#### January through March 2020

Date and Time	Program	Talent	Description
2020-04-01 06:00*	Body and Spirit	Jason Maxwell, Andrew	Dick Nunez, with helpers, demonstrate
		Hard, Dick Nunez	beginning exercises.
2020-04-01 13:30*	Abundant Living		discusses h for herbal medicine.
2020-04-01 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2020-04-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2020-04-02 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Schubert Palmer, and Jim Said discuss where's the rest of my sleep?.
2020-04-02 12:00*	Ultimate Prescription		discusses danny shelton's experience with bypass surgery.
2020-04-02 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.
2020-04-03 03:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2020-04-03 06:00*	Body and Spirit	Kim Rogers, Dick Nunez, Madison Turner	Dick Nunez, with helpers, demonstrate a workout for the office.
2020-04-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses minty split-pea soup.
2020-04-03 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss studies in diabetes, cholesterol and stroke.
2020-04-05 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2020-04-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2020-04-05 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.
2020-04-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2020-04-06 06:00*	Body and Spirit	Kim Rogers, Dick Nunez,	Dick Nunez with Andrew Hard and Jason
0000 04 00 40 00*		Madison Turner	Maxwell discusses Triglycerides as well as demonstrates exercise routines for health.
2020-04-06 13:30* 2020-04-06 14:00*	Abundant Living Action 4 Life	Casio Jones (Host), Trent	discusses e for eating. Casio Jones with Trent Chance discuss and
2020-04-00 14.00	ACTION 4 LITE	Chance	demonstrate exercises for body repair.
2020-04-07 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses coronary artery disease.
2020-04-07 06:00*	Body and Spirit Aerobics	Brittany Nunez, Dick Nunez, Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
2020-04-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2020-04-07 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.
2020-04-07 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.

## January through March 2020

Date and Time	Program	Talent	Description
2020-04-08 06:00*	Body and Spirit	Dick Nunez, Madison	Dick Nunez with Kim Rogers and Madison
		Turner, Kim Rogers	Turner demonstrates exercise routines for
			circuit training for women.
2020-04-08 13:30*	Abundant Living	• · · · · · · · · · · · · · · · · · ·	discusses a is for adoration.
2020-04-08 14:00*	Action 4 Life	Casio Jones (Host), Trent	Casio Jones and Trent Chance discuss the
2020-04-09 06:00*	Dody and Chirit Associate	Chance	benefits of massage.
2020-04-09 06.00	body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2020-04-09 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host), Schubert Palmer, and
2020 04 03 10.00	Health	Palmer, Nwamiko Madden	Nwamiko Madden discuss here comes the
			sun.
2020-04-09 12:00*	Ultimate Prescription		discusses valves of the heart.
2020-04-09 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Garland & Donna Blanton
		Garland & Donna Blanton	show how to do a spinal wrap that will help
			straighten your posture.
2020-04-10 03:00*	Action 4 Life	Casio Jones (Host), Ben	Casio Jones with Ben Burkhamer discuss
0000 04 40 00 00	D. I. (0.1)	Burkhamer	hypertension, health, and exercise.
2020-04-10 06:00*	Body and Spirit	Christy Soderling, Brittany	Brittany Nunez, Christy Soderling, and Dick
2020-04-10 09:30*	Cook 30	Nunez, Dick Nunez Jeremy Dixon	Nunez discuss hope.
2020-04-10 09.30	Health for a Lifetime	Don Mackintosh (Host), Dr.	Jeremy Dixon discusses indian curries.  Don Mackintosh and Dr. Neil Nedley discuss
2020-04-10 10.00	ricaliti for a Lifetiffic	Neil Nedley	studies in child iq, stroke, heat exhaustion,
		Tton Ttodicy	etc
2020-04-12 03:30*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss
	Health	Palmer	when the heart attacks.
2020-04-12 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez,	Dick Nunez with helpers show and talk about
		Andrew Hard	exercises for toning your muscles
2020-04-12 14:00*	Body and Spirit (New)	Jeanie Weaver (Host),	Jeanie Weaver, Betsy Sajdak, and Donna
2020-04-13 01:00!	Colobrating Life in	Betsy Sajdak, Donna Hall Cheri Peters (Host), Connie	Hall show us how to do body stretches. Cheri Peters and Connie Gilbert discuss title
2020-04-13 01.00!	Celebrating Life in Recovery	Gilbert	domestic violence.
2020-04-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini
_0_0 0 1 10 00.00	2301.00	55.5m; 5.70m	fritters et al.
2020-04-13 06:00*	Body and Spirit	Dick Nunez, Brittany Nunez.	Dick Nunez with Brittany Nunez and Christy
	,	Christy Sodering	Soldering discusses Fat Metabolism as well
		-	as demonstrates exercise routines for health.
2020-04-13 13:30*	Abundant Living	Onde James (Lleet)	discusses I for liquids.
2020-04-13 14:00*	Action 4 Life	Casio Jones (Host),	Casio Jones and Monique Anderson discuss
		Monique Anderson	the exercise benefits of mall walking.
2020-04-14 05:30*	Wonderfully Made	Christine Salter	Dr. Christine Salter discusses Diabetes.
2020-04-14 06:00*	•	Matthew Hard, Fred Garber,	
	,	Dick Nunez	workout excercises for men.
2020-04-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes
		-	w/mushroom & lentils.
2020-04-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lauren Rittenhouse, and
		Lauren Rittenhouse, Lyndi	Lyndi Schwartz discuss tips for better health.
		Schwartz	

