

W29CI-D CHANNEL 29 – SALEM, IL

Q1 2024 ISSUES AND PROGRAMS LIST

Quarterly Issues/Programs List

Below is a list of some of the most significant issues addressed by W29CI-D, along with the most significant programming treatment of those issues for the period 1/01/2024 to 3/31/2024. This list is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Programming	Date	Duration	Description of Programming
Weather Related Issues	Daily Local Weather Broadcast	1/1/24 – 3/31/24	30 minutes	<p>Broadcasts included real time, community of license-specific data informing viewers of current weather conditions, day and evening outlooks, twelve-hour and following day forecasts, seven-day outlooks, temperature records, temperature, humidity and wind speed graphs, local radars, current weather warnings and watches, as well as regional and national forecasts and information about major weather events.</p>
Buzzed Driving Prevention	National Highway Traffic Safety Administration (NHTSA) “ <i>Buzzed Driving Prevention</i> ” Public Service Announcement	1/1/24 – 3/31/24 (2x/day)	60 seconds	<p>The Ad Council has focused on drunk driving prevention since 1983, with the release of the now-classic “Friends Don’t Let Friends Drive Drunk” campaign. As the idea of a designated driver became the cultural norm, but alcohol-related driving fatalities began to increase, we recognized the need for a new approach. In 2005, we refreshed our classic campaign with a new message: “Buzzed Driving is Drunk Driving.”</p> <p>The most recent iteration of the Buzzed Driving Prevention campaign effort prompts young men 21 to 34 to examine their own warning signs of impairment and take responsibility for their decisions behind the wheel by reminding them: If you need to do something to make yourself feel okay to drive, you're not okay to drive.</p>

<p>Youth Fentanyl Awareness</p>	<p><i>“Real Deal on Fentanyl”</i> Public Service Announcement</p>	<p>1/1/24 – 3/31/24 (2x/day)</p>	<p>60 seconds</p>	<p>In 2021, there were nearly 108,000 drug overdose deaths - the highest number recorded in a 12-month period and a staggering 52 percent increase over the last two years. This rise in overdose-related deaths is being fueled by the prevalence of synthetic opioids, like fentanyl, which were involved in an estimated 66% of overdose deaths during this period.</p> <p>Fentanyl is often made illegally. It's laced into other drugs, like heroin and cocaine, and used to make fake versions of prescription pills. Because of this, many individuals who encounter fentanyl have encountered it unknowingly.</p> <p>To increase awareness of the dangers & prevalence of fentanyl, this new campaign, Real Deal on Fentanyl, was created to educate young people 13-24 and arm them with lifesaving information. The campaign also includes a distinct forthcoming creative effort, targeted to parents of 13–24-year-olds, to help parents also understand the risks posed by fentanyl, and how they can talk to their children about this issue.</p>
<p>Suicide Prevention (Teen and Young Adult Mental Health)</p>	<p><i>“STA – We Can Talk About It”</i> Public Service Announcement</p>	<p>1/1/24 – 3/31/24 (2x/day)</p>	<p>60 seconds</p>	<p>Young adulthood is a critical time, when many people experience mental health issues and significant stress from life transitions like moving from home and beginning college or a career.</p> <p>Seize the Awkward inspires young adults to help friends who are struggling with mental health issues (and who may be at risk for suicide) by encouraging them to consistently start and sustain conversations about mental health with their friends.</p> <p>Recognizing the need for culturally relevant content and resources for Black and Hispanic/Latine young adults, the new iteration of the campaign, “We Can Talk About It,” reflects the lived experiences of a diverse range of young people. Inspired by the insight that young people are surrounded by harmful messages around mental health, the campaign encourages them to counteract these messages by reaching out to friends who may be struggling.</p> <p>The campaign drives to SeizeTheAwkward.org, where visitors can explore resources and tools to help them start a conversation with a peer around mental health.</p>

<p>Youth Vaping Prevention</p>	<p><i>"#DoTheVapeTalk"</i> Public Service Announcement</p>	<p>1/1/24 – 3/31/24 (2x/day)</p>	<p>60 seconds</p>	<p>Fifty years ago, the United States embarked on a path of mass incarceration, leading to a staggering increase in the prison population. Today, almost 2 million individuals – disproportionately Black Americans – are incarcerated in our nation’s prisons and jails. According to the Bureau of Justice Statistics, the prison population has grown nearly 500% since 1973. The Sentencing Project and a coalition of advocates, experts, and partners are launching a public education campaign, 50 Years and a Wake Up: Ending The Mass Incarceration Crisis In America. The campaign raises awareness about this crisis and its devastating impact on communities and proposes more effective crime prevention strategies for our country. These PSAs emphasize the need for change and feature Kemba and Joel, who were both formerly incarcerated. The PSAs end with the phrase “It’s time for a wake-up.” The use of ‘wake up’ is a double entendre referencing both a wake-up call and a colloquial phrase that incarcerated people sometimes use to describe the life of their sentence plus one day (e.g. “I have 20 years and a wake up”). Viewers are directed to SentencingProject.org to learn more.</p> <p>Campaign Mission</p> <ul style="list-style-type: none"> • Raise awareness about the mass incarceration crisis in America. • Promote a path forward with more effective solutions to crime. • Provide a website with more information at SentencingProject.org.
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Community Issues Program List

