

Community Issues Program List

January through March 2021

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

| Date and Time | Program | Talent | Description |
|----------------------|----------------|--|--|
| 2021-02-26 04:30* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Izhar Buendia discuss park exercises. |
| 2021-03-01 14:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise. |
| 2021-03-03 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair. |
| 2021-03-05 04:30* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones and Trent Chance discuss the benefits of massage. |
| 2021-03-08 14:00* | Action 4 Life | Casio Jones (Host), Ben Burkhamer | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise. |
| 2021-03-10 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss the exercise benefits of mall walking. |
| 2021-03-12 04:30* | Action 4 Life | Casio Jones (Host), Frances Clark | Casio Jones with Frances Clark discuss the benefits of pool exercise. |
| 2021-03-15 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. |
| 2021-03-17 14:00* | 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. |
| 2021-03-19 04:30* | 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. |
| 2021-03-22 14:00* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms demonstrate exercising with a Trike. |
| 2021-03-24 14:00* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms demonstrate exercise techniques. |
| 2021-03-26 04:30* | Action 4 Life | Casio Jones (Host), Larry McLucas | Casio Jones and Larry McLucas discuss the benefits of |
| 2021-03-29 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. |
| 2021-03-31 14:00* | Action 4 Life | Casio Jones (Host), Barry Bayles | Casio Jones with Barry Bayles discuss the benefits of running exercises. |

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| 2021-01-01 04:30* | Action 4 Life | Casio Jones (Host), Barry Bayles & Dora Bayles | Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises. |
| 2021-01-04 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones and Galen Comstock discuss Florida hospital wellness center. |
| 2021-01-06 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss Florida wellness center. |
| 2021-01-08 04:30* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss running benefits. |
| 2021-01-11 14:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate excercises.. |
| 2021-01-13 14:00* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones and Idalia Dinzey discuss the options of bicycles |
| 2021-01-15 04:30* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss running benefits. |
| 2021-01-18 14:00* | Action 4 Life | Casio Jones (Host), Dan "Curly" Summers | Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. |
| 2021-01-20 14:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss Kayaking . |
| 2021-01-22 04:30* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss exercise to improve balance. |
| 2021-01-25 14:00* | Action 4 Life | Casio Jones (Host), Frances Czeizinger | Casio Jones and Frances Czeizinger demonstrate exercise techniques. |
| 2021-01-27 14:00* | Action 4 Life | Casio Jones (Host), Dee Hilderbrand | Casio Jones and Dee Hilderbrand demonstrate exercise techniques. |
| 2021-01-29 04:30* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones and Marcie English discuss circuit / time in the gym. |
| 2021-02-01 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss full body / abdominal workout. |
| 2021-02-03 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss pure health gym. |
| 2021-02-05 04:30* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss buddy workout. |
| 2021-02-08 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss a great workout!. |
| 2021-02-10 14:00* | Action 4 Life | Casio Jones (Host), Mindy Issacs, Bradley Hite | Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit. |

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| 2021-02-12 04:30* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!. |
| 2021-02-15 14:00* | Action 4 Life | Casio Jones (Host), Zion Judea Hamilton | Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball. |
| 2021-02-17 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with the medicine ball. |
| 2021-02-19 04:30* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell. |
| 2021-02-22 14:00* | Action 4 Life | Casio Jones (Host), Monica Flowers | Casio Jones and Monica Flowers discuss who doesn't like to stretch?. |
| 2021-02-24 14:00* | Action 4 Life | Casio Jones (Host), Tyler Flower | Casio Jones and Tyler Flower discuss working out with young folks. |
| 2021-01-04 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis & Paula Eakins talk about stroke prevention. |
| 2021-01-06 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss Diabetes - An Epidemic. |
| 2021-01-11 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins show how to prepare meals in minutes. |
| 2021-01-13 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss the 3 diets. |
| 2021-01-18 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss medicines from the earth. |
| 2021-01-20 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss cooking. |
| 2021-01-25 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss american idle. |
| 2021-01-27 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss living waters. |
| 2021-02-01 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss cooking - lentil recipes. |
| 2021-02-03 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss something new under the sun. |
| 2021-02-08 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss seeking shut eye. |
| 2021-02-10 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss delicious, nutritious recipes. |
| 2021-02-15 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss true mph. |

