

W29CI-D CHANNEL 29 – SALEM, IL

Q3 2023 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 07/01/2023 to 09/30/2023. 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 | 7/1/23 – 9/30/23 | 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> |
| Early Alzheimer's Detection | Alzheimer's Association and NASCAR "Ryan Blaney – Early Detection" Public Service Announcement | 7/1/23 – 9/30/23 (2x/day) | 60 seconds | <p>More than 6 million Americans live with Alzheimer's, but fewer than half have received an official diagnosis. Close family members know their loved ones best and are typically the first to notice memory issues or cognitive problems but they're often hesitant to initiate a conversation—even when they know something is wrong. Talking about the changes you are noticing in your loved one is hard, but an early diagnosis can have significant benefits, including eliminating uncertainty and providing more time for support.</p> <p>Encourage families to start a conversation with their person alongside their doctor - the first step towards a possible ALZ diagnosis, and creating a plan of action.</p> <p>Using real stories, the goal of "Hopeful Together," created in partnership with the Alzheimer's Association, is to spread awareness of the benefits of getting an early diagnosis and encourages open communication between loved ones about cognitive health.</p> <p>An early diagnosis can give you and your family more time to plan together, allows participation in care decisions, you and your family will be able to review and update legal documents, discuss finances and property, and identify your care preferences. The website Alz.org/TimeToTalk and Alz.org/Tiempo for Spanish speakers offers families helpful tools and resources, including information on the disease and the benefits of an early diagnosis.</p> |

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| <p>Youth Fentanyl Awareness</p> | <p>Real Deal on Fentanyl Public Service Announcement</p> | <p>7/1/23 – 9/30/23 (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>Sunscreen Protection Campaign</p> | <p>U.S. Food and Drug Administration Health Playbook – Sunscreen Protection Campaign</p> | <p>7/1/23 – 9/30/23 (2x/day)</p> | <p>60 seconds</p> | <p>Not all sunscreens are created equal. The information included in these new PSAs from the FDA will help consumers decide how to buy and use sunscreen, and allow them to more effectively protect themselves and their families from sun damage. Consumers should use broad spectrum sunscreens with a Sun Protection Factor (SPF) of 15 or higher to protect against harmful ultraviolet A and B rays.</p> <p>As the latest installment in the FDA Health Playbook series, the PSAs feature NFL Hall of Fame Defensive Back Darrell Green, who participates in the “Don’t Get Burned” sunscreen challenge with 2018 NCAA Lacrosse Champion Kristen Gaudian and George Mason University Basketball Forward Josh Oduro. The PSAs remind viewers that broad spectrum sunscreen is a “winning play” every time and encourage viewers to visit fda.gov/healthplaybook to learn more about sunscreen and other sun protection measures.</p> <p>The FDA Health Playbook is a health series designed to be fun, informative and appealing to a broad, sports minded audience. The series features NFL Hall of Famers and other sports league and Olympic champions relaying health and wellness information by using sports metaphors and dramatizations.</p> |

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| <p>Companion Animal Protection Society</p> | <p>Loving Our Animals Means Spaying and Neutering (Spanish)</p> | <p>7/1/23 – 9/30/23 (2x/day)</p> | <p>60 seconds</p> | <p>Many pet owners opt to spay or neuter their pets. Spaying and neutering are important for preventing unplanned or unwanted litters, and reducing pet overpopulation.</p> <p>Although progress has been made in recent years, millions of unwanted dogs and cats are euthanized each year, including puppies and kittens. The good news is that you can make a difference.</p> <p>By having your pet spayed or neutered, you will do your part to prevent the birth of unwanted animals. What’s more, you could be setting your pet up for a longer life, as studies have repeatedly shown that spayed or neutered dogs and cats live longer, on average, than the other dogs and cats. This advantage is likely due to the health and behavioral benefits of the procedures.</p> <p>Talk to your veterinarian about the benefits and risks of spaying and neutering so you can make an informed decision.</p> |
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Community Issues Program List

