



Episode Synopses for August, 2019

Week of Aug. 05, 2019		
5-Aug.	ACHL-0051-550	Manage your lupus with confidence with tips, tools, and advice from Dr. Betsy Bennett. Plus, stay tuned for one woman's compelling story of adversity to empowerment.
6-Aug.	BALA-3096-551	On this edition of <i>The Balancing Act</i> , we're discussing a range of topics, from weight loss and Lyme disease, to the legendary Sahlen's, a family-owned business known for its premium quality hot dogs and more.
7-Aug.	BALA-3097-552	On this episode of <i>The Balancing Act</i> , we're getting a behind the scenes look at a legendary Broadway musical, as well as learning all we need to know about allergies.
8-Aug.	BALA-3098-553	Your favorite morning show is getting charged up with five fresh new faces! The first-ever Celebrity Edition of <i>The Balancing Act</i> is here.
9-Aug.	BALA-3099-554	Contact lenses that can help with eye tiredness and dryness; Chef Ralph creates perfectly crafted meal ideas using No Yolks Noodles. How one cancer survivor "iced" a great idea to help others.



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Week of Aug. 12, 2019		
12-Aug.	BALA-3104-555	We're going behind the scenes of Broadway's record-breaking "Cats" and visiting Museum of the Bible in Washington, D.C.
13-Aug.	BALA-3053-502	Transiting from high school to college can be difficult- a new online platform can help peer to peer. Attending a very special prom for students with cancer and "In the Kitchen with Chef Stuart O'Keeffe"-summer salad.
14-Aug.	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.
15-Aug.	BALA-3079-531	On this episode of <i>The Balancing Act</i> , we're featuring helpful stories and solutions relating to health and wellness.
16-Aug.	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.



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Week of Aug. 19, 2019		
19-Aug.	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!
20-Aug.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).
21-Aug.	BALA-3060-508	Fitness and Fun in the Sunshine State.
22-Aug.	ACHL-0042-509	Innovations in the prevention of Migraines, Erika Vetrini gets up close and personal with 23andMe.
23-Aug.	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.



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Week of Aug. 26, 2019		
26-Aug.	ACHL-0038-488	The diagnostic journey of autoimmune Thyroid Disease.
27-Aug.	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.
28-Aug.	ACHL-0039-489	A Candid Discussion of Miscarriage and Infertility. Understanding Early Pregnancy Loss.
29-Aug.	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.
30-Aug.	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.