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| 2021-02-17 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss alpha & omega. |
| 2021-02-22 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss wrap it up. |
| 2021-02-24 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the overview. |
| 2021-03-01 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the causes. |
| 2021-03-03 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the treatment. |
| 2021-03-08 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss the master gland - part 1. |
| 2021-03-10 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss the master gland - part 2. |
| 2021-03-15 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss fish and more. |
| 2021-03-17 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alice in wonderland. |
| 2021-03-22 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss go red. |
| 2021-03-24 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss pms relief. |
| 2021-03-29 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss preventing power surges. |
| 2021-03-31 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss brunch ideas. |
| 2021-01-04 06:00* | Body and Spirit | Greg Morikone, Michael Webb, Dick Nunez | Dick Nunez with helpers shows specific exercises designed for the low back. |
| 2021-01-06 06:00* | Body and Spirit | Dick Nunez, Patricia Juarez, Tammy Larson | Dick Nunez with helpers shows specific exercises designed to help with fibromyalgia. |
| 2021-01-08 06:00* | Body and Spirit | Dick Nunez, David Weston, Scott Tanner | Dick Nunez with helpers shows specific exercises designed to help with osteoporosis. |
| 2021-01-11 06:00* | Body and Spirit | Miles Scruggs, Dick Nunez, Greg Morikone | Dick Nunez with helpers shows more specific exercises designed for strength training. |
| 2021-01-13 06:00* | Body and Spirit | John Leaman, Randi Brewer, Dick Nunez | Dick Nunez with helpers shows specific exercises designed to help with knee pain. |
| 2021-01-15 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. |
| 2021-01-18 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. |

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| 2021-01-20 06:00* | Body and Spirit | Dick Nunez, Miles Scruggs, Jim Hillman | Dick Nunez and helpers demonstrate exercises for the abdominal wall. |
| 2021-01-22 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. |
| 2021-01-25 06:00* | Body and Spirit | Mike Wilson, Dick Nunez | Dick Nunez and helpers demonstrate exercises that can help control hypertension. |
| 2021-01-27 06:00* | Body and Spirit | Dick Nunez, Greg Morikone | Dick Nunez and helpers demonstrate exercises that can help with hip pain. |
| 2021-01-29 06:00* | Body and Spirit | John Leaman, Dick Nunez, Greg Morikone | Dick Nunez and helpers demonstrate exercises that can help with knee pain. |
| 2021-02-01 06:00* | Body and Spirit | Andrew Hard, William Brauer, Dick Nunez | Dick Nunez and helpers demonstrate exercises for strength training. |
| 2021-02-03 06:00* | Body and Spirit | Rick Nunez, William Brauer, Dick Nunez | Dick Nunez and helpers demonstrate exercises that can help with lower back training. |
| 2021-02-05 06:00* | Body and Spirit | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez and helpers show simple home exercises and discuss the subject protein. |
| 2021-02-08 06:00* | Body and Spirit | Brittany Nunez, Christy Soderling, Dick Nunez | Dick Nunez and helpers show exercise training for teenage girls. |
| 2021-02-10 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 |
| 2021-02-12 06:00* | Body and Spirit | Christy Soderling, Dick Nunez, Brittany Nunez | Dick Nunez and helpers show simple home exercises that will help with balance. |
| 2021-02-15 06:00* | Body and Spirit | Madison Turner, Dick Nunez, Brittany Nunez | Dick Nunez and helpers shows the joys of exercising. |
| 2021-02-17 06:00* | Body and Spirit | William Brauer, Jason Maxwell, Dick Nunez | Dick Nunez and helpers demonstrate exercises for hip training. |
| 2021-02-19 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. |
| 2021-02-22 06:00* | Body and Spirit | Brittany Nunez, Dick Nunez, Christy Soderling | Dick Nunez and helpers demonstrate simple home exercises to burn away the fat. |
| 2021-02-24 06:00* | Body and Spirit | Madison Turner, Dick Nunez, Kim Rogers | Dick Nunez, Kim Rogers, and Madison Turner discuss knee injuries. |