July through September 2023

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

| Date and Time | Program | Talent | Description |
|-------------------|------------------------------|--|--|
| Column1 | Column2 | Column3 | Column4 |
| 2023-07-02 03:30* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health. |
| 2023-07-02 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. |
| 2023-07-02 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. |
| 2023-07-03 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Siki Plang, Edwin M Cotto | Cheri Peters (Host), Siki Plang, and Edwin M Cotto discuss our higher calling. |
| 2023-07-03 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mega stir fry. |
| 2023-07-03 06:00* | Body and Spirit | Dick Nunez (Host), Omar Mosquera, Jonathan Hopkins | Dick Nunez with Omar Mosquera and Jonathan Hopkins demonstrate exercise routines to help with migrane headaches. |
| 2023-07-03 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss seeking shut eye. |
| 2023-07-03 14:00* | Action 4 Life | Casio Jones (Host), Tyler Flower | Casio Jones and Monica Flowers discuss who doesn't like to stretch?. |
| 2023-07-04 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system. |
| 2023-07-04 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses beta-cell burnout. |
| 2023-07-04 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez and helpers demonstrate simple home exercises focused on Ab training. |
| 2023-07-04 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous. |
| 2023-07-04 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. |
| 2023-07-05 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Jane Baker | Dick Nunez with Brittany Nunez and Jane Baker discusses women's strength training as well as demonstrates exercise routines. |
| 2023-07-05 08:00! | Today Cooking | | discusses south american favorites. |
| 2023-07-05 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Siki Plang, Edwin M Cotto | Cheri Peters (Host), Siki Plang, and Edwin M Cotto discuss our higher calling. |
| 2023-07-05 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss delicious, nutritious recipes. |
| 2023-07-05 14:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Izhar Buendia discuss park exercises. |
| 2023-07-05 15:00! | Today Cooking | | discusses south american favorites. |
| 2023-07-05 20:00! | Today Cooking | | discusses south american favorites. |
| 2023-07-05 23:00! | Today Cooking | | discusses south american favorites. |
| 2023-07-06 06:00* | Body and Spirit Aerobics | Andrew Hard, Dick Nunez, Rick Nunez | Dick Nunez and helpers discuss and demonstrate choosing the right workout. |
| 2023-07-06 10:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health. |
| 2023-07-06 12:00* | Ultimate Prescription | | discusses valves of the heart. |

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|----------------------|------------------------------|---|---|
| 2023-07-06 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. |
| 2023-07-07 03:30* | Live to Be Well | | discusses made up mind. |
| 2023-07-07 04:30* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise. |
| 2023-07-07 05:30* | Ultimate Prescription | | discusses valves of the heart. |
| 2023-07-07 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez show exercise techniques for training with a partner. |
| 2023-07-07 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. |
| 2023-07-07 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & cranberry filos et al. |
| 2023-07-09 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2023-07-09 06:00* | Body and Spirit Aerobics | Dick Nunez, Fred Garber, Matthew Hard | Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain. |
| 2023-07-09 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. |
| 2023-07-10 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dwight Hall, Debbie Hall | Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse. |
| 2023-07-10 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gourmet dahl. |
| 2023-07-10 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression. |
| 2023-07-10 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss true mph. |
| 2023-07-10 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair. |
| 2023-07-11 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | discusses disease that can't be cured. |
| 2023-07-11 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses the cause of hypertension. |
| 2023-07-11 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez | For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. |
| 2023-07-11 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls. |
| 2023-07-11 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. |
| 2023-07-12 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker | Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines. |
| 2023-07-12 08:00! | Today Cooking | | discusses supper ideas. |
| 2023-07-12 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dwight Hall, Debbie Hall | Cheri Peters with Debbie and Dwight Hall talk about Alcohol and Drug Abuse. |