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2020-04-14 17:00* From Sickness to Health Palmer Pa
2020-04-15 06:00* Body and Spirit Rick Nunez Dick Nunez, William Brauer, Rick Nunez Dick Nunez with Rick Nunez and William Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health. Cheri Peters (Host), Connie Gilbert domestic violence. Description Abundant Living Casio Jones (Host), Frances Casio Jones with Frances Clark discusses healthy heart cooking. Casio Jones (Host), Frances Casio Jones with Frances Clark discuss the bennefits of pool exercise. For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. discusses diagnosing a weak heart. Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle. Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrates exercise routines for health.  Dick Nunez with Rick Nunez and William Brauer, Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
Rick Nunez  Rick Nunez  Brauer discusses Fat Metabolism as well as demonstrates exercise routines for health.  Cheri Peters (Host), Connie domestic violence.  domestic violence.  discusses healthy heart cooking.  Casio Jones (Host), Frances  Clark  2020-04-15 14:00*  Body and Spirit Aerobics  Casio Jones (Host), Frances  Clark  Dick Nunez, Fred Garber  Rico Hill (Host), Schubert  Palmer  Rico Hill (Host), Schubert  Palmer  Dick Nunez demonstrates exercise routines for health.  Cheri Peters and Connie Gilbert discuss title domestic violence.  discusses healthy heart cooking.  Casio Jones with Frances Clark discuss the bennefits of pool exercise.  For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  Rico Hill (Host), Schubert  Palmer  Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.  discusses diagnosing a weak heart.  Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  2020-04-17 03:00*  Action 4 Life  Casio Jones (Host), Lynne  Thompson Cundiff  discuss the importance of breakfast and demonstrate exercises.  Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
demonstrates exercise routines for health.  2020-04-15 12:00! Celebrating Life in Recovery 2020-04-15 13:30* Abundant Living 2020-04-15 14:00* Action 4 Life  2020-04-16 06:00* Body and Spirit Aerobics 2020-04-16 10:00* From Sickness to Health 2020-04-16 12:00* Health 2020-04-16 14:00* Body and Spirit (New) 2020-04-16 10:00* From Sickness to Health 2020-04-16 10:00* Body and Spirit (New) 2020-04-17 03:00* Action 4 Life 2020-04-17 03:00* Body and Spirit 2020-04-17 06:00* Body and Spirit
2020-04-15 12:00! Celebrating Life in Recovery Gilbert Casio Jones (Host), Connie Gilbert discuss title domestic violence. discusses healthy heart cooking.  2020-04-15 13:30* Abundant Living 2020-04-15 14:00* Action 4 Life Casio Jones (Host), Frances Casio Jones with Frances Clark discuss the bennefits of pool exercise.  2020-04-16 06:00* Body and Spirit Aerobics Pick Nunez, Fred Garber For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  2020-04-16 10:00* From Sickness to Health Palmer When the heart attacks.  2020-04-16 12:00* Ultimate Prescription Body and Spirit (New) Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
Recovery Gilbert domestic violence.  2020-04-15 13:30* Abundant Living 2020-04-15 14:00* Action 4 Life Casio Jones (Host), Frances Casio Jones with Frances Clark discuss the bennefits of pool exercise.  2020-04-16 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.  2020-04-16 10:00* From Sickness to Health Palmer Health Palmer Heart attacks.  2020-04-16 12:00* Ultimate Prescription Body and Spirit (New) Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
2020-04-15 13:30* Abundant Living 2020-04-15 14:00* Action 4 Life 2020-04-16 06:00* Body and Spirit Aerobics 2020-04-16 10:00* From Sickness to Health 2020-04-16 12:00* Ultimate Prescription 2020-04-16 14:00* Body and Spirit (New) 2020-04-16 10:00* Casio Jones with Frances Clark discuss the bennefits of pool exercise.  Rico Hill (Host), Schubert Palmer Plamer  2020-04-16 12:00* Ultimate Prescription 2020-04-16 14:00* Body and Spirit (New) 2020-04-16 10:00* Casio Jones (Host), Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker  2020-04-17 03:00* Action 4 Life  2020-04-17 06:00* Body and Spirit  2020
2020-04-15 14:00* Action 4 Life Casio Jones (Host), Frances Casio Jones with Frances Clark discuss the bennefits of pool exercise.  2020-04-16 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.  2020-04-16 10:00* From Sickness to Health Palmer When the heart attacks.  2020-04-16 12:00* Ultimate Prescription Body and Spirit (New) Lauren Rittenhouse, Andi Hunsaker Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Brauer demonstrates exercise routines for
Clark bennefits of pool exercise.  2020-04-16 06:00* Body and Spirit Aerobics Dick Nunez, Fred Garber Challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  2020-04-16 10:00* From Sickness to Health Palmer Rittenhouse, Andi Hunsaker Challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  Rico Hill (Host), Schubert Palmer discuss when the heart attacks.  discusses diagnosing a weak heart.  Lyndi Schwartz (Host), Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse, Andi Hunsaker  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Brauer demonstrates exercise routines for
