



Episode Synopses for April, 2019

Week of Apr. 01, 2019		
1-Apr.	BALA-3078-530	Time to talk style! We're sharing on-trend tips on how to create polished and chic outfits for casual outings, formal events, date nights, and everything else in-between with Foxcroft NYC. Chef Ralph Pagano returns with another edition of Quick Bytes.
2-Apr.	BALA-3079-531	On this episode of <i>The Balancing Act</i> , we're featuring helpful stories and solutions relating to health and wellness.
3-Apr.	BALA-3081-532	On this episode of <i>The Balancing Act</i> , we're covering it all! Stay tuned for discussions on college savings and DNA sequencing, as well as easy recipes and senior living communities.
4-Apr.	BALA-3082-533	From beauty and wellness, to vacation homes and pet artwork, <i>The Balancing Act</i> is back with another jam-packed episode!
5-Apr.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).



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Week of Apr. 08, 2019		
8-Apr.	BALA-3060-508	Fitness and Fun in the Sunshine State.
9-Apr.	ACHL-0042-509	Innovations in the prevention of Migraines, Erika Vetrini gets up close and personal with 23andMe.
10-Apr.	BALA-3040-486	Columbia College offers affordable and flexible learning options. Blogger, stylist and influencer Carrie Greenberg and her sister pediatrician Dr. Katie Friedman test out three new toothbrushes from Foreo.
11-Apr.	ACHL-0038-488	The diagnostic journey of autoimmune Thyroid Disease.
12-Apr.	BALA-3046-487	How to pick a retirement facility, plus tips on how to live in the now from author Laura Saltman. Forever Freckled blogger shows us the latest in skin care technology.



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Week of Apr. 15, 2019		
15-Apr.	ACHL-0039-489	A Candid Discussion of Miscarriage and Infertility. Understanding Early Pregnancy Loss.
16-Apr.	BALA-2528-304	There are many reasons for taking trips. On this episode we discuss less-expensive, world-class surgery trips and taking pets along for the ride, plus non-GMO's for your skin, beauty and health.
17-Apr.	BALA-3055-504	We're serving up delicious ideas, including QuickBytes with chef Ralph Pagano, food and wine with Rombauer Vineyards, and vacationing at Country Inn.
18-Apr.	BALA-3056-505	On the Balancing Act, Beth Troutman tells her story and cause; Christina Nicholson embarks on a fun adventure in Orlando with her family; and former football player Marc Bouniconti shares his journey of healing.
19-Apr.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).



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Week of Apr. 22, 2019		
22-Apr.	BALA-3060-508	Fitness and Fun in the Sunshine State.
23-Apr.	BALA-3041-491	Broadway Balances America: Behind the scenes of Emilio and Gloria Estefan's On Your Feet! The Musical. Spring cleaning time with apple cider vinegar.
24-Apr.	BALA-3043-492	A visit with Miami Lighthouse for the Blind CEO Virginia Jacko, options for childhood nutrition and Behind the Mystery: nOH-Neurogenic Orthostatic Hypotension.
25-Apr.	BALA-3044-493	Solutions for our everyday lives! From help to finding the right care for our loved one to providing safety behind the wheel.... peace of mind for parents everywhere. Plus hair color and care good advice.
26-Apr.	BALA-3045-494	A special edition of The Balancing Act-Be The Change: The positive global impact of diamonds. How Lucara Diamond Corp is making a difference both locally and globally with each precious stone it mines.



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Week of Apr. 29, 2019		
29-Apr.	BALA-3047-495	Go beyond guacamole. Plus behind the scenes of Disney's smash musical, Aladdin. Looking for a great gift? How about a photo!?!
30-Apr.	BALA-3048-496	A look at how students, parents and the community are finding ways to help stop bullying. Plus ways to give back to those affected by Marjory Stoneman Douglas High Schools shooting.
01-May	BALA-3049-497	Similac has introduced the first (and only) infant formula in the U.S. to have 2'-FL HMO. This is important because HMOs support your baby's developing immune system. Then, Chef Stuart O'Keeffe is back in The Balancing Act kitchen to show Olga Villaverde and Julie Moran how to prepare an entire day's worth of healthy, delicious meals.
02-May	BALA-3050-498	Learning more about Interstitial Cystitis/Bladder Pain Syndrome-one woman's heartfelt story. More on another heart wrenching disease: Parkinson's. And they say an apple a day keeps the doctor away-two new apple varieties.
03-May	BALA-3051-499	Ways to improve communication, protect and even nourish your family. Safety solutions to assist while you're behind the wheel. Plus helping those with hearing loss communicate more effectively and natural nursing technology.