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| 2023-07-12 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss alpha & omega. |
| 2023-07-12 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones and Trent Chance discuss the benefits of massage. |
| 2023-07-12 15:00! | Today Cooking | | discusses supper ideas. |
| 2023-07-12 20:00! | Today Cooking | | discusses supper ideas. |
| 2023-07-12 23:00! | Today Cooking | | discusses supper ideas. |
| 2023-07-13 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer. |
| 2023-07-13 10:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2023-07-13 12:00* | Ultimate Prescription | | discusses diagnosing a weak heart. |
| 2023-07-13 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. |
| 2023-07-14 03:30* | Live to Be Well | | discusses attitude of gratitude. |
| 2023-07-14 04:30* | Action 4 Life | Casio Jones (Host), Ben Burkhamer | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise. |
| 2023-07-14 05:30* | Ultimate Prescription | | discusses diagnosing a weak heart. |
| 2023-07-14 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise. |
| 2023-07-14 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | discusses disease that can't be cured. |
| 2023-07-14 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses nachos. |
| 2023-07-16 03:30* | 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. |
| 2023-07-16 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez, Matthew Hard | Dick Nunez and helpers shows simple home exercises and discusses the subject of fats. |
| 2023-07-16 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. |
| 2023-07-17 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Gerri Morrison | Cheri Peters (Host) and Gerri Morrison discuss healing with prayer. |
| 2023-07-17 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses italian tomato pasta & salads. |
| 2023-07-17 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Brittany Nunez | Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis. |
| 2023-07-17 13:30* | Abundant Living | Paula & Curtis Eakin | Ron Giannoni discusses Type II Diabetes and Chronic Obesity. |
| 2023-07-17 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss the exercise benefits of mall walking. |

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|----------------------|------------------------------|---|---|
| 2023-07-18 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. |
| 2023-07-18 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses hypertension & insulin resistance syndrome. |
| 2023-07-18 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 2023-07-18 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses the ultimate breakfast and lunch preparation. |
| 2023-07-18 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. |
| 2023-07-19 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders. |
| 2023-07-19 08:00! | Today Cooking | | discusses everyday favorites. |
| 2023-07-19 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Gerri Morrison | Cheri Peters (Host) and Gerri Morrison discuss healing with prayer. |
| 2023-07-19 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the overview. |
| 2023-07-19 14:00* | Action 4 Life | Casio Jones (Host), Frances Clark | Casio Jones with Frances Clark discuss the benefits of pool exercise. |
| 2023-07-19 15:00! | Today Cooking | | discusses everyday favorites. |
| 2023-07-19 20:00! | Today Cooking | | discusses everyday favorites. |
| 2023-07-19 23:00! | Today Cooking | | discusses everyday favorites. |
| 2023-07-20 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Getting enough of the proper rest is as important as proper exercise. Dick Nunez discusses and leads exercise routines with Jane Baker and Jonathon Hopkins |
| 2023-07-20 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. |
| 2023-07-20 12:00* | Ultimate Prescription | | discusses exercise. |
| 2023-07-20 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. |
| 2023-07-21 03:30* | Live to Be Well | | discusses not looking back pt 1. |
| 2023-07-21 04:30* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises. |
| 2023-07-21 05:30* | Ultimate Prescription | | discusses exercise. |
| 2023-07-21 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training. |
| 2023-07-21 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life. |

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|----------------------|------------------------------|--|--|
| 2023-07-21 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea satay et al. |
| 2023-07-23 03:30* | 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. |
| 2023-07-23 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. |
| 2023-07-23 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. |
| 2023-07-24 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dr. Janet Claymore, Duane Ross | Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students. |
| 2023-07-24 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses supercharged savory breakfast bowl. |
| 2023-07-24 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Omar Mosquera | Dick Nunez with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health. |
| 2023-07-24 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the causes. |
| 2023-07-24 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. |
| 2023-07-25 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout. |
| 2023-07-25 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1. |
| 2023-07-25 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. |
| 2023-07-25 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses root vegetable & cos salad. |
| 2023-07-25 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse | Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises. |
| 2023-07-26 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Omar Mosquera | Dick Nunez with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain. |
| 2023-07-26 08:00! | Today Cooking | | discusses kid approved foods. |
| 2023-07-26 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dr. Janet Claymore, Duane Ross | Cheri Peters (Host), Dr. Janet Claymore, and Duane Ross discuss working with native american students. |
| 2023-07-26 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alzheimers - the treatment. |
| 2023-07-26 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. |
| 2023-07-26 15:00! | Today Cooking | | discusses kid approved foods. |