2020-04-16 06:00* Body and Spirit Aerobics Dick Nunez, Fred Garber Challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  2020-04-16 10:00* From Sickness to Health Palmer Rico Hill (Host), Schubert Palmer discuss when the heart attacks.  2020-04-16 12:00* Ultimate Prescription Body and Spirit (New) Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Brauer demonstrates exercise routines for
challenged, Dick Nunez demonstrates simple exercises with Fred Garber.  2020-04-16 10:00* From Sickness to Health Palmer
exercises with Fred Garber.  2020-04-16 10:00* From Sickness to Health Palmer  2020-04-16 12:00* Ultimate Prescription  2020-04-16 14:00* Body and Spirit (New)  2020-04-17 03:00* Action 4 Life  Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Exercises with Fred Garber.  Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.  discusses diagnosing a weak heart.  Lyndi Schwartz (Host), Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez, William Brauer, Rick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
2020-04-16 10:00* From Sickness to Health Palmer Palmer Palmer Discusses to Health Palmer Palmer Palmer Palmer Discusses Discu
Health Ultimate Prescription 2020-04-16 12:00* 2020-04-16 14:00* Body and Spirit (New)  Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker  Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez, William Brauer, Riven Health Ultimate Prescription  Lyndi Schwartz (Host), Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
2020-04-16 12:00* Ultimate Prescription 2020-04-16 14:00* Body and Spirit (New)  Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker  Casio Jones (Host), Lynne Thompson Cundiff discuss diagnosing a weak heart. Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez, William Brauer, Rick Nunez  Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
2020-04-16 14:00* Body and Spirit (New)  Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker  Casio Jones (Host), Lynne Thompson Cundiff  Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez, William Brauer, Rick Nunez  Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
Lauren Rittenhouse, Andi Hunsaker  Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez, William Brauer, Rick Nunez  Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.  Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
Hunsaker designed for action, not a sedentary lifestyle.  2020-04-17 03:00* Action 4 Life Casio Jones (Host), Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez  Dick Nunez William Brauer, Brauer demonstrates exercise routines for
Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Brauer demonstrates exercise routines for
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demonstrate exercises.  2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Rick Nunez Brauer demonstrates exercise routines for
2020-04-17 06:00* Body and Spirit Dick Nunez, William Brauer, Dick Nunez with Rick Nunez and William Rick Nunez  Dick Nunez, William Brauer, Dick Nunez with Rick Nunez and William Brauer demonstrates exercise routines for
Rick Nunez Brauer demonstrates exercise routines for
spinal health.
2000 04 47 00:20* Cook 20 Jaramy Divan Jaramy Divan Jaramy Divan Jaramy
2020-04-17 09:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses mini butternut frittatas.
2020-04-17 10:00* Health for a Lifetime Don Mackintosh (Host), Dr. Don Mackintosh and Dr. Neil Nedley discuss
Neil Nedley studies in stds, secrets of aging, etc.
Troil readily Stadies in Stadies of aging, Sto.
2020-04-19 03:30* From Sickness to Rico Hill (Host), Schubert Rico Hill (Host) and Schubert Palmer discuss
Health Palmer blood, the current of life.
2020-04-19 06:00* Body and Spirit Aerobics Dick Nunez, Brittany Nunez, Dick Nunez and helpers demonstrate simple
Becky Garber home exercises for women.
2020-04-19 14:00* Body and Spirit (New) Andi Hunsaker (Host), Lyndi Andi Hunsaker, Lauren Rittenhouse, and
Schwartz, Lauren Lyndi Schwartz perform leaping exercises to
Rittenhouse help agility and building strenght.
2020-04-20 01:00! Celebrating Life in Cheri Peters (Host), Nico Cheri Peters and Nico Hill discuss fighting to
Recovery Hill a high life.
2020-04-20 05:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses that.
2020-04-20 06:00* Body and Spirit Dick Nunez, Jason Maxwell, Dick Nunez with Andrew Hard and Jason
Andrew Hard Maxwell demonstrate exercise routines for dealing with aggression
2020-04-20 13:30* Abundant Living discusses e for exercise.
2020-04-20 13:30 Abditional Living discusses e for exercise.  2020-04-20 14:00* Action 4 Life Casio Jones (Host), Lynne Casio Jones with Lynne Thompson Cundiff
Thompson Cundiff offer some suggestions for a healthy lunch
and demonstrate exercises.
2020-04-21 05:30* Wonderfully Made Christine Salter Christine Salter discusses prevention and
screening.

