



Episode Synopses, February, 2018

Week of February 5, 2018		
5-Feb.	BALA-2960-389	Learn why a values-based education is essential to helping a student understand how to live a purpose-filled life, watch Chef Ralph create dragon fruit salsa and lose yourself in magic from the Broadway hit, "The Illusionists."
6-Feb.	BALA-2961-390	From fighting cancer to not fighting your roommate, practicing better hygiene or whipping up a delicious Latin dessert - <i>The Balancing Act</i> has it all!
7-Feb.	BALA-2962-391	Learn how to stay healthy and safe, whether you're at home, on a road trip or at school. From delicious bread to a good night's sleep, <i>The Balancing Act</i> is serving up solutions.
8-Feb.	BALA-2963-392	From simple day-to-day ailments and a protein pick-me-up, to one of the most common genetic diseases affecting baby boys, this episode of <i>The Balancing Act</i> examines issues concerning you and your family's health.
9-Feb.	BALA-2964-393	It's all about ease and convenience: whether you're logging on to get your degree, hydrating using water dispensers, or booking your next trip.



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Week of FEBRUARY 12, 2018		
12-Feb.	BALA-2965-394	Whether you need to make a quick and easy treat or get to the bottom of a tough diagnosis, <i>The Balancing Act</i> shows you how. Join us as we investigate mysterious disease symptoms and indulge in gourmet sweets!
13-Feb.	BALA-2966-395	Tackling finances, exploring eye health, and brightening up your day with fresh fruit recipes! Whether it's help with credit or insurance, protecting your eyes, or just filling your tummy, <i>The Balancing Act</i> has you covered.
14-Feb.	ACHL-0017-399	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.
15-Feb.	BALA-2967-396	Learn to save money for your child's education, find out how to support better health through better snacking, discover the secrets of looking younger, and put some spice in your life with some southwestern recipes.
16-Feb.	ACHL-0018-400	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.



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Week of FEBRUARY 19, 2018		
19-Feb.	BALA-2968-397	Some things get even better with age. Join us on The Balancing Act as we explore intimate hygiene, fine wines, and a story that speaks to the child in us all. Embrace your older side and empower your younger side!
20-Feb.	ACHL-0019-401	Achy knee? Painful shoulder? Serious bone problems? Today we cover a variety of solutions from a new knee brace technology and novel shoulder replacement surgery, to bone targeting medicines for bone metastases.
21-Feb.	BALA-2969-398	From learning about pre-screening for 22q11.2 deletion syndrome to raising awareness about mushroom supplements, be informed and in the know to prevent future health issues with your family and your pets.
22-Feb.	BALA-2970-402	Whether you're planning a big trip, investing in your home, or just refilling a prescription, managing your finances is a part of life. <i>The Balancing Act</i> shows you all the ways you can save, making planning stress-free.
23-Feb.	BALA-2972-404	From digestive health and a satisfying sex life, to college roommate etiquette 101, <i>The Balancing Act</i> keeps its viewers well informed and in the know.



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Week of FEBRUARY 26, 2018		
26-Feb.	BALA-2973-405	This holiday season, get big box, bulk savings by booking a cruise on Norwegian through BJ's. Staying home? Make meals for the whole family in half the time using new Dole Organic Salad Kits!
27-Feb.	BALA-2974-406	Tune in to <i>The Balancing Act</i> for strategies on how to shop smart by renting your furniture to own. Also learn how to stay motivated with online learning. Stay smart and feed your brain with seafood superfood and BrainJuice!
28-Feb.	BALA-2975-407	We've got tips tailored to all the women and mom's out there! After-school snacks for the kids, how to keep your car in tip-top shape and the latest feminine sports jersey's that will have you cheering.
01-Mar.	BALA-2976-408	We have what you need to gain confidence in all aspects of your life. From improving your self-confidence with a beautiful smile and a public speaking class, to cooking lessons and even improving your credit score.
02-Mar.	BALA-2977-409	Get a behind-the-scenes look at the Broadway hit, <i>The Illusionists</i> , courtesy of "The Trickster", one of the featured performers. Also on the show, learn how to manage your chronic disease with new innovations and education.