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|----------------------|---------------------------------|--|---|
| 2023-07-26 20:00! | Today Cooking | | discusses kid approved foods. |
| 2023-07-26 23:00! | Today Cooking | | discusses kid approved foods. |
| 2023-07-27 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. |
| 2023-07-27 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. |
| 2023-07-27 12:00* | Ultimate Prescription | | discusses why we are sick. |
| 2023-07-27 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. |
| 2023-07-28 03:30* | Live to Be Well | | discusses not looking back pt 2. |
| 2023-07-28 04:30* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms demonstrate exercising with a Trike. |
| 2023-07-28 05:30* | Ultimate Prescription | | discusses why we are sick. |
| 2023-07-28 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins | Dick Nunez with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity. |
| 2023-07-28 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout. |
| 2023-07-28 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad mix. |
| 2023-07-30 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Camille Clark | Rico Hill, Reidland Bredy, and Sherry-Lynne Bredy discuss exercise. |
| 2023-07-30 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. |
| 2023-07-30 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. |
| 2023-07-31 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss the master gland - part 1. |
| 2023-08-01 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices. |
| 2023-08-01 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 2. |
| 2023-08-01 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb, Megan Frasier | Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain. |
| 2023-08-01 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses french lentil ragout. |
| 2023-08-01 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. |
| 2023-08-02 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises |
| 2023-08-02 08:00! | Today Cooking | | discusses diabetes defying vital veggies. |
| 2023-08-02 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Rhonda Burnett | Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction. |

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| 2023-08-02 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss the master gland - part 2. |
| 2023-08-02 14:00* | Action 4 Life | Casio Jones (Host), Larry McLucas | Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures. |
| 2023-08-02 15:00! | Today Cooking | | discusses diabetes defying vital veggies. |
| 2023-08-02 23:00! | Today Cooking | | discusses diabetes defying vital veggies. |
| 2023-08-03 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. |
| 2023-08-03 12:00* | Ultimate Prescription | | discusses why we are sick. |
| 2023-08-03 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. |
| 2023-08-04 03:30* | Live to Be Well | | discusses refusing to compromise. |
| 2023-08-04 04:30* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet. |
| 2023-08-04 05:30* | Ultimate Prescription | | discusses why we are sick. |
| 2023-08-04 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Brittany Nunez | Dick Nunez with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training. |
| 2023-08-06 03:30* | 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. |
| 2023-08-06 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. |
| 2023-08-06 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. |
| 2023-08-07 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Holbrook Academy | Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens. |
| 2023-08-07 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses unique international dishes. |
| 2023-08-07 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Omar Mosquera | Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health. |
| 2023-08-07 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss fish and more. |
| 2023-08-07 14:00* | Action 4 Life | Casio Jones (Host), Barry Bayles | Casio Jones with Barry Bayles discuss the benefits of running exercises. |
| 2023-08-08 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm. |
| 2023-08-08 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3. |
| 2023-08-08 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. |

