

Community Issues Program List

July through September 2016

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

Date and Time	Program	Talent	Description
2016-07-01 06:00*	Body and Spirit	Dick Nunez *, Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2016-07-01 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc..
2016-07-01 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2016-07-03 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2016-07-03 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2016-07-04 01:00!	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2016-07-04 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
2016-07-04 06:00*	Body and Spirit	Dick Nunez *, Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2016-07-04 07:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.2.
2016-07-04 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the Cancer Fighters.
2016-07-04 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2016-07-04 19:00!	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2016-07-05 06:00*	Body and Spirit Aerobics	Dick Nunez *, Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strengthening exercises.
2016-07-05 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2016-07-05 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
2016-07-06 01:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.2.
2016-07-06 02:00!	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2016-07-06 06:00*	Body and Spirit	Dick Nunez *, Rony Evans Sr.	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2016-07-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression and unveiling the culprits.
2016-07-06 14:00*	Action 4 Life	Casio Jones *, Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2016-07-07 03:00!	Up Close	Don Mackintosh *, 01. Kelly Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2016-07-07 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2016-07-07 11:00!	Celebrating Life in Recovery	Cheri Peters *, Rhonda Burnett	Cheri Peters and Rhonda Burnett discuss Life in Recovery from addiction.
2016-07-07 12:00*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.2.
2016-07-07 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters offer ideas to improve marriage in their topic Two Me's or One Us.
2016-07-07 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2016-07-08 06:00*	Body and Spirit	Dick Nunez *, Mark & Diane Lenz	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2016-07-08 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss types of memory loss.
2016-07-08 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2016-07-10 06:00*	Body and Spirit Aerobics	Dick Nunez *, Kalie O'Brien , Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2016-07-10 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2016-07-11 01:00!	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2016-07-11 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.

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Date and Time	Program	Talent	Description
2016-07-11 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez & Fischer	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2016-07-11 07:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss valve problems.
2016-07-11 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression's Drugs and alternatives.
2016-07-11 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2016-07-11 19:00!	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2016-07-12 06:00*	Body and Spirit Aerobics	Dick Nunez *, Daniel Hopkins , Rabeca Lovelace	Dick Nunez, Daniel Hopkins, and Rabeca Lovelace discuss depression.
2016-07-12 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2016-07-12 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
2016-07-13 01:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss valve problems.
2016-07-13 02:00!	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2016-07-13 06:00*	Body and Spirit	Dick Nunez *, Brian Heath	Dick Nunez and Brian Heath discuss fat burning.
2016-07-13 13:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2016-07-13 13:30*	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss Depression.
2016-07-13 14:00*	Action 4 Life	Casio Jones *, Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2016-07-14 03:00!	Up Close	Shelley Quinn *, 01. Dr. David Wilkins , 02. Jay Gallimore	Shelly Quinn discuss facing the tough times.
2016-07-14 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 1.
2016-07-14 06:00*	Body and Spirit Aerobics	Dick Nunez *, Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.
2016-07-14 11:00!	Celebrating Life in Recovery	Cheri Peters *, Holbrook Academy	Cheri Peters and students from Holbrook Academy discuss Native American At-risk Teens.
2016-07-14 12:00*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss valve problems.
2016-07-14 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss how to make an enduring commitment.
2016-07-14 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2016-07-15 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2016-07-15 10:00*	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in bone loss, depression, homosexuality, etc..
2016-07-15 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2016-07-17 06:00*	Body and Spirit Aerobics	Dick Nunez *, Corrie Sample , Daniel Hopkins	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2016-07-17 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perform abdominal muscle strengthening exercises.
2016-07-18 01:00!	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2016-07-18 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2016-07-18 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2016-07-18 07:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the strong heart.
2016-07-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Depression. (Part 2)
2016-07-18 14:00*	Action 4 Life	Casio Jones *, Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.

