



Episode Synopses for February, 2017

Week of FEBRUARY 6, 2017		
6-Feb	BALA-2982-414	Are you ready to unwind? How about rewind? The Best of <i>The Balancing Act</i> brings back some favorites! From financial advice to educational options, and sunny vacations to yummy treats! Take two!
7-Feb	BALA-2983-415	Find out what tires are right for you and then decide whether or not taking your car to school is right for you at Texas A&M. Renew your faith with United Methodist church and cook with chef Ralph Pagano.
8-Feb	BALA-2984-416	It's a New Year and a new you. Set yourself up for success when it comes to your financial wellness. Your health begins within-we'll show you how protein plays a role in weight loss. Keep your car healthy with tips from experts.
9-Feb	BALA-2985-417	Disney's theatrical-produced musical, "The Little Mermaid" is once again wowing audiences as the show heads from sea to shining sea. Also find out what foods are good for your skin. Also a yummy recipe from Chef Ralph.
10-Feb	BALA-2987-419	From food to Natural cleansing, we'll show you how to keep your body healthy. Also, great tips to remove skin cancer and finally what you can do for your family should the unexpected happen.



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Week of FEBRUARY 13, 2017		
13-Feb	BALA-2986-418	Find out why less is more when it comes to partial knee replacement. Also, on the show, track your fertility naturally and download the app Natural Cycles. Make an epic Ramen Burger thanks to Chef Ralph.
14-Feb	BALA-2797-255	Today's show focuses on smart and safe travel gear, plus features a course on small conceal firearm safety
15-Feb	BALA-2798-256	On today's show, learn about how a university helps transition high school seniors to college freshman; plus hear about a life-threatening rare blood disease.
16-Feb	BALA-2799-257	On today's show, learn all about online education for a variety of classes and degrees, plus hear about new tests that check for an array of wheat antigens.
17-Feb	ACHL-0020-420	Genetic testing is a way of determining whether you are carrying a genetic mutation that could lead to a medical condition. Tune in to find out which diseases can be identified & the importance of knowing your family history.



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Week of FEBRUARY 20, 2017		
20-Feb	BALA-2810-268	See how to unleash your inner nail artist in the comfort of your home, and add new touches to your wardrobe with pieces with a lacey flair; plus hear the owners tell their personal stories and reasons for giving back
21-Feb	BALA-2801-259	On today's show, learn how to video chat with a doctor, hear from a skincare expert about the latest technology to help fight signs of aging; plus help kids conquer their math skills in a fun way
22-Feb	BALA-2802-260	On today's show, learn about innovations in help for caregivers; eliminating glasses and improving eyesight through breakthrough neuroscience technology, and a unique pant that slims all over
23-Feb	BALA-2811-269	Today's show will head to The Balancing Act kitchen to cook up a warm, simple and hearty potato dish; plus hear about a high-tech holiday gift and help for staying asleep through the night
24-Feb	ACHL-0021-421	Thanks to advancements in medical technology, patients suffering with chronic diseases are afforded new opportunities to help improve their quality of life.

**THE
BALANCING
ACT**

Week of FEBRUARY 27, 2017		
27-Feb	BALA-2804-262	<i>The Balancing Act</i> heads to the kitchen to cook up holiday recipes with organic produce, shows how aloe can help in the battle against acne and gives an education on America's favorite beverage
28-Feb	BALA-2805-263	On today's show, viewers will go behind-the-scenes of interactive Broadway classroom workshops; plus learn about the power of the pen for hand-writing notes on holiday cards
1-Mar	BALA-2806-264	Today's show focuses on raising awareness about hunger in America and one non-profit and one company who are working together to help the millions who suffer each year.
2-Mar	BALA-2807-265	On today's show, The Balancing Act heads to the kitchen to cook up easy ways to provide a healthy balance of carbs and veggies; plus learn about a paste that solves the ugly toenail problem
3-Mar	BALA-2808-266	Protecting your pet from heartworm and other parasites; becoming money-savvy and preparing for retirement through sound financial planning