



## Episode Synopses for April, 2018

Week of APRIL 2, 2018		
2-Apr.	BALA-3037-484	Stories from the heart. Columbine survivor Crystal Miller & Stoneman Douglas student share their stories. Picking a retirement community. How Chef Ralph Pagano's life has changed since his kitchen explosion.
3-Apr.	BALA-3039-485	We're in the kitchen with restaurant-inspired recipes you can create at-home. Plus behind the scenes of Chicago-The Musical - 20 Years of Razzle Dazzle!
4-Apr.	ACHL-0023-427	We would all love to get more sleep, but too many nights we fall short of the seven or eight hours we need to thrive. Also, choosing the right supplement to work for us and getting a little boost to our weight loss from a Fat Binder. The importance of getting a PAP smear and a simple solution for a home testing kit!
5-Apr.	BALA-2907-273	See how to expand the Star Wars™ universe and spend quality time with family with Disney Infinity 3.0; learn about restless leg syndrome; online degrees from a university that stays connected.
6-Apr.	BALA-2908-274	A natural skincare line created by a two-time cancer survivor; plus a coastal campus that offers accessible online degrees focusing in the health sciences.



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Week of APRIL 09, 2018		
9-Apr.	BALA-2909-275	QuickBytes with Ralph Pagano takes a bite out of artisan ham recipes; a unique housing program for those who suffer from addiction; a rare medical condition affecting newborn babies.
10-Apr.	BALA-2915-279	Today's show is all about what's right, starting with understanding your legal rights after an accident, plus talking about the right doctor at the right price with an innovative online healthcare pricing site.
11-Apr.	BALA-2916-280	Today's show focuses on students and learning...starting with going back to school online for a degree to the benefits of kids exploring music and the arts.
12-Apr.	BALA-2817-281	Today's show focuses on household budgets and finances, how to determine the best pre-school for a child; plus author and inspirational speaker Pierre Eade talks about his new book.
13-Apr.	BALA-2819-282	Learn about the importance of whole body cleansing and eliminating toxins; plus managing cold sores, teeth straightening and anytime noodles.



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Week of APRIL 16, 2018		
16-Apr.	BALA-2821-284	Today's show is all about relief from common ailments; learn about acne and treatment options, migraines and a smartphone app, and advanced solutions for knee pain.
17-Apr.	BALA-2823-286	On today's show, learn how to get a quality night's sleep with a simple tip; plus hear about a clinically proven treatment that can also help.
18-Apr.	BALA-2826-288	Today's show gives tips on shaping your silhouette with style; plus where to plan your family-friendly luxury vacation.
19-Apr.	BALA-2827-289	Take the stress out of tax season with DIY tax tools, reduce wrinkles and refresh facial skin, plus head to the kitchen to dish up better food options with quinoa recipes.
20-Apr.	BALA-2828-290	Today's show offers tips on paying down big bills faster, and heads to the Balancing Act kitchen to cook up an easy and delicious meal with no cleanup.



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Week of APRIL 23, 2018		
23-Apr.	BALA-2829-291	Today's show shares a special Secret romantic destination luxury escape, tips on how to sleep better at night; plus how a smartphone app identifies food allergies in real time.
24-Apr.	BALA-2830-292	Delve into the complicated world of your credit score and learn of an on-line tool to help manage and protect it to improve your financial life; plus hear about options for seniors living with memory impairment.
25-Apr.	BALA-2831-293	The Everyday Gourmet Series heads to The Balancing Act kitchen to cook up personalized noodle dishes; plus learn how to find the best educational match for your pre-schooler.
26-Apr.	BALA-2832-294	Today's show focuses on your health, with new treatment options through regenerative medicine for pelvic floor disorders, and a breast cancer index screening test for cancer survivors.
27-Apr.	BALA-2833-295	Explore easy and efficient ways to shop and compare car insurance, plus see how to refresh your skin using a non-invasive cosmetic procedure.



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Week of APRIL 30, 2018		
30-Apr.	BALA-2834-296	Today's show focuses on empowerment! Learn about an initiative that inspires parents and teens to be safe drivers, how to create a sleep-friendly environment and an organization helping women become successful business owners.
1-May	BALA-2835-297	Today's show focuses on health - quality inpatient care and pet health and nutrition; plus the importance of personal connection through custom printing.
2-May	BALA-2836-298	Today's show focuses on health: delve into Graves' Disease, what it is and treatment options, plus learn about the role your local pharmacist plays in your health care.
3-May	BALA-2837-299	Today's show is full of sweet talk - learn about the sweet side of fiber with a sweet product that is good for your gut, plus sleep tips on how to stick to a routine at night to ensure you have sweet dreams.
4-May	BALA-2838-300	Today's show is about family: get to know your local pharmacist like family; first step and family support in overcoming addiction; discover how cutting-edge tablets keep families connected.