## QUARTERLY ISSUES REPORT 1<sup>st</sup> Quarter 2015

## **Program Summary**

Identify ISSUE of Community Concern: Healthy Lifestyle

Name of Program: Life and Love

**Title of Segment:** Healthy Lifestyle

Air Date and Time: 3.16.2015 @ 5:35pm

Length of Segment: 4:18

Guest(s)-full name, title, organization, if applicable: Dr. Lori Puterbaugh, Director of Balanced Lifestyle Coaching.

**Description:** Dr. Lori and Jamie discussed spring cleaning and the benefit of getting rid of stuff no longer needed, cleaning up your personal habits that may be unhealthy or adding healthy habits. Taking a holistic approach to spring cleaning.

Form completed by: Jamie Derzypolski

**Date:** 3.24.15