. D. Quinn *, Troy Fitzgerald	J. D. Quinn and Troy Fitzgerald discuss getting what we expect, or expecting what we got.
2015-04-28 11:30*	NEWSTART Now	Ron Giannoni *, Maria Lee Costin	Ron Giannoni and Maria Lee Costin discuss Type II Diabetes and Chronic Obesity.
2015-04-28 13:30*	Let's Cook Together	Jill Morikone *, Bev Condry	Jill Morikone and Bev Condry discuss and show making lunch.

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2015-04-28 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.
2015-04-29 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss the natural heart - part 1.
2015-04-29 02:00!	Celebrating Life in Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss optimism.
2015-04-29 06:00*	Body and Spirit	Dick Nunez *, Theresa Wilson	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back. Dick Nunez and helpers demonstrate more exercises for flexibility.
2015-04-29 13:30*	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins discuss the difference between CRP and CPR for a 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 Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2015-04-30 04:30*	Issues and Answers	J. D. Quinn *, Gregory L. Jackson	J. D. Quinn and Gregory L. Jackson discuss surrender: the secret to perfect peace and 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 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 Recovery	Cheri Peters *, Adam Schutte	Cheri Peters and Adam Schutte discuss 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 back.
2015-05-01 06:00*	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez and helpers demonstrate more exercises for flexibility.
2015-05-01 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don McKintosh and David DeRose discuss flu symptoms and treatment.
2015-05-01 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2015-05-03 03:30*	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.
2015-05-03 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.

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2015-05-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim 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 , Susan Santos , Tammy Larson	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 *, Jim Attikson	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 Impaired.
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 discussion 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.
2015-05-07 13:30*	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*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell.
2015-05-08 17:00*	NEWSTART Now	Ron Giannoni *, Shela Eppler	Ron Giannoni and Shela Eppler discuss Type II Diabetes and Chronic Obesity .
2015-05-10 03:00*	NEWSTART Now	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 discussion of the Respiratory System.
2015-05-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	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*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia.
2015-05-11 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss weight matters.
2015-05-11 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2015-05-11 14:00*	Action 4 Life	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 *, Fran McKain	Cheri Peters and Fran McKain discuss social support.
2015-05-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan 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 discussion of the Respiratory System.

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Date and Time	Program	Talent	Description
2015-05-12 11:00*	NEWSTART Now	Ron Giannoni *, Shela Eppler	Ron Giannoni and Shela Eppler discuss Type II Diabetes and Chronic Obesity .
2015-05-12 13:30*	Let's Cook Together	Barbara Nolen *, Bev Cook	Barbara Nolen and Bev Cook demonstrate preparing raw desserts.
2015-05-12 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2015-05-13 01:30*	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 Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the 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 fulfilling.
2015-05-14 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.
2015-05-14 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 *, Fran McKain	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	Dick Nunez with helpers shows more specific exercises designed for strength training.
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	Agatha Thrash *, Don Miller , Rhonda Clark	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 Babb and Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2015-05-17 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.
2015-05-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-05-18 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2015-05-18 06:00*	Body and Spirit	Dick Nunez , John Leaman , Randi Brewer	Dick Nunez with helpers shows specific exercises designed to help with knee pain.
2015-05-18 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss 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	Casio Jones and Tyler Flower discuss working out with young folks.
2015-05-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-05-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2015-05-19 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark discuss, in a two-part series, Nutrition.
2015-05-19 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell demonstrate preparing vegetable entrees.
2015-05-19 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.
2015-05-20 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2015-05-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2015-05-20 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Jr. , Moses Primo	Dick Nunez with helpers shows specific exercises designed to help with tennis elbow and carpal tunnel syndrom.
2015-05-20 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2015-05-20 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones and Lynne Thompson Cundiff discuss s.i.u. recreational center.
2015-05-21 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2015-05-21 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2015-05-21 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-05-21 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2015-05-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.