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Date and Time	Program	Talent	Description
2020-04-21 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky	Dick Nunez and helpers demonstrate
		Garber, Dick Nunez	exercises and discuss the pitfalls of fad diets.
2020-04-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2020-04-21 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
		Hunsaker, Lauren Rittenhouse	Rittenhouse perfrom core strengthening exercises.
2020-04-21 17:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2020-04-22 06:00*	Body and Spirit	Andrew Hard, Jason Maxwell, Dick Nunez	Dick Nunez with Andrew Hard and Jason Maxwell demonstrate exercise routines for
0000 04 00 40 001	Oalah satis a Life is	Chari Datasa (Haat) Nisa	super slow training.
2020-04-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Nico Hill	Cheri Peters and Nico Hill discuss fighting to
2020-04-22 13:30*	Abundant Living	1 1111	a high life. discusses r for rest.
2020-04-22 14:00*	Action 4 Life	Casio Jones (Host), Lynne	Casio Jones with Lynne Thompson Cundiff
		Thompson Cundiff	offer some suggestions for a healthy dinner and demonstrate exercises.
2020-04-23 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez,	Dick Nunez, Kyle Gabbert and Luther Whiting
	, .	Andrew Hard	demonstrate exercises that are appropriate with diabetes.
2020-04-23 10:00*	From Sickness to	Rico Hill (Host), Schubert	Rico Hill (Host) and Schubert Palmer discuss
	Health	Palmer	blood, the current of life.
2020-04-23 12:00*	Ultimate Prescription		discusses exercise.
2020-04-23 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehnouse and Lyndi Schwartz discuss benefits of stepping exercises.
2020-04-24 03:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Toms demonstrate
2020 012100.00	Action 1 Lilo	Toms	exercising with a Trike.
2020-04-24 06:00*	Body and Spirit	Andrew Hard, Dick Nunez,	Dick Nunez with Andrew Hard and Jason
		Jason Maxwell	Maxwell demonstrate exercise routines to help with tennis elbow.
2020-04-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta & others.
2020-04-24 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr. Neil Nedley	Don Mackintosh and Dr. Neil Nedley discuss new start.
2020-04-26 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-04-26 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	
2020-04-26 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury disscuss the pitfalls of the American Lifestyle on health.
2020-04-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lisa Eliuk	Cheri Peters and Lisa Eliuk discuss prison in my own home.
2020-04-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2020-04-27 06:00*	Body and Spirit	Kim Rogers, Madison Turner, Dick Nunez	Dick Nunez with Kim Rogers and Madison Turner demonstrate exercise routines to help
2020-04-27 13:30*	Abundant Living		with chronic pain. discusses meals in minutes.