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2016-07-18 19:00!	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2016-07-19 06:00*	Body and Spirit Aerobics	Dick Nunez *, Mollie Steenson	Dick Nunez and Mollie Steenson discuss plantar fasciitis.
2016-07-19 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2016-07-19 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
2016-07-20 01:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the strong heart.
2016-07-20 02:00!	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2016-07-20 06:00*	Body and Spirit	Dick Nunez *, Terrance Marshall	Dick Nunez and Terrance Marshall discuss shoulder pain.
2016-07-20 13:00*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2016-07-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the Blues.
2016-07-20 14:00*	Action 4 Life	Casio Jones *, Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycycle.
2016-07-21 03:00!	Up Close	Danny Shelton *, Kay Kuzma *, 01. Shelley Quinn , 02. Robbie D. Windham , 03. Pat Mudgett	Shelly Quinn discuss balancing work and family.
2016-07-21 04:30*	Issues and Answers	Ruthie Jacobsen *, R. Peter Neri	Ruthie Jacobsen and R. Peter Neri discuss reaching difficult people, part 2.
2016-07-21 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
2016-07-21 11:00!	Celebrating Life in Recovery	Cheri Peters *, Craig DeMartino	Cheri Peters and Craig DeMartino discuss After the Fall in addiction.
2016-07-21 12:00*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the strong heart.
2016-07-21 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
2016-07-21 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.
2016-07-22 06:00*	Body and Spirit	Dick Nunez *, Brandon Tygret	Dick Nunez and Brandon Tygret discuss strength training.
2016-07-22 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawton discuss cancer.
2016-07-22 14:00*	Action 4 Life	Casio Jones *, Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center
2016-07-24 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2016-07-24 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker with Lauren Rittenhouse and Lyndi Schwartz discuss benefits of stepping exercises.
2016-07-25 01:00!	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2016-07-25 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2016-07-25 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss supplements.
2016-07-25 07:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the number one.
2016-07-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of sadness and how it affects
2016-07-25 14:00*	Action 4 Life	Casio Jones *, Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2016-07-25 19:00!	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2016-07-26 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2016-07-26 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.

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2016-07-26 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2016-07-27 01:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the number one.
2016-07-27 02:00!	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2016-07-27 06:00*	Body and Spirit	Dick Nunez *, Mary Cordes	Dick Nunez and Mary Cordes discuss osteoporosis.
2016-07-27 13:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2016-07-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianism.
2016-07-27 14:00*	Action 4 Life	Casio Jones *, Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2016-07-28 03:00!	Up Close	Dan Mackintosh *, 01. Dr. Gerard McLain , 02. Naomi Coleman	Gerard McLane discusses obesity and diet.
2016-07-28 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addicted to negativity.
2016-07-28 06:00*	Body and Spirit	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2016-07-28 11:00!	Celebrating Life in Recovery	Cheri Peters *, Kenneth Cox	Cheri Peters and Kenneth Cox discuss aspects of addiction in a session titled Feed the Baby.
2016-07-28 12:00*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss the number one.
2016-07-28 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2016-07-28 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2016-07-29 06:00*	Body and Spirit	Dick Nunez *, Kenny Rivera	Dick Nunez and Kenny Rivera discuss depression.
2016-07-29 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawson discuss diabetes.
2016-07-29 14:00*	Action 4 Life	Casio Jones *, Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2016-07-31 06:00*	Body and Spirit	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2016-07-31 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Andi Hunsaker , Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2016-08-01 01:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2016-08-01 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discusses lifestyle choices.
2016-08-01 06:00*	Body and Spirit	Dick Nunez *, Mark Lenz	Dick Nunez and Mark Lenz discuss knee rehab.
2016-08-01 07:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss clogged pipes.
2016-08-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the effects of coffee on the body.
2016-08-01 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2016-08-01 19:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2016-08-02 06:00*	Body and Spirit	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2016-08-02 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2016-08-02 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2016-08-03 01:30*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss clogged pipes.
2016-08-03 02:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2016-08-03 06:00*	Body and Spirit	Dick Nunez *, Ronnie Evans Jr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2016-08-03 13:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2016-08-03 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - Without the Bologna.
2016-08-03 14:00*	Action 4 Life	Casio Jones *, Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2016-08-04 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Jan Morris	Marti Jones with guests discuss recovering from the pain of divorce.

