



## Episode Synopses for December, 2018

Week of Dec. 03, 2018		
3-Dec.	BALA-3033-481	Learn about heart-healthy recipes and a new way to cleanse your skin.
4-Dec.	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.
5-Dec.	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!
6-Dec.	BALA-3021-469	Broadway Balances America: Behind the scenes of Waitress- The Musical. Serving up quick and easy meals right from the freezer, plus the tip and tools you need to know when it comes to life insurance.
7-Dec.	BALA-3022-470	A look into two diseases.... the rare Congenital Plasminogen Deficiency and the more common Lupus Nephritis. Patients stories, doctor expertise and what's on the horizon for treatment.



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Week of Dec. 10, 2018		
10-Dec.	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.
11-Dec.	BALA-3052-501	Signature summer desserts made with JELL-O. Plus we're mixing up signature cocktails with Angostura Bitters. What you need to know about timeshares and ways to help older adults age more successfully.
12-Dec.	BALA-3054-503	Lots on the menu: Nutrition for your baby, plus we're in the Kitchen with Ingrid Hoffmann- A Taste of Mediterranean- summertime favorites. Innovative solutions for health care. On campus with Barry University.
13-Dec.	BALA-3057-506	It's back to school and there's a lot to do making sure your kids are well equipped. Hosts Olga Villaverde, Christina Nicholson and Forever Freckled sisters explore tips, tricks and products to make this transition seamless.
14-Dec.	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.



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Week of Dec. 17, 2018		
17-Dec.	BALA-3056-505	On <i>The Balancing Act</i> , 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.
18-Dec.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).
19-Dec.	BALA-3060-508	Fitness and Fun in the Sunshine State.
20-Dec.	ACHL-0042-509	Innovations in the prevention of Migraines, Erika Vetrini gets up close and personal with 23andMe.
21-Dec.	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 Dec. 24, 2018		
24-Dec.	ACHL-0038-488	The diagnostic journey of autoimmune Thyroid Disease.
25-Dec.	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.
26-Dec.	BALA-3075-521	A Holiday to Remember. In the kitchen of Chef Ingrid Hoffman; Holiday platters; Style knows no size; fashions; Quick bites with Ralph Pagano; Multi-cooker meal options.
27-Dec.	ACHL-0039-489	A Candid Discussion of Miscarriage and Infertility. Understanding Early Pregnancy Loss.
28-Dec.	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.



## Episode Synopses for December, 2018

Week of Dec. 31, 2018		
31-Dec.	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.
01-Jan.	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.
02-Jan.	BALA-3078-522	New Year New You Special. A guide to optimal health—how to pick the best supplements for you; how to start a non-profit; timeless wardrobe essentials from Foxcroft NYC.
03-Jan.	BALA-3058-507	Behind The Mystery: Understanding Neurogenic Orthostatic Hypotension (nOH).
04-Jan.	BALA-3060-508	Fitness and Fun in the Sunshine State.