Date and Time	Program	Talent	Description
	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinez and Omar
		Hinez, Omar Mosquera	Mosquera demonstrate exercise routines to
2020-07-01 06:00*			help with neck pain.
	Issues and Answers	Ruthie Jacobsen (Host),	Ruthie Jacobsen and Kelly Veilleux discuss
2020-07-01 13:00*		Kelly Veilleux	unity.
2020-07-01 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss true mph.
	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones, Bradley Hite, and Mindy Issacs
2020-07-01 14:00*		Issacs, Bradley Hite	discuss workout circuit.
	Body and Spirit Aerobics	Dick Nunez (Host), Megan	Dick Nunez and Megan Frasier and Cindy
2020-07-02 06:00*		Frasier and Cindy Hanson	Hanson discuss strength training for women.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,
	Health	Jackson, Laverne Jackson,	Sherry-Lynne Bredy, and Thomas Jackson
2020-07-02 10:00*		Sherry-Lynne Bredy, Reidland Bredy	discuss temperance.
2020-07-02 10.00	Ultimate Prescription	Reidland Bredy James Marcum	discusses Danny Shelton's experience with
2020-07-02 12:00*			bypass surgery.
	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lauren Rittenhouse, and
	/	Lauren Rittenhouse, Lyndi	Lyndi Schwartz discuss tips for better health.
2020-07-02 14:00*		Schwartz	
	Action 4 Life	Casio Jones (Host), Zion	Casio Jones and Zion Judea Hamilton
2020-07-03 03:00*		Judea Hamilton	discuss workout for parents and children.
	Body and Spirit	Dick Nunez (Host), Brittany	Dick Nunez with Brittany Nunez and
2020-07-03 06:00*		Nunez, Jonathon Hopkins	Jonathon Hopkins demonstrate exercise routines to help with obesity.
2020-07-03 00.00	Cook 30	Jeremy Dixon	Jeremy Dixon discusses pho noodles and
2020-07-03 09:30*	0000 30		others.
	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss
2020-07-03 10:00*		Vicki Griffin	journey to victory.
	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 barbecuing.
2020-07-05 03:30*	Rody and Spirit Aarabias	Reidland Bredy	Dick Nupoz with Magon Fraisar and Cind.
	Body and Spirit Aerobics	Dick Nunez (Host), Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and
		Tasici and Olluy Halisoff	demonstrate exercises routines to help with
2020-07-05 06:00*			migraines.
	Body and Spirit (New)	Lyndi Schwartz (Host),	Lyndi Schwartz , Andi Hunsaker, and Lauren
	- · · · /	Lauren Rittenhouse, Andi	Rittenhouse discuss how the body is
		Hunsaker	designed for action, not a sedentary lifestyle.
2020-07-05 14:00*	• • • • •		· · · · · · · · ·
2020-07-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2020-07-06 06:00*	Body and Spirit	Dick Nunez (Host), Jane Bake	Dick Nunez with Jane Baker demonstrate
2020-01-00 00.00	Abundant Living	Curtis & Paula Eakins	exercise routines to help with knee pain. Curtis and Paula Eakins discuss alpha &
2020-07-06 13:30*			omega.
	Action 4 Life	Casio Jones (Host), Mindy	Casio Jones and Mindy Isaacs discuss a pair
2020-07-06 14:00*	·	Isaacs	of dumbbells and yourself!.
	Wonderfully Made	Don Morgan	Don Morgan talks about physical activity and
			how it affects obesity in children and their
2020-07-07 05:30*			health.

		rams marked * are 30 m	
Date and Time	Program	Talent	Description
	Body and Spirit Aerobics	Dick Nunez (Host), Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson
2020-07-07 06:00*		Nelson and Richard Nelson	demonstrate exercise routines to help with neck pain.
2020-07-07 00.00	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mini butternut
2020-07-07 13:30*			frittatas.
2020 01 01 10.00	Body and Spirit (New)	Andi Hunsaker (Host), Lvndi	Andi Hunsaker, Lauren Rittenhouse, and
		Schwartz, Lauren	Lyndi Schwartz perform leaping exercises to
2020-07-07 14:00*		Rittenhouse	help agility and building strenght.
	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 barbecuing.