Community Issues Program List

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

| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|---|--|
| 2023-08-08 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses beetroot risotto & others. |
| 2023-08-08 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. |
| 2023-08-09 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez, Jonathon Hopkins | Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins. |
| 2023-08-09 08:00! | Today Cooking | | discusses holidays made simple. |
| 2023-08-09 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Holbrook Academy | Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens. |
| 2023-08-09 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss alice in wonderland. |
| 2023-08-09 14:00* | Action 4 Life | Casio Jones (Host), Dora Bayles | Casio Jones and Dora Bayles discuss the choosing the right bicycple. |
| 2023-08-09 15:00! | Today Cooking | | discusses holidays made simple. |
| 2023-08-09 20:00! | Today Cooking | | discusses holidays made simple. |
| 2023-08-09 23:00! | Today Cooking | | discusses holidays made simple. |
| 2023-08-10 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. |
| 2023-08-10 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. |
| 2023-08-10 12:00* | Ultimate Prescription | | discusses light. |
| 2023-08-10 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2023-08-11 03:30* | Live to Be Well | | discusses not living with excuses. |
| 2023-08-11 04:30* | Action 4 Life | Casio Jones (Host), Kevin Toms | Casio Jones and Kevin Toms discuss the option of a fitness center workout. |
| 2023-08-11 05:30* | Ultimate Prescription | | discusses light. |
| 2023-08-11 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 2023-08-11 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. |
| 2023-08-11 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini fritters et al. |
| 2023-08-13 03:30* | 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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| Date and Time | Program | Talent | Description |
|----------------------|---------------------------------|--|---|
| 2023-08-13 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. |
| 2023-08-13 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Alane Waters and Tom Waters discuss prayers of love. |
| 2023-08-14 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Craig DeMartino | Cheri Peters and Craig DeMartino discuss After the Fall in addiction. |
| 2023-08-14 05:30* | Cook 30 | Jeremy Dixon | Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?. |
| 2023-08-14 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jane Baker | 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 |
| 2023-08-14 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss go red. |
| 2023-08-14 14:00* | Action 4 Life | Casio Jones (Host), Dan Summers | Casio Jones and Dan Summers demonstrate exercise techniques. |
| 2023-08-15 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. |
| 2023-08-15 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses fevers & immune system, pt. 1. |
| 2023-08-15 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. |
| 2023-08-15 13:30* | Cook 30 | Jeremy Dixon | Curtis Eakins and Paula Eakins discuss friends and family. |
| 2023-08-15 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands. |
| 2023-08-16 06:00* | Body and Spirit | Dick Nunez (Host), Jane Baker, Jonathon Hopkins | Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking. |
| 2023-08-16 08:00! | Today Cooking | | discusses energy boosting recipes for the outdoors. |
| 2023-08-16 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Craig DeMartino | Cheri Peters and Craig DeMartino discuss After the Fall in addiction. |
| 2023-08-16 13:30* | Abundant Living | Paula & Curtis Eakin | Christine Salter discusses prevention and screening. |
| 2023-08-16 14:00* | Action 4 Life | Casio Jones (Host), Tom Mann | Casio Jones with Tom Mann discuss Nutrition |
| 2023-08-16 15:00! | Today Cooking | | discusses energy boosting recipes for the outdoors. |
| 2023-08-16 20:00! | Today Cooking | | discusses energy boosting recipes for the outdoors. |
| 2023-08-16 23:00! | Today Cooking | | discusses energy boosting recipes for the outdoors. |
| 2023-08-17 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. |

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|---|---|
| 2023-08-17 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. |
| 2023-08-17 12:00* | Ultimate Prescription | | discusses light. |
| 2023-08-17 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. |
| 2023-08-18 03:30* | Live to Be Well | | discusses no more fear. |
| 2023-08-18 04:30* | Action 4 Life | Casio Jones (Host), Kevin Tom | Casio Jones and Kevin Tom discuss exercise by cycling. |
| 2023-08-18 05:30* | Ultimate Prescription | | discusses light. |
| 2023-08-18 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins, Omar Mosquera | Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training. |
| 2023-08-18 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system. |
| 2023-08-18 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2023-08-20 03:30* | 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. |
| 2023-08-20 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. |
| 2023-08-20 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence. |
| 2023-08-21 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Kenneth Cox | Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby. |
| 2023-08-21 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses healthy finger food. |
| 2023-08-21 06:00* | Body and Spirit | Dick Nunez (Host), Alex Hinez, Jonathon Hopkins | Dick Nunez, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises. |
| 2023-08-21 13:30* | Abundant Living | Paula & Curtis Eakin | Paula and Curtis Eakin discuss preventing power surges. |
| 2023-08-21 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones with Galen Comstock discuss the effects of sugar on the body. |
| 2023-08-22 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. |
| 2023-08-22 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | N. David Emerson discusses fevers & immune system, pt. 2. |
| 2023-08-22 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. |
| 2023-08-22 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses spinach, ginger, curry & others. |

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| Date and Time | Program | Talent | Description |
|-------------------|------------------------------|--|--|
| 2023-08-22 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. |
| 2023-08-23 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez | Dick Nunez, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work. |
| 2023-08-23 08:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2023-08-23 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Kenneth Cox | Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby. |
| 2023-08-23 13:30* | Abundant Living | | discusses frequently asked questions. |
| 2023-08-23 14:00* | Action 4 Life | Casio Jones (Host), Sarah Behn | Casio Jones with Sarah Behn talk about Juice and health. |
| 2023-08-23 15:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2023-08-23 20:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2023-08-23 23:00! | Today Cooking | | discusses brain powering breakfasts. |
| 2023-08-24 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. |
| 2023-08-24 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. |
| 2023-08-24 12:00* | Ultimate Prescription | | discusses movement part 1. |
| 2023-08-24 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. |
| 2023-08-25 03:30* | Live to Be Well | | discusses positive reflection. |
| 2023-08-25 04:30* | Action 4 Life | Casio Jones (Host), Barry Bayles & Dora Bayles | Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises. |
| 2023-08-25 05:30* | Ultimate Prescription | | discusses movement part 1. |
| 2023-08-25 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Brittany Nunez | Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for young people. |
| 2023-08-25 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. |
| 2023-08-25 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses goulash et al. |
| 2023-08-27 03:30* | 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. |
| 2023-08-27 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. |
| 2023-08-27 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. |
| 2023-08-28 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Brad Peters | Cheri Peters (Host) and Brad Peters discuss love brings everyone together. |
| 2023-08-28 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses zoodles. |