#### January through March 2020

Date and Time	Program	Talent	Description
2020-04-27 14:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Toms demonstrate
2020-04-28 05:30*	Wonderfully Made	Toms Allan Handysides, Stoy	exercise techniques. Allan Handysides and Stoy Proctor discuss
2020 07 20 00.00	Worlderfully Made	Proctor	prostate problems.
2020-04-28 06:00*	Body and Spirit Aerobics	•	Dick Nunez and helpers demonstrate simple
		Nunez, Dick Nunez	home exercises to help reverse heart disease.
2020-04-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2020-04-28 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.
		TIUTISANCI, TAITII DIVETIS	Divers discuss waiking in the spilit.
2020-04-28 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2020-04-29 06:00*	Body and Spirit	Dick Nunez, Kim Rogers,	Dick Nunez with Kim Rogers and Madison
		Madison Turner	Turner demonstrate exercise routines for slow training for women.
2020-04-29 12:00!	Celebrating Life in	Cheri Peters (Host), Lisa	Cheri Peters and Lisa Eliuk discuss prison in
0000 04 00 40 00*	Recovery	Eliuk	my own home.
2020-04-29 13:30* 2020-04-29 14:00*	Abundant Living Action 4 Life	Casio Jones (Host), Larry	discusses s for sunlight. Casio Jones and Larry McLucas discuss the
2020 07 20 17.00	, ISSION T LIIO	McLucas	benefits of Chiropractic procedures.
2020-04-30 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez,	Dick Nunez and helpers demonstrate simple
		Fred Garber	home exercises focused on Ab training.
2020-04-30 10:00*	From Sickness to	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red
2020-04-30 12:00*	Health Ultimate Prescription		meat really red?. discusses disease that can't be cured.
2020-04-30 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Nancy
		Hunsaker, Nancy Diaz	Diaz discuss cardiovascular training /
2020-05-01 03:00*	Action 4 Life	Casio Jones (Host), Idalia	balance and strength. Casio Jones with Idalia Dinzey discuss
		Dinzey	nutrition and the pitfalls of the Mac & Cheese
2020-05-01 06:00*	Body and Spirit	Christy Soderling, Dick	diet. Dick Nunez with Christy Soderling and
2020-00-01 00.00	body and opini	Nunez, Brittany Nunez	Britney Nunez discuss and demonstrate
		-	exercise routines for overcomming addiction.
2020-05-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2020-05-01 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr.	Don Mackintosh and Dr. Neil Nedley discuss
		Neil Nedley	studies in memory, sleep, and retirement.
2020-05-03 03:30*	From Sickness to	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how
2020-05-03 06:00*	Health Body and Spirit Aerobics	Andrew Hard, Dick Nunez,	clean is unclean?.  Dick Nunez and helpers discuss and
		Rick Nunez	demonstrate choosing the right workout.
2020-05-03 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
		ratioy Diaz, Lynul Schwallz	טומב עוסטעסס נטנמו וונוונסס.
2020-05-04 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.

## January through March 2020

Date and Time	Program	Talent	Description
2020-05-04 13:30*	Abundant Living		discusses tools for transformation.
2020-05-04 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2020-05-05 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss overcomming back pain.
2020-05-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2020-05-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2020-05-05 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.
2020-05-05 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-05-06 06:00*	Body and Spirit	Madison Turner, Dick Nunez, Brittany Nunez	Dick Nunez with Britney Nunez and Madison Turner demonstrate exercise routines for cross training for women.
2020-05-06 13:30*	Abundant Living		discusses the one bowl meal.
2020-05-06 14:00*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycycle.
2020-05-07 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.
2020-05-07 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2020-05-07 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr. James Marcum	Nick Evenson and Dr. James Marcum discuss movement.
2020-05-07 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2020-05-08 03:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2020-05-08 06:00*	Body and Spirit	Dick Nunez, William Brauer, Rick Nunez	Dick Nunez with Rick Nunez and William Brauer demonstrate exercise routines to help with diabetes.
2020-05-08 09:30* 2020-05-08 10:00*	Cook 30 Health for a Lifetime	Jeremy Dixon Don Mackintosh (Host), Dr. Neil Nedley	Jeremy Dixon discusses mexican. Don Mackintosh and Dr. Neil Nedley discuss studies in stress, vitamin d, lifestyle, etc
2020-05-10 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-05-10 06:00*		Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2020-05-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2020-05-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.

