



## Episode Synopses for June, 2019

Week of June 03, 2019		
3-June	BALA-3087-540	On this episode of <i>The Balancing Act</i> , we're covering everything from skin care and shoes, to the legendary Montel Williams, who was recently named the newest host of <i>Military Makeover</i> .
4-June	BALA-3088-541	A comprehensive look at colorectal cancer. Delicious cookies that are sugar free. Phan Thi Kim Phuc: How the Vietnam War's Napalm Girl found hope after tragedy.
5-June	BALA-3019-466	This episode of <i>The Balancing Act</i> focuses on breast cancer awareness.
6-June	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.
7-June	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.



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Week of June 10, 2019		
10-June	BALA-3089-542	From Broadway to cooking and health, stay tuned for another jam-packed episode of <i>The Balancing Act</i> .
11-June	BALA-3014-461	Money saving tips, how to be your own boss, how to plan the perfect party, and vacation in style.
12-June	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.
13-June	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.
14-June	BALA-3090-543	Stay tuned as we get an inside look at Broadway sensation, Miss Saigon. Plus, we're back in the kitchen with celebrity chef Ralph Pagano, and making the stories of the Bible come to life with Bible Belles.



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Week of June 17, 2019		
17-June	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.
18-June	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.
19-June	BALA-3095-537	On this Special Edition of <i>The Balancing Act</i> , correspondent Beth Troutman will travel to Kansas City to meet CBD American Shaman founder Vince Sanders.
20-June	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.
21-June	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.



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Week of June 24, 2019		
24-June	BLLF-0008-544	We travel to Boston Market in Fresh Meadows, NY meeting a compassionate team who has been thriving to raise proceeds while providing wholesome family meals to non-profit organization Give Kids The World.
25-June	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-June	ACHL-0031-468	Living with Polycythemia Vera-- Understanding Your Symptoms.
27-June	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-June	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.