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| Date and Time | Program | Talent | Description |
|-------------------|------------------------------|--|--|
| 2023-08-28 06:00* | Body and Spirit | Dick Nunez (Host), Johnathon Hopkins & Leif Sjoren | Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise. |
| 2023-08-28 13:30* | Abundant Living | | discusses drugs dark side. |
| 2023-08-28 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones and Galen Comstock discuss Florida hospital wellness center. |
| 2023-08-29 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. |
| 2023-08-29 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss reproductive years. |
| 2023-08-29 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. |
| 2023-08-29 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea pizza & others. |
| 2023-08-29 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 exercises for osteoporosis. |
| 2023-08-30 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Jonathon Hopkins | Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready. |
| 2023-08-30 08:00! | Today Cooking | | discusses quick & easy supper meals. |
| 2023-08-30 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Brad Peters | Cheri Peters (Host) and Brad Peters discuss love brings everyone together. |
| 2023-08-30 13:30* | Abundant Living | | discusses h for herbal medicine. |
| 2023-08-30 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss Florida wellness center. |
| 2023-08-30 15:00! | Today Cooking | | discusses quick & easy supper meals. |
| 2023-08-30 20:00! | Today Cooking | | discusses quick & easy supper meals. |
| 2023-08-30 23:00! | Today Cooking | | discusses quick & easy supper meals. |
| 2023-08-31 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. |
| 2023-08-31 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. |
| 2023-08-31 12:00* | Ultimate Prescription | | discusses movement part 2. |
| 2023-08-31 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 exercises than can be done in the home. |
| 2023-09-01 03:30* | Live to Be Well | | discusses genuine friendship. |
| 2023-09-01 04:30* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss running benefits. |
| 2023-09-01 05:30* | Ultimate Prescription | | discusses movement part 2. |

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|----------------------|------------------------------|---|--|
| 2023-09-01 06:00* | Body and Spirit | Dick Nunez (Host), Brittany Nunez & Steven Lingenfelter | Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining. |
| 2023-09-01 09:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system. |
| 2023-09-01 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses greek potato cake et al. |
| 2023-09-03 03:30* | 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. |
| 2023-09-03 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins and Richard Nelson | Dick Nunez and Jonathon Hopkins and Richard Nelson discuss arthritis. |
| 2023-09-03 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. |
| 2023-09-04 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Tom & Vicki Mann | Cheri Peters with Tom and Vicki Mann discuss working through divorce. |
| 2023-09-04 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses minty split-pea soup. |
| 2023-09-04 06:00* | Body and Spirit | Dick Nunez (Host), Amy Andersen & Jonathon Hopkins | Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders |
| 2023-09-04 13:30* | Abundant Living | | discusses e for eating. |
| 2023-09-04 14:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises.. |
| 2023-09-05 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system. |
| 2023-09-05 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss p.m.s.. |
| 2023-09-05 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. |
| 2023-09-05 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2023-09-05 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. |
| 2023-09-06 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Luther Whiting | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes. |
| 2023-09-06 08:00! | Today Cooking | | discusses simply brunch. |
| 2023-09-06 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Tom & Vicki Mann | Cheri Peters with Tom and Vicki Mann discuss working through divorce. |
| 2023-09-06 13:30* | Abundant Living | | discusses a is for adoration. |