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| 2021-02-26 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. |
| 2021-03-01 06:00* | Body and Spirit | Dick Nunez, Jason Maxwell, William Brauer | Dick Nunez and helpers demonstrate simple home exercises for senior citizens. |
| 2021-03-03 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. |
| 2021-03-05 06:00* | Body and Spirit | Andrew Hard, Dick Nunez, Rick Nunez | Dick Nunez and helpers demonstrate simple home exercises for wheel chair bound people. |
| 2021-03-08 06:00* | Body and Spirit | Dick Nunez, Brittany Nunez, Chirsty Soderling | Dick Nunez and helpers demonstrate simple home exercises especially for women. |
| 2021-03-10 06:00* | Body and Spirit | Dick Nunez, Chirsty Soderling, Brittany Nunez | Dick Nunez with helpers shows compression exercises to help with osteoporosis |
| 2021-03-12 06:00* | Body and Spirit | Dick Nunez, Kim Rogers, Madison Turner | Dick Nunez and helpers demonstrate simple home exercises to keep arthritis sufferers limber.\ |
| 2021-03-15 06:00* | Body and Spirit | Kim Rogers, Dick Nunez, Madison Turner | Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to combat hypertension. |
| 2021-03-17 06:00* | Body and Spirit | Madison Turner, Kim Rogers, Dick Nunez | Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines for strength training for girls. |
| 2021-03-19 06:00* | Body and Spirit | Brittany Nunez, Madison Turner, Dick Nunez | Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1. |
| 2021-03-22 06:00* | Body and Spirit | Dick Nunez, Madison Turner, Andrew Hard | Dick Nunez with Andrew Hard, Madison Turner, and Dick Nunez demonstrate exercise routines to help with shoulder problems. |
| 2021-03-24 06:00* | Body and Spirit | Christy Soderling, Dick Nunez, Rick Nunez | Dick Nunez with Christy Soderling and Rick Nunez demonstrate exercise routines to help with ankle injuries. |

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| 2021-03-26 06:00* | Body and Spirit | William Brauer, Dick Nunez, Kim Rogers | Dick Nunez with Kim Rogers and William Brauer demonstrate exercise routines to combat neck pain. |
| 2021-03-29 06:00* | Body and Spirit | Jason Maxwell, Dick Nunez, Brittany Nunez | Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 2. |
| 2021-03-31 06:00* | Body and Spirit | Rick Nunez, Dick Nunez, William Brauer | Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to combat stress. |
| 2021-02-11 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Brittany Nunez | Dick Nunez and helpers show aerobics exercises for health. |
| 2021-02-14 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows simple exercises to control stress. |
| 2021-02-16 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Brittany Nunez | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help. |
| 2021-02-18 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez, Becky Garber | Dick Nunez with helpers shows simple exercises helpful for those with joint problems. |
| 2021-02-21 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows compression exercises to help with osteoporosis. |
| 2021-02-23 06:00* | Body and Spirit Aerobics | Mrs. Ford, Dick Nunez | Dick Nunez with helpers shows aerobics exercises designed for the elderly. |
| 2021-02-25 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Fred Garber | Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers. |
| 2021-02-28 06:00* | Body and Spirit Aerobics | Dick Nunez, Elora Ford | Senior Citizen Fitness involves appropriate exercising. |
| 2021-03-02 06:00* | Body and Spirit Aerobics | Dick Nunez, Mrs. Ford | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |
| 2021-03-04 06:00* | Body and Spirit Aerobics | Brittany Nunez, Dick Nunez, Rick Nunez | Dick Nunez with helpers show and talk about exercises for autoimmune disease. |
| 2021-03-07 06:00* | Body and Spirit Aerobics | Dick Nunez, Andrew Hard, Rick Nunez | Dick Nunez with helpers show and talk about exercises for beginners. |
| 2021-03-09 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez with helpers show and talk about exercises for toning your muscles.. |
| 2021-03-11 06:00* | Body and Spirit Aerobics | Matthew Hard, Fred Garber, Dick Nunez | Dick Nunez with helpers show and talk about workout excercises for men. |

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|----------------------|-----------------------------|--|---|
| 2021-03-14 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. |
| 2021-03-16 06:00* | Body and Spirit Aerobics | Dick Nunez, Brittany Nunez, Becky Garber | Dick Nunez and helpers demonstrate simple home exercises for women. |
| 2021-03-18 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets. |
| 2021-03-21 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes. |
| 2021-03-23 06:00* | Body and Spirit Aerobics | Fred Garber, Matthew Hard, Dick Nunez | Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home. |
| 2021-03-25 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. |
| 2021-03-28 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez and helpers demonstrate simple home exercises focused on Ab training. |
| 2021-03-30 06:00* | Body and Spirit Aerobics | Andrew Hard, Dick Nunez, Rick Nunez | Dick Nunez and helpers discuss and demonstrate choosing the right workout. |
| 2021-01-03 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. |
| 2021-01-05 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Brittany Nunez, Corrie Samole | Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women. |
| 2021-01-07 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Frances Clark | Dick Nunez with Frances Clark demonstrate upper body aerobics. |
| 2021-01-10 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins, Zak Oberholster | Dick Nunez, Daniel Hopkins, and Zak Oberholster discuss super foods. |
| 2021-01-12 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins | Dick Nunez with Daniel Hopkins demonstrate high intensity exercises. |
| 2021-01-14 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. |
| 2021-01-17 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Larry McLucas | Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips. |