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Date and Time	Program	Talent	Description
2015-05-21 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss urological issues.
2015-05-21 13:30*	Let's Cook Together	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Cambell show how to put on a pizza party.
2015-05-21 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.
2015-05-22 06:00*	Body and Spirit	Dick Nunez , Kim Wilson , Theresa Wilson	Dick Nunez with Janet Nelson and Bobby Jo 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 Dewitt	Don Mckintosh and William DeWitt discuss prostate cancer and it's treatment.
2015-05-22 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2015-05-22 17:00*	NEWSTART Now	Ron Giannoni *, Brian Morse	Ron Giannoni and Brian Morse discuss Type II Diabetes and Chronic Obesity .
2015-05-24 03:00*	NEWSTART Now	Ron Giannoni *, Brian Morse	Ron Giannoni and Brian Morse discuss Type II Diabetes and Chronic Obesity .
2015-05-24 03:30*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion on Nutrition.
2015-05-24 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2015-05-24 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.
2015-05-25 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-05-25 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2015-05-25 06:00*	Body and Spirit	Dick Nunez , Jim Hillman , Miles Scruggs	Dick Nunez and helpers demonstrate exercises for the abdominal wall.
2015-05-25 07:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2015-05-25 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2015-05-25 14:00*	Action 4 Life	Casio Jones *, Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2015-05-25 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-05-26 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.
2015-05-26 10:00*	Help Yourself to Health	Agatha Thrash *, Calvin Thrash , Don Miller , Rhonda Clark	Dr. Agatha Thrash, Don Miller and Rhonda Clark continue their discussion on Nutrition.
2015-05-26 11:00*	NEWSTART Now	Ron Giannoni *, Brian Morse	Ron Giannoni and Brian Morse discuss Type 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 Burton	Jill Morikone and Marvella Burton demonstrate preparing brunch.
2015-05-26 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.
2015-05-27 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2015-05-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-05-27 06:00*	Body and Spirit	Amiee Walker , Barbara Nolen , Dick Nunez	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
2015-05-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2015-05-27 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2015-05-28 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.
2015-05-28 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	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 Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2015-05-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2015-05-28 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss aging issues.
2015-05-28 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 1)
2015-05-28 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2015-05-29 06:00*	Body and Spirit	Dick Nunez , Mike Wilson	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
2015-05-29 10:00*	Health for a Lifetime	Don McKintosh *, George Guthrie	Don Mckintosh and George Guthrie discuss benefits of vitamin B-12.
2015-05-29 14:00*	Action 4 Life	Casio Jones *, Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2015-05-31 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the importance of proper sleep.
2015-05-31 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
2015-05-31 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is 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 Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-06-01 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon 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 *, Charles Mills	Dr. James Marcum and Charles Mills discuss 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 Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2015-06-01 19:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-06-02 06:00*	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2015-06-02 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss the importance of proper sleep.
2015-06-02 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate holiday recipes. (Part 2)
2015-06-02 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2015-06-03 01:30*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2015-06-03 02:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-06-03 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
2015-06-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of sadness and how it affects the body.
2015-06-03 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2015-06-04 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2015-06-04 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for 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 Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.
2015-06-04 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2015-06-04 12:00*	Ultimate Prescription	Dr. James Marcum *, Charles Mills	Dr. James Marcum and Charles Mills discuss disease fighting foods.

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2015-06-04 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
2015-06-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2015-06-05 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , William Brauer	Dick Nunez and helpers demonstrate 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 Clark	Casio Jones with Frances Clark discuss the bennefits of pool exercise.
2015-06-07 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health.
2015-06-07 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2015-06-07 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfom core strengthening exercises.
2015-06-08 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss 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 , William Brauer	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2015-06-08 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss 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 Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2015-06-08 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-06-09 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of colessterol and demonstrate exercise routines for health.
2015-06-09 10:00*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss some overlooked laws of health.
2015-06-09 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
2015-06-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss matters of the heart.
2015-06-10 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.

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Date and Time	Program	Talent	Description
2015-06-10 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-06-10 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers show simple home 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 Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2015-06-11 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.
2015-06-11 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2015-06-11 09:00!	Stop-Smoking Clinic	Dr. Arthur Weaver	Dr. Arthur Weaver discusses stop smoking clinic.
2015-06-11 10:00*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss breast cancer.
2015-06-11 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2015-06-11 12:00*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss screening for all.
2015-06-11 13:30*	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
2015-06-11 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2015-06-12 06:00*	Body and Spirit	Brittany Nunez , Christy Soderling , Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.
2015-06-12 10:00*	Health for a Lifetime	Don Mckintosh *, George Guthrie	Don Mckintosh and George Guthrie discuss suggestions on how to have a long and healthy life.
2015-06-12 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.
2015-06-12 17:00*	NEWSTART Now	Ron Giannoni *, Mike Milburn	Ron Giannoni and Mike Milburn discuss Type II Diabetes and Chronic Obesity .
2015-06-14 03:00*	NEWSTART Now	Ron Giannoni *, Mike Milburn	Ron Giannoni and Mike Milburn discuss Type II Diabetes and Chronic Obesity .
2015-06-14 03:30*	Help Yourself to Health	Agatha Thrash *, Don Miller , Rhonda Clark	Dr. Agatha Thrash with Don Miller and Rhonda Clark discuss dealing with allergies.
2015-06-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2015-06-14 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2015-06-15 05:30*	Wonderfully Made	Amy Wellard , Cherie Lou Fernandez	Amy Wellard and Cherie Lon 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	Agatha Thrash * , Don Miller , Rhonda Clark	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	Casio Jones and Kevin Toms demonstrate exercise techniques.
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 Hopkins and Richard Nelson	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	Agatha Thrash * , Don Miller , Rhonda Clark	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 Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2015-06-21 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2015-06-22 01:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
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 , William Brauer	Dick Nunez and helpers demonstrate exercises for hip training.
2015-06-22 07:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss 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 Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-06-23 06:00*	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2015-06-23 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 1.
2015-06-23 13:30*	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some Taste of Heaven tofu dishes.
2015-06-23 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2015-06-24 01:30*	Ultimate Prescription	James Marcum & Charles Mills	James Marcum and Charles Mills discuss medicine's failing grade.
2015-06-24 02:00!	Celebrating Life in Recovery	Cheri Peters *, Rene Quispe	Cheri Peters and Rene Quispe discuss rest.
2015-06-24 06:00*	Body and Spirit	Dick Nunez , Jason Maxwell , William Brauer	Dick Nunez, Jason Maxwell, and William Brauer discuss train to the glory of god.
2015-06-24 13:00*	Issues and Answers	Shelley Quinn *, Steve Wohlberg	Shelley Quinn and Steve Wohlberg discuss exposing the twilight / vampire craze.
2015-06-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2015-06-24 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2015-06-25 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2015-06-25 04:30*	Issues and Answers	Shelley Quinn *, Steve Wohlberg	Shelley Quinn and Steve Wohlberg discuss 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 bicyccycle.
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	Dr. Agatha Thrash with Don Miller and Rhonda Clark talk about Cardiac concerns. Part 2.
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 , Tim Arnott	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	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
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.