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|-------------------|------------------------------|---|--|
| 2023-09-06 14:00* | Action 4 Life | Casio Jones (Host), Idalia Dinzey | Casio Jones and Idalia Dinzey discuss the options of bicycles |
| 2023-09-06 15:00! | Today Cooking | | discusses simply brunch. |
| 2023-09-06 20:00! | Today Cooking | | discusses simply brunch. |
| 2023-09-06 23:00! | Today Cooking | | discusses simply brunch. |
| 2023-09-07 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. |
| 2023-09-07 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. |
| 2023-09-07 12:00* | Ultimate Prescription | | discusses water. |
| 2023-09-07 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. |
| 2023-09-08 03:30* | Live to Be Well | | discusses total sacrifice music therapy. |
| 2023-09-08 04:30* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss running benefits. |
| 2023-09-08 05:30* | Ultimate Prescription | | discusses water. |
| 2023-09-08 06:00* | Body and Spirit | Dick Nunez (Host), Art Garner & Betty Garner | Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors. |
| 2023-09-08 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. |
| 2023-09-08 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican feast. |
| 2023-09-10 03:30* | 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. |
| 2023-09-10 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. |
| 2023-09-10 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. |
| 2023-09-11 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Martin Weber | Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In. |
| 2023-09-11 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian curries. |
| 2023-09-11 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Leif Sjoren | Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma. |
| 2023-09-11 13:30* | Abundant Living | | discusses I for liquids. |
| 2023-09-11 14:00* | Action 4 Life | Casio Jones (Host), Dan "Curly" Summers | Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. |
| 2023-09-12 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. |

Community Issues Program List

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|---|---|
| 2023-09-12 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility. |
| 2023-09-12 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. |
| 2023-09-12 13:30* | Cook 30 | Jeremy Dixon | Nick Evenson (Host) and Dr. James Marcum discuss food is medicine. |
| 2023-09-12 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. |
| 2023-09-13 06:00* | Body and Spirit | Dick Nunez (Host), Art Garner | Dick Nunez and Art Gamer show exercises for Senior Men. |
| 2023-09-13 08:00! | Today Cooking | | discusses diabetes defying protein dishes. |
| 2023-09-13 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Martin Weber | Cheri Peters with Martin Weber discuss controlling addiction in a segment titled The Buzzard is Called In. |
| 2023-09-13 13:30* | Abundant Living | | discusses healthy heart cooking. |
| 2023-09-13 14:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss Kayaking . |
| 2023-09-13 15:00! | Today Cooking | | discusses diabetes defying protein dishes. |
| 2023-09-13 20:00! | Today Cooking | | discusses diabetes defying protein dishes. |
| 2023-09-13 23:00! | Today Cooking | | discusses diabetes defying protein dishes. |
| 2023-09-14 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. |
| 2023-09-14 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. |
| 2023-09-14 12:00* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2023-09-14 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. |
| 2023-09-15 03:30* | Live to Be Well | | discusses inner city finances. |
| 2023-09-15 04:30* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss exercise to improve balance. |
| 2023-09-15 05:30* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2023-09-15 06:00* | Body and Spirit | Dick Nunez (Host), Kyle Gabbert & Luther Whiting | Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done. |
| 2023-09-15 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. |
| 2023-09-15 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast 2. |
| 2023-09-17 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said | Jeremy Dixon discusses revive super salad mingle. |
| 2023-09-17 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. |

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|-------------------|------------------------------|--|--|
| 2023-09-17 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. |
| 2023-09-18 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy | Cheri Peters with Aaron, Gwen, and Vonzell Chancy disscuss recovery from addiction as a family. |
| 2023-09-18 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mini butternut frittatas. |
| 2023-09-18 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins & Brittany Nunez | For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez. |
| 2023-09-18 13:30* | Abundant Living | | discusses e for exercise. |
| 2023-09-18 14:00* | Action 4 Life | Casio Jones (Host), Frances Czeizinger | Casio Jones and Frances Czeizinger demonstrate exercise techniques. |
| 2023-09-19 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. |
| 2023-09-19 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss preconception & prenatal care. |
| 2023-09-19 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. |
| 2023-09-19 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast. |
| 2023-09-19 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. |
| 2023-09-20 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins and Brittany Nunez | Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol. |
| 2023-09-20 08:00! | Today Cooking | | discusses brunch made simple. |
| 2023-09-20 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Aaron, Gwen and Vonzell Chancy | Cheri Peters with Aaron, Gwen, and Vonzell Chancy disscuss recovery from addiction as a family. |
| 2023-09-20 13:30* | Abundant Living | | discusses r for rest. |
| 2023-09-20 14:00* | Action 4 Life | Casio Jones (Host), Dee Hilderbrand | Casio Jones and Dee Hilderbrand demonstrate exercise techniques. |
| 2023-09-20 15:00! | Today Cooking | | discusses brunch made simple. |
| 2023-09-20 20:00! | Today Cooking | | discusses brunch made simple. |
| 2023-09-20 23:00! | Today Cooking | | discusses brunch made simple. |
| 2023-09-21 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Brittany Nunez, Zak Oberholster | Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate aerobic exercise. |
| 2023-09-21 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Jeremy Dixon discusses revive super salad mingle. |
| 2023-09-21 12:00* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2023-09-21 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. |
| 2023-09-22 03:30* | Live to Be Well | | discusses patience to endure. |
| 2023-09-22 04:30* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones and Marcie English discuss circuit / time in the gym. |