January through March 2024

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

Date and Time	Program	Talent	Description
2024-02-05 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2024-02-07 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2024-02-09 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2024-02-12 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2024-02-14 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2024-02-16 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2024-02-19 14:00*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2024-02-21 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2024-02-23 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2024-02-26 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2024-02-28 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2024-03-01 04:30*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise
2024-03-04 14:00*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2024-03-06 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2024-03-08 04:30*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2024-03-11 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycicle.
2024-03-13 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2024-03-15 04:30*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate
2024-03-18 14:00*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2024-03-20 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2024-03-22 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2024-03-25 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2024-03-27 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2024-03-29 04:30*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2024-01-03 14:00*	Action 4 Life	Casio Jones (Host), Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2024-01-05 04:30*	Action 4 Life	Casio Jones (Host), Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2024-01-08 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2024-01-10 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout.

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2024-01-12 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2024-01-15 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2024-01-17 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2024-01-19 04:30*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!.
2024-01-22 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2024-01-24 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2024-01-26 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2024-01-29 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2024-01-31 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.
2024-02-02 04:30*	Action 4 Life	Casio Jones (Host), Tyler	Casio Jones and Monica Flowers discuss who
2024-01-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
2024-01-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss alpha & omega.
2024-01-10 13:30*	Abundant Living	Paula & Curtis Eakin	Ron Giannoni discusses Type II Diabetes and Chronic Obesity.
2024-01-15 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the overview.
2024-01-17 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the causes.
2024-01-22 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers - the treatment.
2024-01-24 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 1.
2024-01-29 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master gland - part 2.
2024-01-31 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and more.
2024-02-05 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2024-02-07 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss go red.
2024-02-12 13:30*	Abundant Living	Paula & Curtis Eakin	Christine Salter discusses prevention and screening.
2024-02-14 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss preventing power surges.
2024-02-19 13:30*	Abundant Living	Paula & Curtis Eakin	discusses frequently asked questions.
2024-02-21 13:30*	Abundant Living	Paula & Curtis Eakin	discusses drugs dark side.
2024-02-26 13:30*	Abundant Living	Paula & Curtis Eakin	discusses h for herbal medicine.
2024-02-28 13:30*	Abundant Living	Paula & Curtis Eakin	discusses e for eating.
2024-03-04 13:30*	Abundant Living	Paula & Curtis Eakin	discusses a is for adoration.
2024-03-06 13:30*	Abundant Living	Paula & Curtis Eakin	discusses l for liquids.
2024-03-11 13:30*	Abundant Living	Paula & Curtis Eakin	discusses healthy heart cooking.
2024-03-13 13:30*	Abundant Living	Paula & Curtis Eakin	discusses e for exercise.
2024-03-18 13:30*	Abundant Living	Paula & Curtis Eakin	discusses r for rest.
2024-03-20 13:30*	Abundant Living	Paula & Curtis Eakin	discusses meals in minutes.
2024-03-25 13:30*	Abundant Living	Paula & Curtis Eakin	discusses s for sunlight.
2024-03-27 13:30*	Abundant Living	Paula & Curtis Eakin	discusses tools for transformation.
2024-01-03 06:00*	Body and Spirit	Elora Ford, Dick Nunez	Dick Nunez and helps demonstrate exercises to help with osteoporosis.

