



Episode Synopses for November, 2018

Week of November 05, 2018		
5-Nov.	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.
6-Nov.	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.
7-Nov.	BALA-3063-512	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!
8-Nov.	BALA-3064-513	On this episode of <i>The Balancing Act</i> , we're going from Broadway to health and quick recipes!
9-Nov.	BALA-3065-514	Nutritious & Delicious Food All will Enjoy!



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Week of November 12, 2018		
12-Nov.	BALA-3067-515	Broadway Balances America: <i>Come From Away</i>
13-Nov.	ACHL-0043-517	Straight talk on intermittent catheterization
14-Nov.	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.
15-Nov.	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.
16-Nov.	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 November 19, 2018		
19-Nov.	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.
20-Nov.	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.
21-Nov.	BALA-3071-516	<i>The Balancing Act</i> celebrates Thanksgiving with food and Interactive Memories.
22-Nov.	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.
23-Nov.	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 November 26, 2018		
26-Nov.	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.
27-Nov.	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.
28-Nov.	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.
29-Nov.	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.
30-Nov.	BALA-3032-480	Behind the Scenes with the Broadway Musical Waitress. Hosting how-to's with Ménage à Trois wines. Get cooking with Natures Touch Frozen Foods.