

W29CI-D CHANNEL 29 – SALEM, IL

Q4 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 10/01/2023 to 12/31/2023. 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	10/1/23 – 12/31/23	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	10/1/23 – 12/31/23 (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>

<p>Youth Fentanyl Awareness</p>	<p>Real Deal on Fentanyl Public Service Announcement</p>	<p>10/1/23 – 12/31/23 (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>Cybersecurity and Infrastructure Security Agency (CISA)</p>	<p>Cybersecurity Awareness Program "Secure Our World" Campaign</p>	<p>10/1/23 – 12/31/23 (2x/day)</p>	<p>60 seconds</p>	<p>The Cybersecurity and Infrastructure Security Agency (CISA), part of the U.S. Department of Homeland Security (DHS), would appreciate your station or network's participation in airing its new cybersecurity awareness program, "Secure Our World," PSAs. The initial program launch includes PSAs that highlight four easy actions that people can take to keep themselves safe online.</p> <p>The PSAs encourage all of us to do our part to protect ourselves and our loved ones online and while using connected devices so we can "Secure Our World" against malicious cyber actors. The spots use clear, concise, and consistent language so the messages for the viewer are easy to understand, relatable, and actionable.</p> <p>The mission of the "Secure Our World" Campaign is to promote easy ways that we can all stay safe online, including:</p> <ol style="list-style-type: none"> 1. Recognizing and reporting phishing 2. Using strong passwords and a password manager 3. Turning on multi-factor authentication 4. Updating software

<p>The Sentencing Project</p>	<p><i>"50 Years and a Wake Up"</i> Campaign</p>	<p>10/1/23 – 12/31/23 (2x/day)</p>	<p>60 seconds</p>	<p>Fifty years ago, the United States embarked on a path of mass incarceration, leading to a staggering increase in the prison population. Today, almost 2 million individuals – disproportionately Black Americans – are incarcerated in our nation’s prisons and jails. According to the Bureau of Justice Statistics, the prison population has grown nearly 500% since 1973. The Sentencing Project and a coalition of advocates, experts, and partners are launching a public education campaign, 50 Years and a Wake Up: Ending The Mass Incarceration Crisis In America. The campaign raises awareness about this crisis and its devastating impact on communities and proposes more effective crime prevention strategies for our country. These PSAs emphasize the need for change and feature Kemba and Joel, who were both formerly incarcerated. The PSAs end with the phrase “It’s time for a wake-up.” The use of ‘wake up’ is a double entendre referencing both a wake-up call and a colloquial phrase that incarcerated people sometimes use to describe the life of their sentence plus one day (e.g. “I have 20 years and a wake up”). Viewers are directed to SentencingProject.org to learn more.</p> <p>Campaign Mission</p> <ul style="list-style-type: none"> • Raise awareness about the mass incarceration crisis in America. • Promote a path forward with more effective solutions to crime. • Provide a website with more information at SentencingProject.org.
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Community Issues Program List

October 2023 through December 2023

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

Date and Time	Program	Talent	Description
2023-10-20 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2023-10-23 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2023-10-25 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2023-10-27 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2023-10-30 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2023-11-01 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2023-11-03 04:30*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2023-11-06 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.
2023-11-08 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.
2023-11-10 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.
2023-11-13 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2023-11-15 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2023-11-17 04:30*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2023-11-20 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.
2023-11-22 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2023-11-24 04:30*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2023-11-27 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2023-11-29 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2023-12-01 04:30*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2023-12-04 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2023-12-06 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2023-12-08 04:30*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2023-12-11 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.

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2023-12-13 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2023-12-15 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2023-12-18 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2023-12-20 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2023-12-22 04:30*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2023-12-27 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2023-12-29 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2023-10-02 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2023-10-04 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!.
2023-10-06 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-10-09 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-10-11 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2023-10-13 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2023-10-16 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.
2023-10-18 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2023-11-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2023-11-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2023-11-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2023-11-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2023-11-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2023-11-29 13:30*	Abundant Living	Curtis & Paula Eakins	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2023-12-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2023-12-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2023-12-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.

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2023-12-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2023-12-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2023-12-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2023-12-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2023-10-02 13:30*	Abundant Living	Curtis & Paula Eakins	discusses tools for transformation.
2023-10-04 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sista, can we talk?.
2023-10-09 13:30*	Abundant Living	Curtis & Paula Eakins	discusses relieving power surges.
2023-10-11 13:30*	Abundant Living	Curtis & Paula Eakins	discusses a woman's heart.
2023-10-16 13:30*	Abundant Living	Curtis & Paula Eakins	discusses reversing heart failure.
2023-10-18 13:30*	Abundant Living	Curtis & Paula Eakins	discusses crockpot cooking.
2023-10-23 13:30*	Abundant Living	Curtis & Paula Eakins	discusses the master gland.
2023-10-25 13:30*	Abundant Living	Curtis & Paula Eakins	discusses thyroid recovery!.
2023-10-30 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mom's special breakfast.
2023-11-01 13:30*	Abundant Living	Curtis & Paula Eakins	discusses malignancies of matrons & misses.
2023-11-06 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sunshine vitamin.
2023-11-08 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mixed berry recipes.
2023-11-08 06:00*	Body and Spirit	Michael Webb, Dick Nunez, Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2023-11-10 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2023-11-13 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2023-11-15 06:00*	Body and Spirit	Dick Nunez, Elora Ford, Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2023-11-17 06:00*	Body and Spirit	Dick Nunez (Host), Barbara Nolen, Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2023-11-20 06:00*	Body and Spirit	Susan Santos, Dick Nunez, Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2023-11-22 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2023-11-24 06:00*	Body and Spirit	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strength training for seniors.
2023-11-27 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2023-11-29 06:00*	Body and Spirit	Joe Carrell, Dee Hilderbrand, Dick Nunez	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2023-12-01 06:00*	Body and Spirit	Dick Nunez, Justin Walker, Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for strength training for youth.
2023-12-04 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, Mindy Kellum	Dick Nunez, with helpers, demonstrate beginning exercising.