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2024-01-05 06:00*	Body and Spirit	Michael Webb, Dick Nunez, David Weston	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
2024-01-08 06:00*	Body and Spirit	Dick Nunez, Martha Weber, Susan Santos	Dick Nunez and helpers demonstrate exercises for fitness for women.
2024-01-10 06:00*	Body and Spirit	Dick Nunez, Ted Arviev	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.
2024-01-12 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, John Leaman	Dick Nunez and helpers demonstrate exercises to help with Diabetes.
2024-01-15 06:00*	Body and Spirit	Dave Stevenson, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with Joint pain.
2024-01-17 06:00*	Body and Spirit	Greg Morikone, John Leaman, Dick Nunez	Dick Nunez and helpers demonstrate exercises to help with shoulder pain.
2024-01-19 06:00*	Body and Spirit	Dick Nunez (Host), Theresa Wilson	Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back. Dick Nunez and helpers demonstrate more exercises for flexibility.
2024-01-22 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez and helpers demonstrate more exercises for flexibility.
2024-01-24 06:00*	Body and Spirit	Dick Nunez, Susan Santos, Tammy Larson	Dick Nunez and helpers demonstrate exercises for women.
2024-01-26 06:00*	Body and Spirit	Joe Carrell, Miles Scruggs, Dick Nunez	Dick Nunez and helpers demonstrate exercises for the Vision Impaired.
2024-01-29 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez with helpers shows specific exercises designed for the low back.
2024-01-31 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia
2024-02-02 06:00*	Body and Spirit	Dick Nunez, David Weston, Scott Tanner	Dick Nunez with helpers shows specific exercises designed to help with osteoporosis.
2024-02-05 06:00*	Body and Spirit	Miles Scruggs, Dick Nunez, Greg Morikone	Dick Nunez with helpers shows more specific exercises designed for strength training.
2024-02-07 06:00*	Body and Spirit	John Leaman, Randi Brewer, Dick Nunez	Dick Nunez with helpers shows specific exercises designed to help with knee pain.
2024-02-09 06:00*	Body and Spirit	Jr., Dick Nunez, Greg Morikone, Moses Primo	Dick Nunez with helpers shows specific exercises designed to help with tennis elbow and carpal tunnel syndrom.
2024-02-12 06:00*	Body and Spirit	Kim Wilson, Dick Nunez, Theresa Wilson	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health.
2024-02-14 06:00*	Body and Spirit	Dick Nunez, Miles Scruggs, Jim Hillman	Dick Nunez and helpers demonstrate exercises for the abdominal wall.
2024-02-16 06:00*	Body and Spirit	Amiee Walker, Dick Nunez, Barbara Nolen	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
2024-02-19 06:00*	Body and Spirit	Mike Wilson, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help control hypertension.
2024-02-21 06:00*	Body and Spirit	Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with hip pain.
2024-02-23 06:00*	Body and Spirit	John Leaman, Dick Nunez, Greg Morikone	Dick Nunez and helpers demonstrate exercises that can help with knee pain.
2024-02-26 06:00*	Body and Spirit	Andrew Hard, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises for strength training.
2024-02-28 06:00*	Body and Spirit	Rick Nunez, William Brauer, Dick Nunez	Dick Nunez and helpers demonstrate exercises that can help with lower back training.
2024-03-01 06:00*	Body and Spirit	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez and helpers show simple home exercises and discuss the subject protein.
2024-03-04 06:00*	Body and Spirit	Brittany Nunez, Christy Soderling, Dick Nunez	Dick Nunez and helpers show exercise training for teenage girls.

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2024-03-06 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2024-03-08 06:00*	Body and Spirit	Christy Soderling, Dick Nunez, Brittany Nunez	Dick Nunez and helpers show simple home exercises that will help with balance.
2024-03-11 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez and helpers shows the joys of exercising.
2024-03-13 06:00*	Body and Spirit	William Brauer, Jason Maxwell, Dick Nunez	Dick Nunez and helpers demonstrate exercises for hip training.
2024-03-15 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.
2024-03-18 06:00*	Body and Spirit	Brittany Nunez, Dick Nunez, Christy Soderling	Dick Nunez and helpers demonstrate simple home exercises to burn away the fat.
2024-03-20 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Kim Rogers	Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries.
2024-03-22 06:00*	Body and Spirit	Christy Soderling, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to keep you in better health with proper posture.
2024-03-25 06:00*	Body and Spirit	Dick Nunez, Jason Maxwell, William Brauer	Dick Nunez and helpers demonstrate simple home exercises for senior citizens.
2024-03-27 06:00*	Body and Spirit	Jason Maxwell, Dick Nunez, William Brauer	Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2024-03-29 06:00*	Body and Spirit	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound people.
2024-01-02 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2024-01-04 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2024-01-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2024-01-09 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.
2024-01-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2024-01-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb, Megan Frasier	Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain.
2024-01-16 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
2024-01-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
2024-01-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
2024-01-23 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
2024-01-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
2024-01-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.