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2016-08-04 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss boundaries & saying no.
2016-08-04 06:00*	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2016-08-04 11:00!	Celebrating Life in Recovery	Cheri Peters *, Michael Carducci Jr.	Cheri Peters and Michael Carducci Jr. discuss choices.
2016-08-04 12:00*	Ultimate Prescription	Charles Mills *, Dr. James Marcum	Charles Mills and Dr. James Marcum discuss clogged pipes.
2016-08-04 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
2016-08-04 14:00*	Body and Spirit (New)	Andi Hunsaker *, Nancy Diaz , Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2016-08-05 06:00*	Body and Spirit	Dick Nunez *, Rony Evans Sr.	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2016-08-05 10:00*	Health for a Lifetime	Don Mckintosh *, Tim Lawton	Don Mckintosh and Tim Lawson discuss cardiovascular risk.
2016-08-05 14:00*	Action 4 Life	Casio Jones *, Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.
2016-08-07 06:00*	Body and Spirit Aerobics	Dick Nunez , Elora Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2016-08-07 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2016-08-08 01:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2016-08-08 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
2016-08-08 06:00*	Body and Spirit	Dick Nunez *, Mark & Diane Lenz	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2016-08-08 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2016-08-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for Picnic Time.
2016-08-08 14:00*	Action 4 Life	Casio Jones *, Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2016-08-08 19:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2016-08-09 06:00*	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2016-08-09 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2016-08-09 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
2016-08-10 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2016-08-10 02:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2016-08-10 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez & Fischer	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2016-08-10 13:00*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2016-08-10 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss adventist advantage.
2016-08-10 14:00*	Action 4 Life	Casio Jones *, Nadezda Stotz	Casio Jones with Nadezda Stortz demonstrate and discuss Pilates exercises. (Part 2.)
2016-08-11 03:00!	Up Close	Shelley Quinn *, Lois Stuart , Rick Howard	Rick Howard discusses the dangers of the occult.
2016-08-11 04:30*	Issues and Answers	Shelley Quinn *, Carol Cannon	Shelley Quinn and Carol Cannon discuss addictions, part 1 (hidden addiction, actions for distraction).
2016-08-11 06:00*	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2016-08-11 11:00!	Celebrating Life in Recovery	Cheri Peters *, Brad Peters	Cheri Peters and Brad Peters discuss exercise.
2016-08-11 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2016-08-11 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.

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2016-08-11 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2016-08-12 06:00*	Body and Spirit	Dick Nunez *, Brian Heath	Dick Nunez and Brian Heath discuss fat burning.
2016-08-12 10:00*	Health for a Lifetime	Don McKintosh *, Tim Lawton	Don McKintosh and Tim Lawson discuss achieving and maintaining a healthy weight.
2016-08-12 14:00*	Action 4 Life	Casio Jones *, Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2016-08-14 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2016-08-14 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2016-08-15 01:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2016-08-15 05:30*	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
2016-08-15 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2016-08-15 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2016-08-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about foods for joint health.
2016-08-15 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss running benefits.
2016-08-15 19:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2016-08-16 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2016-08-16 14:00*	Body and Spirit (New)	Lyndi Schwartz *, Nancy Diaz , Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2016-08-16 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2016-08-17 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2016-08-17 02:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2016-08-17 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2016-08-17 13:00*	Issues and Answers	Shelley Quinn *, Magna Parks	Karen Thomas and Walter Turner discuss every child's chance.
2016-08-17 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some easy healthy breakfast ideas.
2016-08-17 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2016-08-18 03:00!	Up Close	Don Mackintosh *, Shelley Quinn *, Cecila Hudson , Mike McKinnon , Shirley Garner	Shelly Quinn with quests discuss dealing with loneliness.
2016-08-18 04:30*	Issues and Answers	Shelley Quinn *, Magna Parks	Karen Thomas and Walter Turner discuss every child's chance.
2016-08-18 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez with helpers show and talk about workout exercises for men.
2016-08-18 11:00!	Celebrating Life in Recovery	Cheri Peters *, James Moon	Cheri Peters and James Moon discuss liquids.
2016-08-18 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss common heart ailments.
2016-08-18 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2016-08-18 14:00*	Body and Spirit (New)	Andi Hunsaker *, Lyndi Schwartz , Nancy Diaz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2016-08-19 06:00*	Body and Spirit	Dick Nunez *, Terrance Marshall	Dick Nunez and Terrance Marshall discuss shoulder pain.
2016-08-19 10:00*	Health for a Lifetime	Don McKintosh *, John Kelly	Don McKintosh and John Kelly discuss adventist lifestyle research pt 1.
2016-08-19 14:00*	Action 4 Life	Casio Jones *, Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2016-08-21 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.