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Date and Time	Program	Talent	Description
2023-12-06 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.
2023-12-08 06:00*	Body and Spirit	Dick Nunez, Scott Tanner, Miles Scruggs	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2023-12-11 06:00*	Body and Spirit	Ethel Carlsson, Elora Ford, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-12-13 06:00*	Body and Spirit	Dick Nunez (Host), Michael Webb, Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2023-12-15 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
2023-12-18 06:00*	Body and Spirit	Tammy Larson, Dick Nunez, Patricia Juarez	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
2023-12-20 06:00*	Body and Spirit	Michael Webb, Miles Scruggs, Dick Nunez	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2023-12-22 06:00*	Body and Spirit	Nicole Garcia, Dick Nunez	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.
2023-12-27 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2023-12-29 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
2023-10-02 06:00*	Body and Spirit	Dick Nunez (Host), Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2023-10-04 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2023-10-06 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner and Brittany Nunez	David DeRose and John Clark discusses hope and healing.
2023-10-09 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.1.
2023-10-11 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Mark Lenz discuss knee rehab.
2023-10-13 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2023-10-16 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2023-10-18 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2023-10-20 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2023-10-23 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brian Heath discuss fat burning.

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2023-10-25 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2023-10-27 06:00*	Body and Spirit	Dick Nunez (Host), Terrance Marshall	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2023-10-30 06:00*	Body and Spirit	Dick Nunez (Host), Brandon Tygret	Dick Nunez and Terrance Marshall discuss shoulder pain.
2023-11-01 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brandon Tygret discuss strength training.
2023-11-03 06:00*	Body and Spirit	Dick Nunez (Host), Mary Cordes	Dick Nunez and Lisa Nunez discuss supplements.
2023-11-06 06:00*	Body and Spirit	Dick Nunez (Host), Kenny Rivera	Dick Nunez and Mary Cordes discuss osteoporosis.
2023-11-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2023-11-05 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2023-11-07 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2023-11-09 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.
2023-11-12 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2023-11-14 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2023-11-16 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2023-11-19 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2023-11-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2023-11-26 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2023-11-28 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..
2023-11-30 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout exercises for men.
2023-12-03 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.
2023-12-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2023-12-07 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.
2023-12-10 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.
2023-12-12 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.

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2023-12-14 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.
2023-12-17 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2023-12-19 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2023-12-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2023-12-24 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.
2023-12-26 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.
2023-12-28 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.
2023-12-31 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.
2023-10-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2023-10-05 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.
2023-10-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2023-10-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2023-10-12 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.
2023-10-15 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.
2023-10-17 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.
2023-10-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2023-10-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2023-10-24 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.
2023-10-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2023-10-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.

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2023-10-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2023-12-04 05:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2023-12-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2023-12-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2023-12-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2023-10-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2023-10-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2023-10-17 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2023-10-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2023-10-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2023-11-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-11-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-11-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2023-11-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2023-12-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2023-12-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2023-12-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2023-10-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-10-13 09:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the matter.
2023-10-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2023-10-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2023-11-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2023-11-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2023-11-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2023-11-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2023-12-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2023-12-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2023-12-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2023-12-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2023-12-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2023-10-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-10-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2023-10-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.

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Date and Time	Program	Talent	Description
2023-10-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2023-10-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2023-11-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2023-11-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2023-11-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2023-11-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2023-10-02 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dan & Angela Clark	Cheri Peters, Caleb Coller, Jamie Pottinge, Jean Jarda, and Karina Silva discuss miracle meadows.
2023-10-11 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters (Host), Jason, and Rachael Bickal discuss keep on workin'.
2023-10-16 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2023-10-23 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2023-10-30 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2023-11-06 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2023-11-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2023-11-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2023-11-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2023-12-06 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2023-12-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2023-12-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.
2023-12-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2023-10-05 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.
2023-10-12 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.

