



## Episode Synopses for March, 2019

Week of March 04, 2019		
4-Mar.	BALA-3064-513	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!
5-Mar.	BALA-3065-514	Nutritious & Delicious Food All will Enjoy!
6-Mar.	BALA-3067-515	Broadway Balances America: <i>Come From Away</i>
7-Mar.	ACHL-0043-517	Straight talk on intermittent catheterization
8-Mar.	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.



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Week of March 11, 2019		
11-Mar.	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-Mar.	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.
13-Mar.	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.
14-Mar.	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.
15-Mar.	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.



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Week of March 18, 2019		
18-Mar.	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.
19-Mar.	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.
20-Mar.	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.
21-Mar.	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.
22-Mar.	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.



## Episode Synopses for March, 2019

Week of March 25, 2019		
25-Mar.	BALA-3032-480	Behind the Scenes with the Broadway Musical Waitress. Hosting how-to's with M�n�ge � Trois wines. Get cooking with Natures Touch Frozen Foods.
26-Mar.	BALA-3033-481	Learn about heart-healthy recipes and a new way to cleanse your skin.
27-Mar.	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.
28-Mar.	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!
29-Mar.	BALA-3053-502	Transiting from high school to college can be difficult- a new online platform can help peer to peer. Attending a very special prom for students with cancer and "In the Kitchen with Chef Stuart O'Keeffe"-summer salad.