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Date and Time	Program	Talent	Description
2016-08-21 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2016-08-22 01:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2016-08-22 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
2016-08-22 06:00*	Body and Spirit	Dick Nunez *, Brandon Tygret	Dick Nunez and Brandon Tygret discuss strength training.
2016-08-22 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2016-08-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about problems with Poultry.
2016-08-22 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss running benefits.
2016-08-22 19:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2016-08-23 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
2016-08-23 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz M.D.	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2016-08-23 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
2016-08-24 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2016-08-24 02:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2016-08-24 06:00*	Body and Spirit	Dick Nunez *, Lisa Nunez	Dick Nunez and Lisa Nunez discuss supplements.
2016-08-24 13:00*	Issues and Answers	Shelley Quinn *, Magna Parks	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2016-08-24 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss debriefing the beef.
2016-08-24 14:00*	Action 4 Life	Casio Jones *, Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2016-08-25 03:00!	Up Close	Don Mackintosh *, 01. Marti Jones , 02. Mike McKinnon , 03. Debbie Edgerton	Marti Jones talks about dealing with death.
2016-08-25 04:30*	Issues and Answers	Shelley Quinn *, Magna Parks	Karen Thomas and Moletta Robinson discuss oh my!! it's the grandkids!.
2016-08-25 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2016-08-25 11:00!	Celebrating Life in Recovery	Cheri Peters *, Bob McKain	Cheri Peters and Bob McKain discuss environment.
2016-08-25 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions.
2016-08-25 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss making a grave for faults.
2016-08-25 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2016-08-26 06:00*	Body and Spirit	Dick Nunez *, Mary Cordes	Dick Nunez and Mary Cordes discuss osteoporosis.
2016-08-26 10:00*	Health for a Lifetime	Don Mckintosh *, John	Don Mckintosh and John Kelly discuss adventist lifestyle research pt 2.
2016-08-26 14:00*	Action 4 Life	Casio Jones *, Marcie English	Casio Jones with Marcie English discuss Kayaking .
2016-08-28 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2016-08-28 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. *, Andi Hunsaker M.D. , Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home.
2016-08-29 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
2016-08-29 06:00*	Body and Spirit	Dick Nunez *, Kenny Rivera	Dick Nunez and Kenny Rivera discuss depression.
2016-08-29 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2016-08-29 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about the benefits of squash.

