



Episode Synopses for July, 2019

Week of July 01, 2019		
1-July	BALA-3095-537	On this Special Edition of the Balancing Act, correspondent Beth Troutman will travel to Kansas City to meet CBD American Shaman founder Vince Sanders.
2-July	BALA-3063-512	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!
3-July	BALA-3064-513	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!
4-July	BALA-3065-514	Nutritious & Delicious Food All will Enjoy!
5-July	BALA-3067-515	Broadway Balances America: <i>Come From Away</i>



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Week of July 08, 2019		
8-July	BALA-3091-545	Welcome back to <i>The Balancing Act</i> ! We're taking you behind the scenes of a Broadway hit. Then, stay tuned as we go inside the pages of two leading publications, Porthole Cruise Magazine and First for Women.
9-July	ACHL-0043-517	Straight talk on intermittent catheterization
10-July	ACHL-0044-518	Today, living with HER2 positive breast cancer, understanding that there are options to reduce your risk of recurrence and the empowering stories of the survivors who are leaving no stone unturned in their fight.
11-July	ACHL-0045-519	Ereka Vetrini discusses the importance of organ, eye and tissue donation, proper sleep posture and one woman's transformation, one healthy habit at a time.
12-July	BLLF-0007-520	Live Life Forward honors the legacy of Gold Star American Hero, Mark De Alencar while witnessing a day that his family will never forget.



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Week of July 15, 2019		
15-July	BALA-3093-546	Glasses that help with digital eye strain...How Deep Brain Stimulation is helping those with Parkinson's Disease. Plus car tips for the expert and how to pick stylish shoes for any occasion.
16-July	BALA-3027-474	The benefits of essential oils; Earning points for your travels; Holiday dessert recipes; Giving the gift of beauty- ways to hydrate your skin.
17-July	ACHL-0033-477	Tardive Dyskinesia is a movement disorder that occurs after Long-term use of antipsychotic medications. Now there is a way to manage your symptoms, while keeping your psychosis under control.
18-July	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.
19-July	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 July 22, 2019		
22-July	BALA-3094-547	Are you ready to see a real-life military mom get a total makeover? On this very special edition of <i>The Balancing Act</i> , we're surprising a deserving young woman who is the winner of our Military Mom Makeover!
23-July	BALA-3024-472	Aging in Place- How the NCCAP provides accreditation for home care givers. What you need to know about life insurance. Get motivated to lose weight effectively, plus how to pick the right sunscreen.
24-July	BALA-3026-473	Another side to Mexico through the eyes of the La Coleccion resorts. We showcase the magic, safety, and uniqueness that is La Collection resorts.
25-July	BALA-3029-478	Learn how to make the most of your life with an online education from Independence University, how to have healthy joints, skin and hair thanks to Great Lakes Gelatin, and of course behind the scenes of Chicago with Amber.
26-July	BALA-3031-479	Find Your Signature Scent and Be Your Own Boss with PartyLite. Van Rentals Made Easy. The Cheesecake Factory At Home Cheesecake Mixes. Ready to Drink Coffee-What You Need to Know.



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Week of July 29, 2019		
29-July	BLLF-0009-548	Give Kids the World and, their communities of corporate sponsors unite creating an unforgettable experience for critically ill wish children and their families.
30-July	BALA-3032-480	Behind the Scenes with the Broadway Musical "Waitress." Hosting how-to's with M�nage � Trois wines. Get cooking with Natures Touch Frozen Foods.
31-July	BALA-3033-481	Learn about heart-healthy recipes and a new way to cleanse your skin.
1-Aug.	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.
2-Aug	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!"