## January through March 2020

Date and Time	Program	Talent	Description
2020-05-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2020-05-11 06:00*	Body and Spirit	Rick Nunez, William Brauer,	Dick Nunez with Rick Nunez and William
		Dick Nunez	Brauer discuss does everyone need milk as
			well as demonstrates exercise routines for
			health.
2020-05-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling
2020-05-11 14:00*	Action 4 Life	Casio Jones (Host), Dan	high blood pressure. Casio Jones and Dan Summers demonstrate
2020-03-11 14.00	ACTION 4 LITE	Summers	exercise techniques.
2020-05-12 05:30*	Wonderfully Made	Allan Handysides, Stoy	Allan Handysides and Stoy Proctor discuss
	,	Proctor	coping with Arthritis.
2020-05-12 06:00*	<b>Body and Spirit Aerobics</b>	Fred Garber, Dick Nunez,	Dick Nunez and helpers shows simple home
		Matthew Hard	exercises and discusses the subject of fats.
2020-05-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged
2020 05 40 44:00*	Dody and Onink (Nam)	Lundi Cobussite (Lleet)	savory breakfast bowl.
2020-05-12 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2020-05-12 17:00*	From Sickness to	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss
2020 00 12 17.00	Health	Trico i illi (1165t), ivilitori ivililo	please pass the sugar.
2020-05-13 06:00*	Body and Spirit	Rick Nunez, Dick Nunez,	Dick Nunez with Rick Nunez and William
		William Brauer	Brauer discuss where less is more as well as
			demonstrates exercise routines for health.
0000 05 40 40 001	Outstands a Life to	Olad Batan (Han) Otana	Olasi Batana and Otana Ballada Para and a
2020-05-13 12:00!	_	Cheri Peters (Host), Stacey Bekkela	Cheri Peters and Stacey Bekkela discuss the trailer life.
2020-05-13 13:30*	Recovery	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some
2020 03 13 13.30	Abundant Living	Outilo & Fadia Eakirio	ideas for controlling cholesterol.
2020-05-13 14:00*	Action 4 Life	Casio Jones (Host), Tom	Casio Jones with Tom Mann discuss
		Mann	Nutrition
2020-05-14 06:00*	<b>Body and Spirit Aerobics</b>	Dick Nunez, Becky Garber,	Dick Nunez with Brittany Nunez and Jane
		Brittany Nunez	Baker demonstrate exercise routines
0000 05 44 40 00*	Franc Cialman (	Diag I III / Laga NATIO - NATI	especially for Women.
2020-05-14 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2020-05-14 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr.	Nick Evenson and Dr. James Marcum
2020 00 14 12.00	Charlate i 1000/iption	James Marcum	discuss common heart ailments.
2020-05-14 14:00*	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lyndi Schwartz, and Nancy
	, , , ,	Nancy Diaz, Lyndi Schwartz	
		•	
2020-05-15 03:00*	Action 4 Life	Casio Jones (Host), Kevin	Casio Jones and Kevin Tom discuss exercise
0000 07 17 55 55	D 1 10.1%	Tom	by cycling.
2020-05-15 06:00*	Body and Spirit	Dick Nunez, Andrew Hard,	Dick Nunez with Andrew Hard and Jason
		Jason Maxwell	Maxwell demonstrate exercise routines to
2020-05-15 00:20*	Cook 30	Jaramy Diyon	help with the immune system.
2020-05-15 09:30*	COUR SU	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips and others.
2020-05-15 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr.	Don Mackintosh and Dr. Neil Nedley discuss
		Neil Nedley	types of memory loss.
		1 ton 1 todioy	typod of momory lood.

## January through March 2020

Date and Time	Program	Talent	Description
2020-05-17 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2020-05-17 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, 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 Jonathon Hopkins
2020-05-17 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2020-05-18 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2020-05-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2020-05-18 06:00*	Body and Spirit	Dick Nunez, Andrew Hard, Jason Maxwell	Dick Nunez with Andrew Hard and Jason Maxwell discuss the benefits of water as well as demonstrates exercise routines for health.
2020-05-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about some ideas for controlling artery plaque.
2020-05-18 14:00*		Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2020-05-19 05:30*	Wonderfully Made	Allan Handysides, Stoy Proctor	Allan Handysides and Stoy Proctor discuss diseases and problems of the womb in a series titled When Good Wombs Go Bad.
2020-05-19 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2020-05-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad bar special.
2020-05-19 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio.
2020-05-19 17:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.
2020-05-20 06:00*	Body and Spirit	Dick Nunez, Kim Rogers, Madison Turner	Dick Nunez with Kim Rogers and Madison Turner discuss the willingness to change in lifestyle as well as demonstrates exercise routines for health.
2020-05-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Richie & Timari Brower	Cheri Peters, Richie, and Timari Brower discuss marriage with some rocks pt.1.
2020-05-20 13:00*	Issues and Answers	Shelley Quinn (Host), Jennifer Jill Schwirzer	Shelley Quinn and Jennifer Jill Schwirzer discuss getting motivated.
2020-05-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2020-05-20 14:00*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
	Body and Spirit Aerobics	Jonathan Hopkins and Richard Nelson	Dick Nunez and Jonathan Hopkins and Richard Nelson discuss excercises for the vision impaired.
2020-05-21 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss never thirst again.