2020-07-07 17:00*		Reidland Bredy	
	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinez and Jonathon
0000 07 00 00.00*		Hinez, Jonathon Hopkins	Hopkins demonstrate 10-sec training
2020-07-08 06:00*	Issues and Answers	Puthia Jacobean (Heat)	exercises
2020-07-08 13:00*	ISSUES ANU ANSWEIS	Ruthie Jacobsen (Host), Kelly Veilleux	Ruthie Jacobsen and Kelly Veilleux discuss your value.
2020-07-08 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss wrap it up.
	Action 4 Life	Casio Jones (Host), Zion	Casio Jones and Zion Judea Hamilton
		Judea Hamilton	discuss teach you how to use an exercise
2020-07-08 14:00*			ball.
	Body and Spirit Aerobics	Dick Nunez (Host), Bobby	Dick Nunez with Bobby Jo Murphy and
		Jo Murphy and Jonathon	Jonathon Hopkins demonstrate exercise
2020-07-09 06:00*		Hopkins	routines to help with hypertension.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Reidland Bredy,
	Health	Jackson, Laverne Jackson, Sherry-Lynne Bredy,	Sherry-Lynne Bredy, and Thomas Jackson discuss barbecuing.
2020-07-09 10:00*		Reidland Bredy	discuss barbecullig.
2020-07-09 12:00*	Ultimate Prescription	James Marcum	discusses valves of the heart.
	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Lauren
	, , , , , , , , , , , , , , , , , , ,	Hunsaker, Lauren	Rittenhouse perfrom core strengthening
2020-07-09 14:00*		Rittenhouse	exercises.
	Action 4 Life	Casio Jones (Host), Rena	Casio Jones and Rena Lee discuss exciting
2020-07-10 03:00*		Lee	workout with the medicine ball.
	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez with Alex Hinex and Brittany
2020 07 10 06.00*		Hinez, Brittany Nunez	Nunez demonstrate exercise routines for
2020-07-10 06:00*	Cook 30	Jeremy Dixon	lower back training. Jeremy Dixon discusses spinach, ginger,
2020-07-10 09:30*			curry & others.
	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss
2020-07-10 10:00*		Vicki Griffin	seven steps setting & sustaining.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas
	Health	Jackson, Laverne Jackson,	Jackson, and Yvonne Lewis discuss food
2020-07-12 03:30*		Yvonne Lewis	labeling.
	Body and Spirit Aerobics	Dick Nunez (Host), Richard	Dick Nunez with Richard Nelson and Cindy
		Nelson and Cindy Hanson	Hanson discusses motivation and
2020-07-12 06:00*			demonstrates fitness exercises.
	Body and Spirit (New)		Andi Hnusaker with Lauren Rittehnouse and
2020-07-12 14:00*		Schwartz, Lauren Rittenhouse	Lyndi Schwartz discuss benefits of stepping exercises.
2020 01-12 14.00			

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Date and Time	Program	Talent	Description	
	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato	
2020-07-13 05:30*	Dash, and Octain	Diala Numa, (Lissi)	et al.	
	Body and Spirit	Dick Nunez (Host), Jane	Dick Nunez with Omar Mosquera and	
2020-07-13 06:00*		Baker, Omar Mosquera	Brittany Nunez demonstrate exercise routines for health.	
2020-07-13 00.00	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -	
2020-07-13 13:30*	Abunuani Living	i aula & Curlis EdNIII	the overview.	
2020 01 10 10.00	Action 4 Life	Casio Jones (Host), Rena	Casio Jones and Rena Lee discuss exciting	
2020-07-13 14:00*		Lee	workout with an exercise ball & a dumbbell.	
	Wonderfully Made		Shelly Quinn leads a discussion with James	
	-	Marcum	Marcum focused on Could I Have a Heart	
2020-07-14 05:30*			Attack?	
	Body and Spirit Aerobics		Dick Nunez with Jonathon Hopkins and	
		Jonathon Hopkins and	Megan Frasier discusses attitude and	
2020-07-14 06:00*	0	Megan Frasier	demonstrates fitness exercises.	
0000 07 44 40.00*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses one dish pasta &	
2020-07-14 13:30*	Rody and Spirit (Now)	Lyndi Schwartz (Host), Andi	others. Ron Giannoni with Dr. Richard Lukens and	
	Body and Spirit (New)	Hunsaker, Lauren	Joe Westbury disscuss the pitfalls of the	
2020-07-14 14:00*		Rittenhouse	American Lifestyle on health.	
