



## Episode Synopses, November, 2016

Week of NOVEMBER 7, 2016		
7-Nov	BALA-2947-376	On this episode <i>The Balancing Act's</i> Amber Milt meets the creative team behind Broadway's new musical <i>If/Then</i> . We've also got some great ideas for a road trip.
8-Nov	BALA-2948-377	Get an inside look at Off-Broadway's "The Wizard of Oz" in Boston, learn how Internet security for kids and VPNs are linked and one of the ways college kids are eating healthy.
9-Nov	BALA-2949-378	Great ideas from <i>The Balancing Act</i> to help keep your life in Balance. Have fun as we go behind the scenes on Broadway. Get healthy with tasty blueberry recipes and lastly protect our future with life insurance. Don't miss it!
10-Nov	BALA-2950-379	Great ideas from <i>The Balancing Act</i> to help keep your life in Balance. Have fun as we go behind the scenes on Broadway. Get healthy with tasty blueberry recipes and lastly protect our future with life insurance. Don't miss it!
11-Nov	BALA-2951-380	<i>The Balancing Act</i> takes a trip to Broadway, going behind the scenes of <i>Cabaret!</i> Plus, learn more about continuing education and work it out with some fitness tips in the park.

**THE  
BALANCING  
ACT**

Week of NOVEMBER 14, 2016		
14-Nov	BALA-2952-381	From aging skin to aging eyes, <i>The Balancing Act</i> offers solutions to looking your best in the face of the natural process of aging. Also, find out how to get truly private Internet access.
15-Nov	BALA-2953-382	Where will your passion take you? On this episode of <i>The Balancing Act</i> , we talk to an award-winning photographer, a Celebrity Mixologist and a NASA scientist as they explain the breakthroughs their passions led them to.
16-Nov	BALA-2954-383	On this episode it's all about education: from learning how to get your sexy back to a new recipe for lettuce wraps. Heading to college? Consider Jackson State University, plus ways to deck out your dorm.
17-Nov	BALA-2955-384	On this episode, we help increase your appreciation for wine while also saving you money, introduce a new way to enjoy Southwestern Cuisine, help you get your sexy back, and offer tips on reliving your college years!
18-Nov	BALA-2956-385	On this episode, we meet a woman who is raising awareness about the rare hormonal disorder, Cushing's Syndrome; learn more about managing food allergies and discover why traveling to Puerto Rico for surgery is on the rise.

**THE  
BALANCING  
ACT**

Week of NOVEMBER 21, 2016		
21-Nov	BALA-2957-386	On this episode of <i>The Balancing Act</i> , we'll explore how to stay healthy, not just physically, but with financial decisions that affect your overall health - in the pocketbook, purse, and wallet. Make the best decisions!
22-Nov	BALA-2958-387	<i>The Balancing Act</i> goes high tech, featuring products to protect your privacy on the internet, stream virtually any movie or television show and sophisticated printers from Canon. Don't miss <i>The Balancing Act</i> !
23-Nov	BALA-2959-388	<i>The Balancing Act</i> takes a closer look at allergies and asthma and how to deal with these chronic conditions. Then we look at the latest fashions and get some helpful travel tips.
24-Nov	BALA-2960-389	Learn why a values-based education is essential to helping a student understand how to live a purpose-filled life, watch Chef Ralph create dragon fruit salsa and lose yourself in magic from the Broadway hit, "The Illusionists."
25-Nov	BALA-2961-390	From fighting cancer to not fighting your roommate, practicing better hygiene or whipping up a delicious Latin dessert - <i>The Balancing Act</i> has it all!

**THE  
BALANCING  
ACT**

Week of NOVEMBER 28, 2016		
28-Nov	BALA-2962-391	Learn how to stay healthy and safe, whether you're at home, on a road trip or at school. From delicious bread to a good night's sleep, <i>The Balancing Act</i> is serving up solutions.
29-Nov	BALA-2963-392	From simple day-to-day ailments and a protein pick-me-up, to one of the most common genetic diseases affecting baby boys, this episode of <i>The Balancing Act</i> examines issues concerning you and your family's health.
30-Nov	BALA-2964-393	It's all about ease and convenience: whether you're logging on to get your degree, hydrating using water dispensers, or booking your next trip.
1-Dec	BALA-2965-394	Whether you need to make a quick and easy treat or get to the bottom of a tough diagnosis, <i>The Balancing Act</i> shows you how. Join us as we investigate mysterious disease symptoms and indulge in gourmet sweets!
2-Dec	BALA-2966-395	Tackling finances, exploring eye health, and brightening up your day with fresh fruit recipes! Whether it's help with credit or insurance, protecting your eyes, or just filling your tummy, <i>The Balancing Act</i> has you covered.