

#### DESCRIPTIONS FOR Weekend of 01/27/23 – 01/29/23

- Dr. Valdez explains the work AHRQ does, including its role in the national response to the COVID-19 pandemic and the battle against Long COVID. Plus, Dr. Valdez explains how the agency addresses issues of patient safety.
- Case Kenny offers strategies and tips for prioritizing mental and physical health in the new year, including ways to work yourself out of difficult times and achieve goals set for 2023.

#### DESCRIPTIONS FOR Weekend of 01/20/23 – 01/22/23

- For National Blood Donor Month, Dr. Lasky explains the work the American Red Cross does involving blood donations across the country, along with important information on who can donate and how blood donations are utilized.
- Anahad explains the health benefits of Dry January, how a simple change in diet can lead to tremendous health results, and new data behind when we eat and how it impacts our body.
- Bill provides info on how NLEM supports law enforcement nationwide, along with their families. Bill also runs through recent trends in members of law enforcement being killed in the line of duty and ways to help prevent that moving forward.

#### DESCRIPTIONS FOR Weekend of 01/13/23 – 01/15/23

- Dr. Hernandez breaks down new guidelines released by the American Academy of Pediatrics for addressing childhood obesity, including changes to treatment recommendations and tips for parents to make sure their children get off to a healthy start in 2023.

#### DESCRIPTIONS FOR Weekend of 01/06/23 – 01/08/23

- Dr. Sasson discusses the cardiac event involving Buffalo Bills Safety Damar Hamlin, including steps everyone can take in an emergency situation like that to help save a life, and warning signs and symptoms associated with cardiac arrest, heart attacks, and strokes.
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#### DESCRIPTIONS FOR Weekend of 12/30/22 – 01/01/23

- Jim Lorraine joins the show to discuss some of the top issues facing veterans across the country, along with the work AWP is doing to assist those veterans.
- Rudd checks in to discuss mental health around the holidays, the prevalence of suicide among veterans, and strategies to address the country's suicide epidemic.
- Tatum Hunter breaks down some bad habit breaking and sobriety apps for those looking to make changes in the new year, data privacy dos and don'ts, and new scams to be aware of.