2020 07 14 14.00	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas	
	Health	Jackson, Laverne Jackson,	Jackson, and Yvonne Lewis discuss food	
2020-07-14 17:00*		Yvonne Lewis	labeling.	
	Body and Spirit	Dick Nunez (Host), Brittany	Training for Young People is the topic talked	
		Nunez, Jonathon Hopkins	about by Dick Nunez. Appropriate and safe	
			exercises are demonstrated by Dick with	
0000 07 45 00 00*			helpers Brittany Nunez and Jonathon	
2020-07-15 06:00*	Abundent Livin -	Deule 9 Quatie Estim	Hopkins.	
2020-07 15 12.20*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -	
2020-07-15 13:30*	Action 4 Life	Casio Jones (Host), Rena	the causes. Casio Jones and Rena Lee discuss make a	
2020-07-15 14:00*		Lee	challenge workout fun!.	
2020 07 10 14.00	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez, and Daniel	
2020-07-16 06:00*		Nunez, Daniel Hopkins	Hopkins discuss diet for a new economy.	
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas	
	Health	Jackson, Laverne Jackson,	Jackson, and Yvonne Lewis discuss food	
2020-07-16 10:00*		Yvonne Lewis	labeling.	
2020-07-16 12:00*	Ultimate Prescription	James Marcum	discusses diagnosing a weak heart.	
	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Tami	
2020-07-16 14:00*		Hunsaker, Tami Bivens	Bivens discuss walking in the spirit.	
	Action 4 Life	Casio Jones (Host), Monica	Casio Jones and Monica Flowers discuss	
2020-07-17 03:00*		Flowers	who doesn't like to stretch?.	
	Body and Spirit	Dick Nunez (Host), Jane	Dick Nunez with Brittany Nunez and Jane	
2020 07 47 00:00*		Baker, Brittany Nunez	Baker demonstrate exercise routines	
2020-07-17 06:00*	Cook 30	Jeremy Divon	especially for Women.	
2020-07-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.	
2020 01-11 03.00	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Vicki Griffin discuss	
2020-07-17 10:00*		Vicki Griffin	seven goals for designer lifestyle.	
			seven goulo for designer mostyle.	

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Date and Time	Program	Talent	Description
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Camille Clark,	and Yvonne Lewis discuss auto-immune
2020-07-19 03:30*		Yvonne Lewis	disease.
	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez and Zak
2020-07-19 06:00*		Nunez, Zak Oberholster	Oberholster demonstrate aerobic exercise.
	Body and Spirit (New)	Lyndi Schwartz (Host), Andi	Lyndi Schwartz, Andi Hunsaker, and Nancy
		Hunsaker, Nancy Diaz	Diaz discuss cardiovascular training /
2020-07-19 14:00*			balance and strength.
	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese
2020-07-20 05:30*			pho noodles et al.
	Body and Spirit	Dick Nunez (Host), Alex	Getting enough of the proper rest is as import
		Hinez, Jane Baker	as proper exercise. Dick Nunez discusses
			and leads exercise routings with Jane Baker
2020-07-20 06:00*			and Jonathon Hopkins
	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alzheimers -
2020-07-20 13:30*	-		the treatment.
	Action 4 Life	Casio Jones (Host), Tyler	Casio Jones and Tyler Flower discuss
2020-07-20 14:00*		Flower	working out with young folks.
	Wonderfully Made	Shelley Quinn (Host), James	Shelly Quinn leads a health discussion with
		Marcum	James Marcum focused on treatment after a
2020-07-21 05:30*			heart attack.
	Body and Spirit Aerobics	Dick Nunez (Host), Corrie	Dick Nunez, Corrie Sample, and Zak
	, ,	Sample, Zak Oberholster	Oberholster discuss the benefits of a
2020-07-21 06:00*		1 /	vegetarian diet.
2020-07-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lyndi Schwartz, and Nancy
		Nancy Diaz, Lyndi Schwartz	Diaz discuss total fitness.
2020-07-21 14:00*		5 7 5	
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Camille Clark,	and Yvonne Lewis discuss auto-immune
2020-07-21 17:00*		Yvonne Lewis	disease.
	Body and Spirit	Dick Nunez (Host), Jane	Dick Nunez show exercises for body toning.
		Baker, Jonathon Hopkins	Dick is assisted by Jane Baker and Jonathon
2020-07-22 06:00*		,	Hopking.
