

**RADIO COMMUNITY ISSUES –PROGRAMS REPORT**

**JIMENA AGUILAR**

**LA SUAVECITA NETWORK**

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**QUARTER 3, 2023**

**July 1, 2023 – September 30, 2023**

**Title:** Kids that dance tend to be more happy

**Program:** Jimena Suavecita

**Date and Time:** Monday, July 03, 2023 at 11:50am

**Duration:** 1:39 minutes

**Description:** Jimena talked about a study in Switzerland had one group of kids going about their normal day, and had a second group of kids take dance classes twice a week. As a result, kids that went to dance classes were more calm and happier than those kids that did not go to dance classes.

Scientists found that kids that move at the rhythm of music experience more positive emotions and feel happier.

**Title:** How to get rid of cellulitis

**Program:** Jimena Suavecita

**Date and Time:** Tuesday, July 04, 2023 at 11:50am

**Duration:** 1:31 minutes

**Description:** Jimena mentioned that nutrition is the most important thing, eliminate consumption of fats. Those who want to get rid of cellulites need to exercise and drink at least 2 liters of water a day. Also getting massages with wood from a massage specialist helps, also cold showers help tighten the skin.

**Title:** New Covid Vaccines are available

**Program:** Jimena Suavecita

**Date and Time:** Monday 9/18/23 at 10:45am

**Duration:** 1:40 minutes

**Description:** Jimena talked about new vaccines against Covid that were announced recently. The FDA announced that also Novavax joins the companies distributing vaccines at this time. As we approach flu and cold season, authorities ask people to consider the new options.

**Title:** Read conditions and rules of apps before accepting

**Program:** Jimena Suavecita

**Date and Time:** Thursday 9/28/23 11:40 am

**Duration:** 1:45 minutes

**Description:** Jimena reminded audience to be careful when signing in into apps or social media. By agreeing to their terms, people can be exposing their info to other parties.

**Title:**

**Program:** Jimena Suavecita

**Date and Time:** Thursday 9/21/23 11:45am

**Duration:** 1:49 minutes

**Description:** Jimena mentioned that cases of Covid 19 are increasing. Probably, government would make the shot part of the regular yearly vaccines. Be aware of the news regarding this issue.