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Date and Time	Program	Talent	Description
2016-08-29 14:00*	Action 4 Life	Casio Jones *, Nadine Brooks	Casio Jones with Nadine Brooks discuss exercise to improve balance.
2016-08-30 06:00*	Body and Spirit	Dick Nunez , Fred Garber ,	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.
2016-08-30 14:00*	Aerobics	Matthew Hard	
2016-08-30 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. *, Lauren Rittenhouse , Lyndi Schwartz	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2016-08-30 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
2016-08-31 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2016-08-31 06:00*	Body and Spirit	Brittany Nunez , Dick Nunez , Madison Turner	Dick Nunez with Brittany Nunez, Dick Nunez, and Jason Maxwell demonstrate exercise routines for cross-training. Part 1.
2016-08-31 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about Breast Cancer
2016-08-31 14:00*	Action 4 Life	Casio Jones *, Frances Czeizinger	Casio Jones and Frances Czeizinger demonstrate exercise techniques.
2016-09-01 03:00!	Up Close	Shelley Quinn *, 01. Cheri Peters , 02. Amanda Hult , 03. Hilary Washington	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
2016-09-01 06:00*	Body and Spirit	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2016-09-01 12:00*	Aerobics	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss improving our mental health.
2016-09-01 12:30*	Ultimate Prescription	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of building a sure foundation.
2016-09-01 12:30*	Marriage in God's Hands		
2016-09-01 14:00*	Body and Spirit (New)	Jeanie Weaver *, Terrence Marshall , Tim Tiernan	Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees.
2016-09-02 06:00*	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2016-09-02 10:00*	Health for a Lifetime	Don Mckintosh *, Manjula Borge	Don Mckintosh and Manjula Borge discuss children's mental health after a natural disaster.
2016-09-02 14:00*	Action 4 Life	Casio Jones *, Dee Hilderbrand	Casio Jones and Dee Hilderbrand demonstrate exercise techniques.
2016-09-04 06:00*	Body and Spirit	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2016-09-04 09:00*	Aerobics	David DeRose and John Clark	David DeRose and John Clark discusses hope and healing.
2016-09-04 14:00*	Wonderfully Made		
2016-09-04 14:00*	Body and Spirit (New)	Jeanie Weaver *, Frances Czeizinger , Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2016-09-05 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discusses hope and healing.
2016-09-05 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.
2016-09-05 07:30*	Body and Spirit	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss skin.
2016-09-05 13:30*	Ultimate Prescription	Curtis & Paula Eakins	Curtis and Paula Eakins give advice on PMS relief.
2016-09-05 14:00*	Abundant Living	Casio Jones *, Marcie English	Casio Jones and Marcie English discuss circuit / time in the gym.
2016-09-06 06:00*	Action 4 Life	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2016-09-06 14:00*	Body and Spirit	Jeanie Weaver *, Abigail Czeizinger , Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2016-09-06 14:00*	Body and Spirit (New)		
2016-09-06 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Alane Waters and Tom Waters discuss prayers of love.
2016-09-07 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss skin.
2016-09-07 06:00*	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2016-09-07 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking on a budget.
2016-09-07 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss full body / abdominal workout.
2016-09-08 03:00!	Up Close	Shelley Quinn *, 01. Sandy Williams , 02. Neil Nedley MD , 03. Colleen Harrell	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.

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Date and Time	Program	Talent	Description
2016-09-08 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2016-09-08 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss skin.
2016-09-08 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Alane Waters and Tom Waters discuss prayers of love.
2016-09-08 14:00*	Body and Spirit (New)	Jeanie Weaver *, Abigail Czeizinger , Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2016-09-09 06:00*	Body and Spirit	Dick Nunez *, Barbara Nolen , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2016-09-09 10:00*	Health for a Lifetime	Don Mckintosh *, Manjula Borge	Don Mckintosh and Manjula Borge discuss adult's mental health after a natural disaster.
2016-09-09 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss pure health gym.
2016-09-11 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.
2016-09-11 09:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2016-09-11 14:00*	Body and Spirit (New)	Jeanie Weaver *, Pam Turner , Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2016-09-12 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss ideas for healthy aging.
2016-09-12 06:00*	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2016-09-12 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss pain.
2016-09-12 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cause for the pause.
2016-09-12 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2016-09-13 06:00*	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2016-09-13 14:00*	Body and Spirit (New)	Jeanie Weaver *, LaDonna Terrill , Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2016-09-13 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of forming common goals.
2016-09-14 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss pain.
2016-09-14 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2016-09-14 13:00*	Issues and Answers	Shelley Quinn *, G. Edward Reid	Karen Thomas and Richard Valenzuela discuss search and rescue.
2016-09-14 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about diets that prevent Power Surges during
2016-09-14 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a great workout!.
2016-09-15 03:00!	Up Close	Kay Kuzma *, 01. Donna Teat , 02. Cassandra Thomson	Donna Teat discusses issues of teenage pregnancy.
2016-09-15 04:30*	Issues and Answers	Shelley Quinn *, G. Edward Reid	Karen Thomas and Richard Valenzuela discuss search and rescue.
2016-09-15 06:00*	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2016-09-15 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss pain.
2016-09-15 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of forming common goals.
2016-09-15 14:00*	Body and Spirit (New)	Jeanie Weaver *, Teresa Bonilla , Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2016-09-16 06:00*	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez with Ted Arview demonstrate aerobics exercises designed
2016-09-16 10:00*	Health for a Lifetime	Don Mckintosh *, Manjula Borge	Don Mckintosh and Manjula Borge discuss the effects sexual abuse has on the child involved and the child's family.
2016-09-16 14:00*	Action 4 Life	Casio Jones *, Bradley Hite , Mindy Issacs	Casio Jones, Bradley Hite, and Mindy Issacs discuss workout circuit.
2016-09-18 06:00*	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.