	Issues and Answers	Ruthie Jacobsen (Host),	Ruthie Jacobsen, Liana Kim, and Martin Kim
2020-07-22 13:00*		Martin Kim, Liana Kim	discuss help when you're at the bottom.
	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master
2020-07-22 13:30*			gland - part 1.
	Action 4 Life	Casio Jones (Host), Izhar	Casio Jones and Izhar Buendia discuss park
2020-07-22 14:00*		Buendia	exercises.
	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez and Zak
	body and opint Actobios	Nunez, Corrie Sample	Oberholster demonstrate exercise for
2020-07-23 06:00*		rancz, come dample	women.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Camille Clark, Thomas Jackson,
	Health	Jackson, Camille Clark,	and Yvonne Lewis discuss auto-immune
2020-07-23 10:00*	ricalui	Yvonne Lewis	disease.
2020-07-23 10:00	Ultimate Prescription	James Marcum	discusses exercise.
2020-01-23 12.00			
	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Nancy Diaz, and Tami
2020 07 22 4 4.00*		Nancy Diaz, Tami Bivens	Bivens discuss balance ball / abdominal
2020-07-23 14:00*			workout.

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Date and Time	Program	Talent	Description
	Action 4 Life	Casio Jones (Host), Izhar	Casio Jones and Curtis Eakins discuss
2020-07-24 03:00*		Buendia	nutrition, health, and exercise.
	Body and Spirit	Dick Nunez (Host),	Dick Nunez, Jonathon Hopkins and Omar
		Jonathon Hopkins, Omar	Mosquera show exercise routines for
2020-07-24 06:00*		Mosquera	shoulder training.
	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder &
2020-07-24 09:30*			others.
	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Christina Salter discuss
2020-07-24 10:00*		Christina Salter	colon health.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas
	Health	Jackson, Laverne Jackson,	Jackson, and Yvonne Lewis discuss cancer.
2020-07-26 03:30*		Yvonne Lewis	
	Body and Spirit Aerobics	Dick Nunez (Host), Frances	Dick Nunez with Frances Clark demonstrate
2020-07-26 06:00*		Clark	upper body aerobics.
	Body and Spirit (New)	· · · ·	Andi Hunsaker, Lyndi Schwartz, and Tami
		Schwartz, Tami Bivens	Bivens discuss walk for life.
2020-07-26 14:00*			
	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con
2020-07-27 05:30*			haba et al.
	Body and Spirit	Dick Nunez (Host), Alex	Dick Nunez, Jonathon Hopkins and Omar
		Hinez, Jonathon Hopkins	Mosquera demonstrate healthful body
2020-07-27 06:00*			exercises.
	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss the master
2020-07-27 13:30*	A		gland - part 2.
0000 07 07 44 00*	Action 4 Life	Casio Jones (Host), Trent	Casio Jones with Trent Chance discuss and
2020-07-27 14:00*		Chance	demonstrate exercises for body repair.
	Wonderfully Made		Shelly Quinn leads a health discussion with
0000 07 00 05:00*		Marcum	James Marcum focused on managing stress.
2020-07-28 05:30*		Disk Newson (Llast) Devial	Disk News- Devial Hanking and Zak
2020 07 20 00.00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez, Daniel Hopkins, and Zak
2020-07-28 06:00* 2020-07-28 13:30*	Cook 20	Hopkins, Zak Oberholster	Oberholster discuss super foods.
2020-07-26 13.30	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.
	Body and Spirit (New)	, , ,	Andi Hunsaker, Lyndi Schwartz, and Tami
2020-07-28 14:00*		Schwartz, Tami Bivens	Bivens discuss strengthening with bands.
2020-07-20 14.00	From Sicknoon to	Piece Hill (Heat) Thomas	Dian Hill Lavarna Jackson Thomas
	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson,	Rico Hill, Laverne Jackson, Thomas Jackson, and Yvonne Lewis discuss cancer.
2020-07-28 17:00*	Health	Yvonne Lewis	Jackson, and fromme Lewis discuss cancer.
2020-07-20 17.00	Body and Spirit	Dick Nunez (Host),	Dick Nunez, Jonathon Hopkins and Brittany
	Body and Spint	Jonathon Hopkins & Brittany	
2020-07-29 06:00*		Nunez	they work.