## January through March 2020

Date and Time	Program	Talent	Description
2020-05-21 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr.	Nick Evenson and Dr. James Marcum
	•	James Marcum	discuss supplement and nutritional
			prescriptions.
2020-05-21 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
	, , ,	Lauren Rittenhouse, Andi	Lauren Rittenhouse show how to prepare for
		Hunsaker M.D.	safe hiking.
2020-05-22 03:00*	Action 4 Life	Casio Jones (Host), Barry	Casio Jones with Barry and Dora Bayles
		Bayles & Dora Bayles	demonstrate and discuss Pilates exercises.
2020-05-22 06:00*	Body and Spirit	Dick Nunez, Kim & Madison	Dick Nunez demonstrate exercise routines
	•	·	for circuit training.
2020-05-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur
		•	lodeh & cauliflower couscous.
2020-05-22 10:00*	Health for a Lifetime	Don Mackintosh (Host), Dr.	Don Mackintosh and Dr. Neil Nedley discuss
		Neil Nedley	studies in bone loss, depression,
			homosexuality, etc
2020-05-24 03:30*	From Sickness to	Rico Hill (Host), Dr.	Rico Hill (Host), Dr. Jackson, and Yvonne
	Health	Jackson, Yvonne Lewis	Lewis discuss real food for the soul.
2020-05-24 06:00*	Body and Spirit Aerobics	•	Dick Nunez and Jonathan Hopkins and
	,	Jonathan Hopkins and	Megan Frasier discuss youth fitness.
		Megan Frasier	megan radio alcoaco yean mileco.
2020-05-24 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	Andi Hunsaker, Lauren Rittenhouse, and
	,	Lyndi Schwartz M.D.,	Lyndi Schwartz show how to run with
		Lauren Rittenhouse	endurance.
2020-05-25 01:00!	Celebrating Life in	Cheri Peters (Host), Richie	Cheri Peters, Richie, and Timari Brower
	Recovery	& Timari Brower	discuss marriage with some rocks pt.2.
2020-05-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et
		,	al.
2020-05-25 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the benefits of
	, , , , , ,		sunshine as well as demonstrates exercise
			routines for health.
2020-05-25 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes -
	S .		An Epidemic.
2020-05-25 14:00*	Action 4 Life	Casio Jones (Host), Galen	Casio Jones and Galen Comstock discuss
		Comstock	Florida hospital wellness center.
2020-05-26 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses the health
	•	<u> </u>	dimensions of leading a physically active
			lifestyle.
2020-05-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Cindy	Dick Nunez with Jonathan Babb and Megan
	•	Hanson and Megan Frasier	Frasier demonstrate exercise routines to help
		Ü	with knee pain.
2020-05-26 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses unique international
		,	dishes.
2020-05-26 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	Lyndi Schwartz M.D., Andi Hunsaker M.D.,
	, , ,	Lauren Rittenhouse, Andi	and Lauren Rittenhouse show stepping
		Hunsaker M.D.	excercises for osteoporosis.
2020-05-26 17:00*	From Sickness to	Rico Hill (Host), Dr.	Rico Hill (Host), Dr. Jackson, and Yvonne
	Health	Jackson, Yvonne Lewis	Lewis discuss real food for the soul.
2020-05-27 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the digestion as well
<del>-</del>			as demonstrates exercise routines for
			digestive health.