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2024-01-30 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
2024-02-01 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
2024-02-04 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
2024-02-06 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
2024-02-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
2024-02-11 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
2024-02-13 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Bobby Jo Murphy	Dick Nunez and Janet Nelson and Bobby Jo Murphy discuss eating disorder.
2024-02-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Richard Nelson	Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis.
2024-02-18 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez and Megan Frasier and Cindy Hanson discuss strength training for women.
2024-02-20 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
2024-02-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
2024-02-25 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Bobby Jo Murphy and Jonathon Hopkins	Dick Nunez with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
2024-02-27 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Richard Nelson and Cindy Hanson	Dick Nunez with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
2024-02-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
2024-03-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Daniel Hopkins	Dick Nunez, Brittany Nunez, and Daniel Hopkins discuss diet for a new economy.
2024-03-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise.
2024-03-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Zak Oberholster	Dick Nunez, Corrie Sample, and Zak Oberholster discuss the benefits of a vegetarian diet.
2024-03-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women.
2024-03-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Frances Clark	Dick Nunez with Frances Clark demonstrate upper body aerobics.
2024-03-14 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods.
2024-03-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2024-03-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.

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2024-03-21 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2024-03-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strengthen your
2024-03-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2024-03-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2024-03-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2024-03-11 05:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2024-03-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2024-03-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2024-01-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
2024-01-15 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pumpkin & cranberry fillos et al.
2024-01-22 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2024-01-29 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2024-02-05 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2024-02-12 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2024-02-19 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2024-02-26 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2024-03-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2024-01-02 13:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the matter.
2024-01-09 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2024-01-16 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2024-01-23 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatooullie et al.
2024-01-30 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2024-02-06 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2024-02-13 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2024-02-20 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2024-02-27 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2024-03-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2024-03-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2024-03-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2024-01-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2024-01-12 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international dishes.
2024-01-19 09:30*	Cook 30	Jeremy Dixon	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2024-01-26 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2024-02-02 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses zoodles.
2024-02-09 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2024-02-16 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian curries.
2024-02-23 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut frittatas.
2024-03-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2024-03-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2024-03-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.

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Date and Time	Program	Talent	Description
2024-03-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
2024-03-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2024-01-03 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Sandra Santos, Vrina Santos	Cheri Peters (Host), Sandra Santos, and Vrina Santos discuss by beholding we are changed.
2024-01-08 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Wayne Blakely	Cheri Peters and Wayne Blakely discuss the victory over homosexuality.
2024-01-15 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Chris Corzine	Cheri Peters and Chris Corzine discuss victory over Meth addiction.
2024-01-24 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Apryl Cordry, Nicole Day	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges.
2024-01-29 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Megan Baez, Mylynda Ortiz	Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2
2024-02-07 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Melody Prettyman	Cheri Peters and C. A. Murray discuss season 8 highlights.
2024-02-12 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Asheley Woodruff	N. David Emerson discusses diabetes.
2024-02-19 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Annette Washington, Pam Talley	Cheri Peters (Host), Annette Washington, and Pam Talley discuss the love of a grandparent.
2024-02-28 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dave Casey	Cheri Peters, Annette Washington, and Pam Talley discuss the love of a grandparent.
2024-03-06 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Johanahn Larsosa, Krystal Robinson	Cheri Peters and Dave Casey discuss the big dog.
2024-03-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jasahn Larsosa, Johanahn Larsosa	Cheri Peters (Host), Jasahn Larsosa, and Johanahn Larsosa discuss this hood of ours ministry, part 2 of 2.
2024-03-18 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Buddy Williams, Bryan Myers, Lemuel Vega	Cheri Peters (Host), Buddy Williams, Bryan Myers, and Lemuel Vega discuss smuggling, selling and doing drugs in prison.
2024-03-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Shelley Quinn	Cheri Peters (Host) and Shelley Quinn discuss personal testimony / grace pipeline.
2024-03-07 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Jeremy Dixon discusses revive super salad mingle.
2024-03-14 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said	Rico Hill and Jim Said discuss you got milked!.
2024-03-21 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.
2024-03-28 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.
2024-01-04 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2024-01-11 10:00*	From Sickness to Health	Rico Hill (Host), Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food.
2024-01-18 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Camille Clark	Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise.
2024-01-25 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, and Thomas Jackson discuss stress.
2024-02-01 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss temperance.

