



Episode Synopses for February, 2019

Week of February 04, 2019		
4-Feb.	BALA-3068-523	On this episode of <i>The Balancing Act</i> , we're covering all things health—from narcolepsy to neck pain.
5-Feb.	BALA-3069-524	On this special-edition of <i>The Balancing Act</i> , we're focusing on issues affecting today's youth—seen and produced through the eyes of <i>The Balancing Act's</i> production interns.
6-Feb.	BALA-3070-525	On this episode of <i>The Balancing Act</i> , we're covering everything from caregiving and fertility treatments, to delicious slow cooker recipes with celebrity chef Ingrid Hoffmann.
7-Feb.	BALA-3011-457	Keeping your body, car, and home with tip top shape with advice from experts you can trust!
8-Feb.	BALA-3012-458	Everything you need to know about cord blood banking. Maggi Liquid Magic in a bottle! What to look for when choosing sunscreen.



Episode Synopses for February, 2019

Week of February 11, 2019		
11-Feb.	BALA-3019-466	This episode of <i>The Balancing Act</i> focuses on breast cancer awareness.
12-Feb.	BALA-3013-460	Financial Analyst Natali Morris follows the journey of one Spokane, Washington family as they navigate their way to a stable financial future.
13-Feb.	BALA-3073-526	On this episode of <i>The Balancing Act</i> , we're learning about two cutting-edge medical innovations. Plus, we're in the kitchen with chef Ralph Pagano cooking up tailgate recipes.
14-Feb.	BALA-3014-461	Money saving tips, how to be your own boss, how to plan the perfect party, and vacation in style.
15-Feb.	BALA-3015-462	We're giving all the mom's out there tips to master being a mom boss! Spot your child's health issues early, make a meal that will leave your family wanting more, how to change a tire, and how to master home loan approvals.



Episode Synopses for February, 2019

Week of February 18, 2019		
18-Feb.	BALA-3016-463	From Disney's "Aladdin: The Musical" to creating your own signature scent with PartyLite candles... a yummy recipe for good measure....magical ways to balance your life.
19-Feb.	BALA-3074-527	On this episode of <i>The Balancing Act</i> , we're offering helpful tips for every aspect of life—from cooking and gift-giving, to retirement and more.
20-Feb.	BALA-3017-464	Behind the scenes of Andrew Lloyd Webber's sequel to "Phantom of The Opera," "Love Never Dies." For your health, we tackle the top symptoms and triggers for primary periodic paralysis and how to know if you're having a stroke.
21-Feb.	ACHL-0046-528	UPMC's Living Donor Liver Transplant Program is changing the lives of patients with end-stage liver disease. Learn why this innovative option is gaining broader acceptance in the transplant community.
22-Feb.	BALA-3018-465	The Balancing Act Goes Behind the Scenes with Emilio & Gloria Estefan and the Broadway Musical "On Your Feet". Find the perfect pairing with Ménage à Trois wines.



Episode Synopses for February, 2019

Week of February 25, 2019		
25-Feb.	ACHL-0047-529	Join us for a discussion with pulmonary and sleep specialist, Dr. Raj Dasgupta about the symptoms, diagnosis and risks of untreated Obstructive Sleep Apnea.
26-Feb.	ACHL-0031-468	Living with Polycythemia Vera-- Understanding Your Symptoms.
27-Feb.	BALA-3061-510	Behind the Mystery and In the Kitchen with Ingrid Hoffman. On this episode of the <i>Balancing Act</i> , we're covering everything from food to medicine.
28-Feb.	BALA-3062-511	This episode of <i>The Balancing Act</i> is jam-packed! We've got tips for severe asthma, as well as a check-in with chef Ralph Pagano and a Behind the Mystery segment.
1-Mar.	BALA-3063-512	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!