#### January through March 2020

Date and Time	Program	Talent	Description
2020-05-27 12:00!	Celebrating Life in	Cheri Peters (Host), Richie	Cheri Peters, Richie, and Timari Brower
	Recovery	& Timari Brower	discuss marriage with some rocks pt.2.
2020-05-27 13:00*	Issues and Answers	Shelley Quinn (Host),	Shelley Quinn and Jennifer Jill Schwirzer
		Jennifer Jill Schwirzer	discuss differences between men & women.
2020-05-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to
2020-05-27 14:00*	Action 4 Life	Casia Janes (Hast)	prepare meals in minutes.
2020-05-27 14.00	ACION 4 LIIE	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2020-05-28 06:00*	Body and Spirit Aerobics	Dick Nunez (Host),	Dick Nunez and Jonathan Babb and Megan
		Jonathan Babb, Megan Frasier	Frasier discuss knee pain.
2020-05-28 10:00*		Rico Hill (Host), Dr.	Rico Hill (Host), Dr. Jackson, and Yvonne
	Health	Jackson, Yvonne Lewis	Lewis discuss real food for the soul.
2020-05-28 12:00*	Ultimate Prescription	Nick Evenson (Host), Dr.	Nick Evenson and Dr. James Marcum
0000 05 00 44 65	D 1 10 15 (1)	James Marcum	discuss improving our mental health.
2020-05-28 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host),	
		Rittenhouse	and Lauren Rittenhouse show areobic excercises than can be done in the home.
2020-05-29 03:00*	Action 4 Life	Casio Jones (Host), Marcie	Casio Jones with Marcie English discuss
2020-03 <b>-</b> 23 03.00	AUTOTI T LITE	English	running benefits.
2020-05-29 06:00*	Body and Spirit	Dick Nunez	Dick Nunez discusses the air you breathe as
,	. », p		well as demonstrates exercise routines for
			health.
2020-05-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut
			sauce & rice paper rolls.
2020-05-29 10:00*	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss
	- 0.1	Vicki Griffin	freedom from habits that hurt.
2020-05-31 03:30*		Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Yvonne Lewis, Camille Clark	and Yvonne Lewis discuss high blood
2020-05-31 06:00*	Body and Spirit Aerobics		pressure. Dick Nunez with Jonathan Babb and
2020-03 <b>-</b> 31 00.00	body and opini Actobics	Jonathan Babb and	Jonathon Hopkins show exercises with
		Jonathon Hopkins	aerobic intensity.
2020-05-31 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host),	Andi Hunsaker M.D., Lauren Rittenhouse and
		Lyndi Schwartz, Lauren	Lyndi Schwartz discuss the joy of
		Rittenhouse	excercising.
2020-06-01 01:00!	Celebrating Life in	Cheri Peters (Host), Janelle	Cheri Peters, Janelle, and Donald Owen
	Recovery	& Donald Owen	discuss self abuse.
2020-06-01 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2020-06-01 06:00*	Body and Spirit	Dick Nunez (Host),	Dick Nunez with Omar Moquera and
		Jonathan Hopkins, Omar	Jonathan Hopkins demonstrate exercise
		Moquera	routines to help with hip pain.
2020-06-01 14:00*	Action 4 Life	Casio Jones (Host), Nadine	Casio Jones and Nadezda Stortz discuss
		Brooks	reducing body fat sensibly and demonstrate
			excercises
2020-06-02 05:30*	Wonderfully Made	Don Morgan	Don Morgan discusses both the benefits and
			barriers to starting a physical activity exercise
			program.

#### January through March 2020

Date and Time	Program	Talent	Description
2020-06-02 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet	Dick Nunez and Janet Nelson show exercise
		Nelson	routines for senior training.
2020-06-02 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses revive super salad mingle.
2020-06-02 17:00*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Yvonne Lewis,	and Yvonne Lewis discuss high blood
		Camille Clark	pressure.
2020-06-03 06:00*	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinez and Jonathan
	, ,	Hinez, Jonathan Hopkins	Hopkins demonstrate exercise routines for
		•	the lower body.
2020-06-03 12:00!	Celebrating Life in	Cheri Peters (Host), Janelle	Cheri Peters, Janelle, and Donald Owen
	Recovery	& Donald Owen	discuss self abuse.
2020-06-03 13:00*	Issues and Answers	Shelley Quinn (Host),	Shelley Quinn and Jennifer Jill Schwirzer
		Jennifer Jill Schwirzer	discuss women & the genesis three curse.
2020-06-03 14:00*	Action 4 Life	Casio Jones (Host), Idalia	Casio Jones and Idalia Dinzey discuss the
		Dinzey	options of bicycles
2020-06-04 06:00*	Body and Spirit Aerobics	, ,	Dick Nunez with Jonathon Hopkins show
0000 00 04 40.00*	Franc Cialmana ta	Jonathon Hopkins	exercise routines for team training.
2020-06-04 10:00*	From Sickness to Health	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	nealth	Jackson, Yvonne Lewis, Camille Clark	and Yvonne Lewis discuss high blood pressure.
2020-06-05 03:00*	Action 4 Life	Casio Jones (Host), Nadine	Casio Jones with Nadine Brooks discuss
2020-00-03 03.00	ACTION 4 LITE	Brooks	running benefits.
2020-06-05 06:00*	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinez and Jonathan
	zou, una opini	Hinez, Jonathan Hopkins	Hopkins demonstrate exercise routines to
		, , , , , , , , , , , , , , , , , , , ,	help with diabetes.
2020-06-05 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate
		•	breakfast and lunch preparation.
2020-06-07 03:30*	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,
	Health	Jackson, Laverne Jackson,	Sherry-Lynne Bredy, and Thomas Jackson
		Sherry-Lynne Bredy,	discuss fast food.
		Reidland Bredy	
2020-06-07 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Janet	Dick Nunez with Janet Nelson and Cindy
		Nelson and Cindy Hanson	Hanson show exercise routines to help with
0000 00 00 05 00*	0 100	. 5:	fibromyalgia.
2020-06-08 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses soup medley.
2020-06-08 06:00*	Body and Spirit	Dick Nunez (Host), Omar	Dick Nunez with Omar Mosquera and
		Mosquera, Jonathan	Jonathan Hopkins demonstrate exercise
		Hopkins	routines to help with migrane headaches.