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| 2021-01-19 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 bones. |
| 2021-01-21 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. |
| 2021-01-24 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. |
| 2021-01-26 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. |
| 2021-01-28 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Chuck Algaier | Dick Nunez with Chuck Algaier demonstrate knee strengthening exercises. |
| 2021-01-31 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins, Zak Oberholster | Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises. |
| 2021-02-02 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Kalie O'Brien, Zak Oberholster | Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities. |
| 2021-02-04 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace | Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression. |
| 2021-02-07 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Dick Hutchinson | Dick Nunez and Dick Hutchinson discuss neck problems. |
| 2021-02-09 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel Hopkins, Corrie Sample | Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein. |
| 2021-01-18 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses spinach, ginger, curry & others. |
| 2021-01-25 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea pizza & others. |
| 2021-02-01 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2021-02-08 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses not butter chicken & others. |
| 2021-02-15 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast. |
| 2021-02-22 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & cranberry fillos et al. |
| 2021-03-01 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses nachos. |
| 2021-03-08 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea satay et al. |

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| 2021-03-15 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad mix. |
| 2021-03-22 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses asian. |
| 2021-03-29 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini fritters et al. |
| 2021-01-05 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican feast. |
| 2021-01-12 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast 2. |
| 2021-01-19 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses shepherdess pie et al. |
| 2021-01-26 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mchealthy meal combo. |
| 2021-02-02 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses soup medley. |
| 2021-02-09 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai green curry lentils et al. |
| 2021-02-16 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses tarka dahl et al. |
| 2021-02-23 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian chickpea. |
| 2021-03-02 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses dahalatoullie et al. |
| 2021-03-09 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses stuffed sweet potato et al. |
| 2021-03-16 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses asian vietnamese pho noodles et al. |
| 2021-03-23 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican chile con haba et al. |
| 2021-01-08 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses jacket potatoes w/mushroom & lentils. |
| 2021-01-15 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mega stir fry. |
| 2021-01-22 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gourmet dahl. |
| 2021-01-29 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses italian tomato pasta & salads. |
| 2021-02-05 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses supercharged savory breakfast bowl. |
| 2021-02-12 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad bar special. |
| 2021-02-19 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses unique international dishes. |
| 2021-02-26 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses revive super salad mingle. |
| 2021-03-05 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses healthy finger food. |
| 2021-03-12 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses zoodles. |

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|----------------------|------------------------------|--|---|
| 2021-03-19 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses minty split-pea soup. |
| 2021-03-26 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian curries. |
| 2021-01-04 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses beetroot risotto & others. |
| 2021-01-11 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pho noodles and others. |
| 2021-01-04 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Lemuel Vega | Cheri Peters and Lemuel Vega discuss Life Beyond the Bars. |
| 2021-01-13 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Ron Woolsey | Cheri Peters and Ron Woolsey discuss overcoming sin. |
| 2021-01-20 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Monica Barlow | Cheri Peters and Monica Barlow talk about youth outreach. |
| 2021-01-27 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Luke Pierson, Mark Pierson | Cheri Peters with Luke and Mark Pierson discuss grief among the family. |
| 2021-02-03 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Christian Berdahl | Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions. |
| 2021-03-10 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Rich Kollenberg, Susan Kollenberg, | Cheri Peters with Rich and Susan Kollenberg chat seriously about Break through the Meth. |
| 2021-03-15 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), David Parnell | Cheri Peters and David Parnell offer some plain talk about facing the facts and seeing the truth. |
| 2021-03-31 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Barb Wise, Rick Wise | Cheri Peters with Barb and Rick Wise discuss HIV with love behind it. |
| 2021-01-19 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss you got milked!. |
| 2021-01-26 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss introducing my friend arthur. |
| 2021-01-31 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2021-02-11 11:30* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2021-02-18 11:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Jim Said | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2021-02-25 11:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |

Community Issues Program List

January through March 2021

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

| Date and Time | Program | Talent | Description |
|-------------------|-------------------------|---|---|
| 2021-02-28 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. |
| 2021-03-07 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss blood, the current of life. |
| 2021-03-18 11:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2021-03-25 11:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss how clean is unclear?. |
| 2021-03-28 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2021-01-07 11:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Yvonne Lewis | Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer. |
| 2021-01-12 17:00* | 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 balance. |
| 2021-01-08 10:00* | Health for a Lifetime | Don Mackintosh (Host), Hans Diehl | Don Mackintosh and Hans Diehl discuss hypertension. |
| 2021-01-15 10:00* | Health for a Lifetime | Don Mackintosh (Host), Hans Diehl | Don Mackintosh and Hans Diehl discuss reversing over weight. |
| 2021-01-22 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in premature birth, std's, etc.. |
| 2021-01-29 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in caffeine, vitamin d, and exercise. |
| 2021-02-05 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke. |
| 2021-02-19 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in child iq, stroke, heat exhaustion, etc.. |
| 2021-02-26 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in stds, secrets of aging, etc. |
| 2021-03-05 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss new start. |
| 2021-03-12 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in memory, sleep, and retirement. |

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| Date and Time | Program | Talent | Description |
|-------------------|-----------------------|--|---|
| 2021-03-19 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc.. |
| 2021-03-26 10:00* | Health for a Lifetime | Don Mackintosh (Host), Dr. Neil Nedley | Don Mackintosh and Dr. Neil Nedley discuss types of memory loss. |
| 2021-01-20 13:00* | Issues and Answers | Shelley Quinn (Host), Steve Wohlberg | Shelley Quinn and Steve Wohlberg discuss exposing the twilight / vampire craze. |
| 2021-02-03 13:00* | Issues and Answers | Shelley Quinn (Host), Randy J. Siebold | Shelley Quinn and Randy J. Siebold discuss the problem with education. |
| 2021-02-10 13:00* | Issues and Answers | Shelley Quinn (Host), Randy J. Siebold | Shelley Quinn and Randy J. Siebold discuss the history of education & a need for reform. |
| 2021-02-24 13:00* | Issues and Answers | Shelley Quinn (Host), Randy J. Siebold | Shelley Quinn and Randy J. Siebold discuss changing your school. |
| 2021-03-03 13:00* | Issues and Answers | Shelley Quinn (Host), Janice Browne | Shelley Quinn and Janice Browne discuss decluttering your life. |
| 2021-03-17 13:00* | Issues and Answers | Shelley Quinn (Host), Janice Browne | Shelley Quinn and Janice Browne discuss impossible dreams made possible. |
| 2021-03-24 13:00* | Issues and Answers | Shelley Quinn (Host), Yvonne Lewis | Shelley Quinn and Yvonne Lewis discuss new-age deception. |
| 2021-03-31 13:00* | Issues and Answers | Shelley Quinn (Host), Yvonne Lewis | Shelley Quinn and Yvonne Lewis discuss new-age movement & counter-christianity. |
| 2021-01-14 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. |
| 2021-01-17 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. |
| 2021-01-19 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. |
| 2021-01-21 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 aerobic excercises than can be done in the home. |

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|-------------------|-----------------------|---|---|
| 2021-01-24 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 exercising. |
| 2021-01-26 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan | Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees. |
| 2021-01-28 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back. |
| 2021-01-31 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2021-02-02 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark | Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders. |
| 2021-02-04 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Pam Turner, Summer Boyd | Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily. |
| 2021-02-07 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 exercises. |
| 2021-02-09 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan | Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline. |
| 2021-02-11 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. |
| 2021-02-14 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. |
| 2021-02-16 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. |
| 2021-02-18 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 strenthening exercises. |
| 2021-02-21 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. |

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| Date and Time | Program | Talent | Description |
|----------------------|-----------------------|--|--|
| 2021-02-23 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. |
| 2021-02-25 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. |
| 2021-02-28 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. |
| 2021-03-02 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 strenght. |
| 2021-03-04 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises. |
| 2021-03-07 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse | Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises. |
| 2021-03-09 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health. |
| 2021-03-11 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. |
| 2021-03-14 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. |
| 2021-03-16 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. |
| 2021-03-18 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. |
| 2021-03-21 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2021-03-23 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands. |