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Date and Time	Program	Talent	Description
2023-10-19 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2023-10-22 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2023-11-02 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2023-11-05 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2023-11-16 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2023-11-19 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2023-11-26 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2023-12-03 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2023-12-14 10:00*	From Sickness to Health	Rico Hill (Host), Mwamiko Madden, Yvonne Lewis	Rico Hill (Host) and Milton Mills discuss never thirst again.
2023-12-21 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.
2023-12-24 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.
2023-12-31 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.
2023-10-06 03:30*	Live to Be Well	Dr. Kim	discusses straight ahead.
2023-10-27 03:30*	Live to Be Well	Dr. Kim	discusses i'm changing.
2023-11-03 03:30*	Live to Be Well	Dr. Kim	discusses no regrets.
2023-11-10 03:30*	Live to Be Well	Dr. Kim	discusses not letting go!.
2023-11-17 03:30*	Live to Be Well	Dr. Kim	discusses taking my life back.
2023-12-01 03:30*	Live to Be Well	Dr. Kim	discusses young, gifted, and blessed.
2023-12-08 03:30*	Live to Be Well	Dr. Kim	discusses special treasure.
2023-12-15 03:30*	Live to Be Well	Dr. Kim	discusses against all odds.
2023-12-22 03:30*	Live to Be Well	Dr. Kim	discusses thriving through the pain.
2023-12-29 03:30*	Live to Be Well	Dr. Kim	discusses educated to educate others.
2023-11-12 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.
2023-11-14 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.
2023-11-16 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.
2023-11-19 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.

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Date and Time	Program	Talent	Description
2023-11-21 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.
2023-11-26 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.
2023-11-28 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.
2023-11-30 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.
2023-12-03 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.
2023-12-05 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.
2023-12-07 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.
2023-12-10 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.
2023-12-12 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.
2023-12-14 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.
2023-12-17 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.
2023-12-19 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.
2023-10-03 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.
2023-10-05 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.
2023-10-08 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.
2023-10-10 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.
2023-10-12 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.

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2023-10-15 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.
2023-10-17 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.
2023-10-19 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.
2023-10-22 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.
2023-10-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2023-10-26 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.
2023-10-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2023-10-31 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2023-11-02 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2023-11-05 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.
2023-11-07 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2023-11-09 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.
2023-12-29 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-10-13 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.
2023-10-17 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-10-24 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2023-11-03 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.
2023-11-07 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.

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2023-11-17 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.
2023-11-24 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.
2023-11-28 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.
2023-12-08 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.
2023-12-15 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.
2023-12-19 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.
2023-11-22 15:00!	Today Cooking	Curtis and Paula Eikins	discusses thanksgiving supper celebration.
2023-10-04 23:00!	Today Cooking	Angela Lomacang	discusses simply fresh.
2023-11-08 15:00!	Today Cooking	Idalia Dinzey	discusses south american favorites.
2023-12-20 15:00!	Today Cooking		discusses lomacang family christmas dinner.
2023-12-27 08:00!	Today Cooking	John Lomacang	
2023-10-25 15:00!	Today Cooking	Yvonne Shelton	discusses christmas with the menas.
2023-12-06 08:00!	Today Cooking	Curtis and Paula Eikins	discusses the amazing eggplant.
2023-11-29 08:00!	Today Cooking	Idalia Dinzey	discusses a plant-based christmas.
2023-10-18 15:00!	Today Cooking	Idalia Dinzey	discusses diabetes defying breakfasts.
2023-10-18 15:00!	Today Cooking	Lucia Tiffany	discusses diabetes defying desserts.
2023-11-01 15:00!	Today Cooking	Angela Lomacang	discusses soups & salads made simple.
2023-10-11 15:00!	Today Cooking		discusses potato reset/nutrient dense weight loss recipes.
2023-11-15 20:00!	Today Cooking	Idalia Dinzey	discusses potluck prized recipes.
2023-12-13 23:00!	Today Cooking	Dee Hilderbrand	discusses christmas holiday favorites.
2023-10-26 13:00*	Ultimate	Dr. James Markum	discusses the one bowl meal.
2023-11-02 13:00*	Ultimate	Dr. James Markum	discusses the number 1 killer.
2023-11-09 13:00*	Ultimate	Dr. James Markum	discusses how to reduce your risk of coronary artery disease.
2023-11-17 05:30*	Prescription	Dr. James Markum	discusses atrial fibrillation.
2023-11-24 05:30*	Ultimate	Dr. James Markum	discusses 21 facing cardiovascular disease part 1.
2023-11-30 13:00*	Prescription	Dr. James Markum	discusses 21 facing cardiovascular disease part 2.
2023-12-07 13:00*	Ultimate	Dr. James Markum	discusses rhythms of the heart.
2023-12-14 13:00*	Ultimate	Dr. James Markum	discusses the latest advancements in medical tech.
2023-12-22 05:30*	Prescription	Dr. James Markum	discusses Danny Shelton's experience with bypass surgery.
2023-12-28 13:00*	Ultimate	Dr. James Markum	discusses danny shelton's experience with bypass surgery.

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2023-10-24 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2023-10-31 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
2023-11-07 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2023-11-14 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2023-11-21 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2023-11-28 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2023-12-05 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	James Marcum and Charles Mills discuss the heart of health.
2023-12-12 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
2023-12-19 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
2023-12-26 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2023-10-03 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2023-10-10 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2023-10-17 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.