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| Date and Time | Program | Talent | Description |
|----------------------|------------------------------|---|---|
| 2023-09-22 05:30* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2023-09-22 06:00* | Body and Spirit | Dick Nunez (Host), Amy Anderson and Leif Sjoren | Dick Nunez with Amy Anderson and Leif Sjoren show how tendon injury can be helped with proper exercise. |
| 2023-09-22 09:00* | Optimize 4 Life | Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system. |
| 2023-09-22 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses shepherdess pie et al. |
| 2023-09-24 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss you got milked!. |
| 2023-09-24 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. |
| 2023-09-24 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. |
| 2023-09-25 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Reginald & Marquand Buchanan | Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood. |
| 2023-09-25 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses one dish pasta & others. |
| 2023-09-25 06:00* | Body and Spirit | Dick Nunez (Host), Amy Anderson and Brittany Nunez | Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls |
| 2023-09-25 13:30* | Abundant Living | | discusses meals in minutes. |
| 2023-09-25 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones (Host) and Mindy Isaacs discuss full body / abdominal workout. |
| 2023-09-26 02:00* | Optimize 4 Life | Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez | Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system. |
| 2023-09-26 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | George Guthrie and Tim Arnott discuss homocysteine. |
| 2023-09-26 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Brittany Nunez, Corrie Sample | Dick Nunez, Brittany Nunez and Zak Oberholster demonstrate exercise for women. |
| 2023-09-26 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & cranberry fillos et al. |
| 2023-09-26 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. |
| 2023-09-27 06:00* | Body and Spirit | Dick Nunez (Host), Jonathon Hopkins and Leif Sjoren | Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training. |
| 2023-09-27 08:00! | Today Cooking | | discusses baking with the menas. |
| 2023-09-27 12:00! | Celebrating Life in Recovery | Cheri Peters (Host), Reginald & Marquand Buchanan | Cheri Peters with Reginald and Marquand Buchanan discuss going from gangs to fatherhood. |
| 2023-09-27 13:30* | Abundant Living | | discusses s for sunlight. |

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|----------------------|--------------------------|---|---|
| 2023-09-27 14:00* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss full body / abdominal workout. |
| 2023-09-27 15:00! | Today Cooking | | discusses baking with the menas. |
| 2023-09-27 20:00! | Today Cooking | | discusses baking with the menas. |
| 2023-09-27 23:00! | Today Cooking | | discusses baking with the menas. |
| 2023-09-28 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Frances Clark | Dick Nunez with Frances Clark demonstrate upper body aerobics. |
| 2023-09-28 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss you got milked!. |
| 2023-09-28 12:00* | Ultimate Prescription | | discusses brain health (part 1). |
| 2023-09-28 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. |
| 2023-09-29 03:30* | Live to Be Well | | discusses learning to forgive. |
| 2023-09-29 04:30* | Action 4 Life | Casio Jones (Host), Mindy Isaacs | Casio Jones and Mindy Isaacs discuss pure health gym. |
| 2023-09-29 05:30* | Ultimate Prescription | | discusses brain health (part 1). |
| 2023-09-29 06:00* | Body and Spirit | Dick Nunez (Host), Kye Gabbert and Luther Whiting | Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis. |