

WVUA 90.7 FM Programs and Issues List - 2022 4th Quarter**File Date: January 10, 2023**

Issue/Topic Physics of Pain
Show Fit2BTide
Host Sheena Gregg and Whitney Pape
Date Aired 10/2/22 **Time Aired** 2pm **Segment Time Length** 60 min
Description Physics is a huge part of our physical anatomy and the concept to avoiding muscular pain is pretty simple. Join us as Charles Burroughs enlightens us on his newest research and discovery regarding pain.

Issue/Topic Gardening for Mental Health
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 10/4/22 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews Karen Hugg, Master Pruner, Professional Gardener and author of the book Leaf Your Troubles Behind: How to Destress and Grow Happiness Through Plants. The discussion provides information about how plants are beneficial to your mental, physical and spiritual health.

Issue/Topic Stress, we all got it
Show Fit2BTide
Host Sheena Gregg and Whitney Pape
Date Aired 10/9/22 **Time Aired** 2pm **Segment Time Length** 60 min
Description Sheena and Whitney dive in to all the ways you can manage stress. Sometimes all it takes is a little breathing.

WVUA 90.7 FM Programs and Issues List - 2022 4th Quarter**File Date: January 10, 2023****Issue/Topic** The Relationship Killer: Listening**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 10/11/22 **Time Aired** 6:00pm **Segment Time Length** 60 min**Description** Dr Guenther interviews Christine Miles, author of the critically acclaimed and bestselling book, What Is It Costing You Not To Listen?**Issue/Topic** Breast Cancer Awareness Month**Show** Fit2BTide**Host** Sheena Gregg and Whitney Pape**Date Aired** 10/16/22 **Time Aired** 2pm **Segment Time Length** 60 min**Description** Did you know men can get breast cancer too? Neika Morgan is back to discuss myths about breast cancer and how you can do your part to prevent the disease.**Issue/Topic** VitAL Initiative and Development of the Mental Health App Connect Alabama**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 10/18/22 **Time Aired** 6:00PM **Segment Time Length** 60 min**Description** Dr Guenther interviews Shanna McIntosh, Director of VitAL and one of the developers of the mental health app Connect Alabama.

Issue/Topic Mindfulness, what's is all about?

Show Fit2BTide

Host Sheena Gregg and Whitney Pape

Date Aired 10/23/22

Time Aired 2pm

Segment Time Length 60 min

Description Sheen and Whitney dive in to mindfulness and how you can apply it to physical activity and nutrition.

Issue/Topic Delayed Homesickness

Show Brain Matters Radio Show

Host Dr BJ Guenther

Date Aired 10/25/22

Time Aired 6:00PM

Segment Time Length 60 min

Description Dr Guenther interviews Dr Josh Klapow, Clinical Psychologist and Author, about delayed homesickness, challenges and solutions.

Issue/Topic The Gym can Be Scary

Show Fit2BTide

Host Sheena Gregg and Whitney Pape

Date Aired 10/30/22

Time Aired 2pm

Segment Time Length 60 min

Description In this Halloween edition of Fit2BTide, Whitney and Charles talk about the scary things people do in the gym and how you can avoid them for a great workout.

WVUA 90.7 FM Programs and Issues List - 2022 4th Quarter**File Date: January 10, 2023****Issue/Topic** Navigating Relationships in College**Show** Brain Matters Radio Show**Host** Dr BJ Guenther**Date Aired** 11/1/22 **Time Aired** 6:00pm **Segment Time Length** 60 min**Description** Dr Guenther interviews Dr Kimberly Jenkins-Richardson about the key points of developing healthy relationships in college.**Issue/Topic** Attitude of Gratefulness**Show** Fit2BTide**Host** Sheena Gregg and Whitney Pape**Date Aired** 11/6/22 **Time Aired** 2pm **Segment Time Length** 60 min**Description** It's time to get thankful and grateful! Sheena and Whitney talk about all the ways you can have on a heart of gratefulness and how it will positively impact your workout and food choices.**Issue/Topic** Holiday Food!**Show** Fit2BTide**Host** Sheena Gregg and Whitney Pape**Date Aired** 11/13/22 **Time Aired** 2pm **Segment Time Length** 60 min**Description** Claire Schneithorst, a UA senior in nutrition and president of the Student Dietetic Association, is sharing her favorite holiday foods and best things about being a UA student.

Issue/Topic Assertiveness As A Part of Being Successful in College
Show Brain Matters Radio Show
Host Dr BJ Guenther
Date Aired 11/15/22 **Time Aired** 6:00PM **Segment Time Length** 60 min
Description Dr Guenther interviews former Dean of Students at Trinity College about the importance of being assertive while in college.

Issue/Topic Leadership and Work-life Balance
Show Fit2BTide
Host Sheena Gregg and Whitney Pape
Date Aired 11/20/22 **Time Aired** 2pm **Segment Time Length** 60 min
Description Work life balance can be tough when you're overseeing multiple departments. Dr. Adam Sterritt is on the show and he's sharing all of his professional experiences that lead him to his current role as AVP for Strategic Initiatives within the Division of Student Life at UA.

Issue/Topic The holidays are here!
Show Fit2BTide
Host Sheena Gregg and Whitney Pape
Date Aired 11/27/22 **Time Aired** 2pm **Segment Time Length** 60 min
Description Sheena and Whitney are geeking out because it's the holidays! Stay on track with your fitness and nutrition goals while having a little fun and family time

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File Date: January 10, 2023

Issue/Topic How Parents Can Support Their Student's Mental Health

Show Brain Matters Radio Show

Host Dr BJ Guenther

Date Aired 12/6/22

Time Aired 6:00PM

Segment Time Length 60 min

Description Dr Guenther interviews Alicia Browne, Interim Director of Parent and Family Programs and Director of Housing Administration, about how parents can encourage and support their student's mental health.