



Episode Synopses for January, 2019

Week of January 07, 2019		
07-Jan.	BALA-3041-491	Broadway Balances America: Behind the scenes of Emilio and Gloria Estefan's On Your Feet! The Musical. Spring cleaning time with apple cider vinegar.
08-Jan.	BALA-3043-492	A visit with Miami Lighthouse for the Blind CEO Virginia Jacko, options for childhood nutrition and Behind the Mystery: nOH-Neurogenic Orthostatic Hypotension.
09-Jan.	BALA-3044-493	Solutions for our everyday lives! From help to finding the right care for our loved one to providing safety behind the wheel.... peace of mind for parents everywhere. Plus hair color and care good advice.
10-Jan.	BALA-3045-494	A special edition of The Balancing Act-Be The Change: The positive global impact of diamonds. How Lucara Diamond Corp is making a difference both locally and globally with each precious stone it mines.
11-Jan.	BALA-3047-495	Go beyond guacamole. Plus behind the scenes of Disney's smash musical, Aladdin. Looking for a great gift? How about a photo!?!



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Week of January 14, 2019		
14-Jan.	BALA-3048-496	A look at how students, parents and the community are finding ways to help stop bullying. Plus ways to give back to those affected by Marjory Stoneman Douglas High Schools shooting.
15-Jan.	BALA-3049-497	Similac has introduced the first (and only) infant formula in the U.S. to have 2'-FL HMO. This is important because HMOs support your baby's developing immune system. Then, Chef Stuart O'Keeffe is back in The Balancing Act kitchen to show Olga Villaverde and Julie Moran how to prepare an entire day's worth of healthy, delicious meals.
16-Jan.	BALA-3050-498	Learning more about Interstitial Cystitis/Bladder Pain Syndrome-one woman's heartfelt story. More on another heart wrenching disease: Parkinson's. And they say an apple a day keeps the doctor away-two new apple varieties.
17-Jan.	BALA-3051-499	Ways to improve communication, protect and even nourish your family. Safety solutions to assist while you're behind the wheel. Plus helping those with hearing loss communicate more effectively and natural nursing technology.
18-Jan.	ACHL-0041-500	The importance of organ, eye and tissue donation. We also see how a little girl's life was changed because of organ donation after a heartbreaking battle with liver cancer at 3 years old. Finally, one woman's transformation, one healthy habit at a time, and how she's helping other woman transform their lives.



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Week of January 21, 2019		
21-Jan.	BALA-2917-333	Make sure every detail from engagement to "I Do" is perfect! <i>The Balancing Act</i> welcomes experts in personalized stationery and unique gifts to help you plan the wedding of your dreams.
22-Jan.	BALA-2918-334	Go back to school for your master's at Colorado Christian University, try out some chicken casserole with Maruchan and be safe on the road with tips from TA and Petro Travel Centers. Don't miss this episode of <i>The Balancing Act</i> .
23-Jan.	BALA-2920-335	Learn more about holistic drug and alcohol addiction treatment, the importance of preventative veterinary care and putting your best foot forward in college - all on today's episode of <i>The Balancing Act</i> .
24-Jan.	BALA-2921-336	Our wedding special continues with experts from The American Wedding, who go over every detail of the perfect invitation. Not to mention a look at what one of their wedding gurus did for her own wedding!
25-Jan.	BALA-2922-337	Get motivated to complete your college degree, learn how to be safe on the road and get the recipe for a delicious Thai noodle soup, all on this episode of <i>The Balancing Act</i> .



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Week of January 28, 2019		
28-Jan.	BALA-2923-338	Transformations Drug & Alcohol Treatment Centers, Merck Animal Health and Microsoft take center stage on <i>The Balancing Act</i> .
29-Jan.	BALA-2768-156	Today's show tackles tough carpet stains, talks firearm safety and tips for becoming a homeowner.
30-Jan.	BALA-3008-454	On this buzz worthy edition of <i>The Balancing Act</i> , hosts Amber Milt and Olga Villaverde dive into the hive, exploring the fascinating world of bees, and showing how we all do our part to Feed a Bee.
31-Jan.	BALA-3009-455	Tips on the importance of vitamins supplement for pet health; Protecting your skin from the sun; Quick Bytes with Chef Ralph Pagano – Tilapia; Tips on the home loan process and all you need to know about Clubfoot.
1-Feb.	BALA-3010-456	On today's show we're helping all the foodies out there with entertaining tips! From pairing the perfect wine with your meal, stirring up some quick meals for your guests, and creating the perfect and adorable cookie bar!