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Date and Time	Program	Talent	Description
2016-09-18 09:00*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2016-09-18 14:00*	Body and Spirit (New)	Jeanie Weaver *, Tim Tiernan , Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2016-09-19 05:30*	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss the health challenge of obesity.
2016-09-19 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2016-09-19 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss learning about medications.
2016-09-19 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about Indian Cuisine.
2016-09-19 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss workout for parents and children.
2016-09-20 06:00*	Body and Spirit	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and
2016-09-20 14:00*	Body and Spirit (New)	Jeanie Weaver *, Ralph Sanchez , Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2016-09-20 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
2016-09-21 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss learning about medications.
2016-09-21 06:00*	Body and Spirit	Dee Hilderbrand , Dick Nunez , Joe Carrell	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2016-09-21 13:00*	Issues and Answers	Shelley Quinn *, G. Edward Reid	Karen Thomas and Richard Valenzuela discuss breaking down barriers.
2016-09-21 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2016-09-21 14:00*	Action 4 Life	Casio Jones *, Mindy Isaacs	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2016-09-22 03:00!	Up Close	01. Kay Rizzo , 02. Alexandra Vance , Shelley Quinn	Kay Rizzo offers a special disscussion for the distressed. Is suicide really a way out?
2016-09-22 04:30*	Issues and Answers	Shelley Quinn *, G. Edward Reid	Karen Thomas and Richard Valenzuela discuss breaking down barriers.
2016-09-22 06:00*	Body and Spirit	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2016-09-22 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss learning about medications.
2016-09-22 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of setting priorities.
2016-09-22 14:00*	Body and Spirit (New)	Jeanie Weaver *, Lynette Jaque , Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2016-09-23 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.
2016-09-23 10:00*	Health for a Lifetime	Don Mckintosh *, David DeRose	Don Mckintosh and David DeRose discuss natural approach of type 2 diabetes.
2016-09-23 14:00*	Action 4 Life	Casio Jones *, Zion Judea Hamilton	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2016-09-25 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2016-09-25 09:00*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2016-09-25 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strengthening exercises.
2016-09-26 05:30*	Wonderfully Made	Claudio Japas , Hildemar Dos Santos	Claudio Japas with Hildemar Dos Santos discuss exercise and total health.
2016-09-26 06:00*	Body and Spirit	Dick Nunez , Mindy Kellum , Randi Brewer	Dick Nunez, with helpers, demonstrate beginning exercising.
2016-09-26 07:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss breast cancer.
2016-09-26 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2016-09-26 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2016-09-27 06:00*	Body and Spirit	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez and Jonathan Hopkins and Megan Frasier discuss youth fitness.

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Date and Time	Program	Talent	Description
2016-09-27 14:00*	Body and Spirit (New)	Jeanie Weaver *, Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2016-09-27 17:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
2016-09-28 01:30*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss breast cancer.
2016-09-28 06:00*	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.
2016-09-28 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2016-09-28 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss exciting workout with an exercise ball
2016-09-29 03:00!	Up Close	Don Mackintosh *, 01. Kelly Dulac , 02. Dr. Neil Nedley , 03. Zulan Collis	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
2016-09-29 06:00*	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
2016-09-29 12:00*	Ultimate Prescription	Nick Evenson *, Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss breast cancer.
2016-09-29 12:30*	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of effective communication.
2016-09-29 14:00*	Body and Spirit (New)	Jeanie Weaver *, Betsy Sajdak , Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2016-09-30 06:00*	Body and Spirit	Dick Nunez , Miles Scruggs , Scott Tanner	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2016-09-30 14:00*	Action 4 Life	Casio Jones *, Rena Lee	Casio Jones and Rena Lee discuss make a challenge workout fun!.