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|----------------------|-----------------------|--|--|
| 2021-01-05 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs. |
| 2021-01-07 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence. |
| 2021-01-10 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter. |
| 2021-01-12 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio. |
| 2021-03-23 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. |
| 2021-03-30 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout. |
| 2021-01-12 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices. |
| 2021-01-22 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. |
| 2021-01-26 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. |
| 2021-02-02 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system. |
| 2021-02-09 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. |
| 2021-02-19 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. |
| 2021-02-23 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system. |
| 2021-03-02 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system. |

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|-------------------|-----------------------|---|---|
| 2021-03-12 09:00* | Optimize 4 Life | Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system. |
| 2021-03-16 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your immune system. |
| 2021-01-06 08:00! | Today Cooking | Jason Bradley, Dona Cooper- | discusses incredibly delicious vegan specials part 1. |
| 2021-02-24 08:00! | Today Cooking | Jason Bradley, Dona Cooper- | discusses incredibly delicious vegan specials part 2. |
| 2021-02-03 20:00! | Today Cooking | Jason Bradley, Nicole Braxton | discusses southern brunch. |
| 2021-03-31 08:00! | Today Cooking | Jason Bradley, Melody Caviness | discusses taco explosion. |
| 2021-03-10 20:00! | Today Cooking | Yvonne Lewis-Shelton, Leslie Caza | discusses breakfasts that will make your morning. |
| 2021-01-20 20:00! | Today Cooking | Yvonne Lewis-Shelton, Leslie Caza | discusses soups, sandwiches, and salad. |
| 2021-01-27 20:00! | Today Cooking | Jason Bradley, Melody Caviness | discusses family favorites. |
| 2021-02-17 08:00! | Today Cooking | Angela Lomacang, | discusses italian made simple. |
| 2021-03-03 20:00! | Today Cooking | Angela Lomacang, Fay Kazzi | discusses mediterranean specialities. |
| 2021-03-17 23:00! | Today Cooking | Jill Morikone, Padmaja Medidi | discusses authentic indian cuisine part 3. |
| 2021-01-13 20:00! | Today Cooking | Tim Parton, Padmaja Medidi | discusses authentic indian cuisine. |
| 2021-02-10 15:00! | Today Cooking | Jason Bradley, Stephanie Salazar | discusses taste of asia. |
| 2021-03-24 15:00! | Today Cooking | Curtis & Paula Eakins | discusses picnic time. |
| 2021-01-07 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses brain health (part 2). |
| 2021-01-14 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses physiology of worship. |
| 2021-01-21 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses worship as treatment. |
| 2021-01-28 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses frequently asked questions. |

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|-------------------|-----------------------|---|---|
| 2021-02-04 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses the number 1 killer. |
| 2021-02-11 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses how to reduce your risk of coronary artery disease. |
| 2021-02-18 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses atrial fibrillation. |
| 2021-02-25 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses 21 facing cardiovascular disease part 1. |
| 2021-03-04 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses 21 facing cardiovascular disease part 2. |
| 2021-03-11 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses rhythms of the heart. |
| 2021-03-18 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum | discusses the latest advancements in medical tech. |
| 2021-03-25 12:00* | Ultimate Prescription | Nick Evenson, Dr. James Marcum, Danny Shelton | discusses Danny Shelton's experience with bypass surgery. |
| 2021-01-05 05:30* | Wonderfully Made | Don Morgan | Don Morgan discusses physical activity and heart disease. |
| 2021-01-12 05:30* | Wonderfully Made | Don Morgan | Don Morgan discusses physical activity and the older adult. |
| 2021-01-19 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it. |
| 2021-01-26 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discusses high blood pressure. |
| 2021-02-02 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss obesity. |
| 2021-02-09 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss vitamins and supplements. |
| 2021-02-16 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss metabolic syndrome. |
| 2021-02-23 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss atherosclerosis. |
| 2021-03-02 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health. |
| 2021-03-09 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discusses lifestyle choices. |
| 2021-03-16 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss your immune system and cancer. |

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|----------------------|------------------|------------------------------------|---|
| 2021-03-23 05:30* | Wonderfully Made | Timothy Howe and Sheryl McWilliams | Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health. |
| 2021-03-30 05:30* | Wonderfully Made | Don Morgan | Don Morgan discusses the importance of living a physically active life. |