2020-07-29 00.00	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss fish and
2020-07-29 13:30*	Abundant Living	Faula & Curtis Eakin	more.
2020-07-29 13.30	Action 4 Life	Casio Jones (Host), Trent	Casio Jones and Trent Chance discuss the
2020-07-29 14:00*	Action 4 Life	Chance	benefits of massage.
2020-01-23 14.00	Rody and Spirit Aerobics	Dick Nunez (Host), Daniel	Dick Nunez with Daniel Hopkins demonstrate
2020-07-30 06:00*	Douy and Opinit Aerobics	Hopkins	high intensity exercises.
	From Sickness to	Rico Hill (Host), Thomas	Rico Hill, Laverne Jackson, Thomas
	Health	Jackson, Laverne Jackson,	Jackson, and Yvonne Lewis discuss cancer.
2020-07-30 10:00*		Yvonne Lewis	
2020 01 00 10.00			

Date and Time	Program	Talent	Description
2020-07-30 12:00* 2020-07-30 14:00*	Ultimate Prescription Body and Spirit (New)	James Marcum Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	discusses disease that can't be cured. Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2020-07-31 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert & Brittany Nunez	Dick Nunez with Kyle Gabbert and Brittany Nunez demonstrate fitness exercises for
2020-07-31 06:00*	Cook 30	Jeremy Dixon	young people. Jeremy Dixon discusses not butter chicken & others.
2020-07-31 09.30	Health for a Lifetime	Don Mackintosh (Host), Christina Salter	Don Mackintosh and Christina Salter discuss breast health.
	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy,	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-02 03:30*	Body and Spirit Aerobics	Reidland Bredy Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain
2020-08-02 06:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	from Fibromyalgia. Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2020-08-02 14:00*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes
2020-08-03 05:30*	Body and Spirit	Dick Nunez (Host), Johnathon Hopkins & Leif	w/mushroom & lentils. Dick Nunez with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to
2020-08-03 06:00*		Sjoren	preclude heart disease through proper exercise.
2020-08-03 13:30*	Abundant Living	Paula & Curtis Eakin	Paula and Curtis Eakin discuss alice in wonderland.
2020.00.04.05.20*	Wonderfully Made	Shelley Quinn (Host), James Marcum	Shelly Quinn leads a health discussion with James Marcum focused on the question,
2020-08-04 05:30*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Where does cardio-vascular disease start? Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2020-08-04 06:00* 2020-08-04 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses paella, vege chips
2020-08-04 13:30*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	and others. Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
00 0 1 11.00	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy,	Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss balance.
2020-08-04 17:00*	Body and Spirit	Reidland Bredy Dick Nunez (Host), Kyle	Dick Nunez with helpers Kyle Gabbert and
2020-08-05 06:00*		Gabbert & Jonathon Hopkins	Jonathon Hopkins show a high-Intensity workout for those who are ready.
2020-08-05 13:00*	Issues and Answers	Ruthie Jacobsen (Host), Pr. Roy Rugless	Ruthie Jacobsen and Pr. Roy Rugless discuss great help in hard times.
2020-08-05 13:30*	Abundant Living Body and Spirit Aerobics	Paula & Curtis Eakin Dick Nunez (Host), Brittany Nunez, Corrie Sample	Paula and Curtis Eakin discuss go red. Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help
2020-08-06 06:00*			strenghten your bones.

Date and Time	Program	Talent	Description
	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 balance.
2020-08-06 10:00*		Reidland Bredy	
	Body and Spirit (New)	Andi Hunsaker (Host),	Andi Hunsaker, Lyndi Schwartz, and Nancy
		Nancy Diaz, Lyndi Schwartz	Diaz discuss quick start cardio.
2020-08-06 14:00*			
	Body and Spirit	Dick Nunez (Host), Brittany	Dick Nunez with helpers Brittany Nunez and
		Nunez & Steven Lingenieiter	Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2020-08-07 06:00*	-		
2020-08-07 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast.
	Health for a Lifetime	Don Mackintosh (Host),	Don Mackintosh and Christina Salter discuss
2020-08-07 10:00*		Christina Salter	gynecological.
	Body and Spirit Aerobics	Dick Nunez (Host), Brittany	Dick Nunez, Brittany Nunez, and Corrie
		Nunez, Corrie Sample	Sample discuss the effects of eating
2020-08-09 06:00*			disorders.