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2024-02-08 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2024-02-15 10:00*	From Sickness to Health	Rico Hill (Host), Camille Clark, Thomas Jackson, Yvonne Lewis	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss food labeling.
2024-02-22 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss auto-immune disease.
2024-02-29 10:00*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2024-01-05 03:30*	Live to Be Well	Dr. Kim	discusses surviving the battle.
2024-01-12 03:30*	Live to Be Well	Dr. Kim	discusses the commitment of motherhood.
2024-01-19 03:30*	Live to Be Well	Dr. Kim	discusses a sense of commitment to god.
2024-01-26 03:30*	Live to Be Well	Dr. Kim	discusses a sister's love.
2024-02-02 03:30*	Live to Be Well	Dr. Kim	discusses protect to serve.
2024-02-09 03:30*	Live to Be Well	Dr. Kim	discusses tender healing.
2024-02-16 03:30*	Live to Be Well	Dr. Kim	discusses financial accountability.
2024-02-23 03:30*	Live to Be Well	Dr. Kim	discusses restored by faith.
2024-03-01 03:30*	Live to Be Well	Dr. Kim	discusses integrity and ethics in business.
2024-03-08 03:30*	Live to Be Well	Dr. Kim	discusses climate of change.
2024-03-15 03:30*	Live to Be Well	Dr. Kim	discusses accepting change.
2024-03-22 03:30*	Live to Be Well	Dr. Kim	discusses reaching new heights.
2024-03-29 03:30*	Live to Be Well	Dr. Kim	discusses the value of education.
2024-01-30 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2024-02-01 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2024-02-04 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis.
2024-02-06 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2024-02-08 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of excersicing.
2024-02-11 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show excercises to help with aching knees.
2024-02-13 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show excercises to help an aching back.
2024-02-15 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show excercises to help Strengthen your back.
2024-02-18 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show excercises to help aching shoulders.
2024-02-20 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several excercises that should be done daily.
2024-02-22 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training excercises.
2024-02-25 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show excercises to help control your waisline.

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2024-02-27 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2024-02-29 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2024-03-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2024-03-05 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2024-03-07 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2024-03-10 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2024-03-12 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2024-03-14 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2024-03-17 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strength.
2024-03-19 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform core strengthening exercises.
2024-01-02 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2024-01-04 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2024-01-07 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2024-01-09 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2024-03-31 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2024-01-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2024-01-16 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2024-01-18 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2024-01-21 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2024-01-23 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2024-01-25 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2024-01-28 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2024-03-22 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2024-01-02 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2024-01-12 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.

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2024-01-19 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2024-01-26 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2024-01-30 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.
2024-02-09 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2024-02-13 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2024-02-23 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2024-03-01 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2024-03-05 02:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2024-03-15 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2024-01-17 23:00!	Today Cooking	Padmaja Medidi, Angela Lomacang	discusses authentic indian cuisine.
2024-03-27 20:00!	Today Cooking	Heidi Thomkins, Ivan Raj	discusses brain powering breakfasts.
2024-02-14 20:00!	Today Cooking	Heidi Thomkins, Ivan Raj	discusses simple soups and sides.
2024-01-24 08:00!	Today Cooking	Paula & Curtis Eakin	discusses colorful supper ideas.
2024-02-28 15:00!	Today Cooking	Michelle Menas, Idalia Dinzey	discusses baking with the menas.
2024-03-06 15:00!	Today Cooking	Paula & Curtis Eakin	discusses supper ideas.
2024-02-07 15:00!	Today Cooking	Kylee Mella, Angela Lomacang	discusses brazilian cuisine.
2024-01-31 20:00!	Today Cooking	Idalia Dinzey	discusses diabetes defying vital veggies.
2024-03-20 15:00!	Today Cooking	Angela Lomacang	discusses diabetes defying protein dishes.
2024-02-21 15:00!	Today Cooking	Karen Lynch, Angela Lomacang	discusses brunch made simple.
2024-01-03 23:00!	Today Cooking	Tiffany Lucia, Libette Irizarry,	discusses in the kitchen with lifeline wellness institute.
2024-01-10 08:00!	Today Cooking	Ben and Pamela Lingle	discusses cooking on a budget.
2024-03-13 15:00!	Today Cooking	Kim Wolfe, Angela Lomacang	discusses everything but the kitchen sink.
2024-01-25 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the number one.
2024-02-01 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2024-02-08 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2024-02-15 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2024-02-23 05:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2024-02-29 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss skin.
2024-03-07 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss learning about medications.
2024-03-14 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Shelley Quinn and Karen Nicola discuss what is grief.
2024-03-21 13:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss the big tube.
2024-03-29 05:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss treating causes a better idea.
2024-01-05 05:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	discusses valves of the heart.
2024-01-12 05:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	discusses diagnosing a weak heart.

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2024-01-19 05:30*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	discusses exercise.
2024-01-02 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses methods of dealing with High Blood Pressure.