



## Episode Synopsis

### **Episode CWA-192, Initial Feed Date: Thursday, MARCH 08, 2018**

Sasha Rionda hosts an all-new *Coffee With America*. This week, just in time for National Nutrition Month, Dietitian Frances Largeman-Roth shares some tips to eat healthier, without the fuss! Plus, Lily Eskelsen García, president of the National Education Association, provides tips for parents on how to grow kids into a nation of diverse readers. Veteran travel journalist Patricia Shultz has the top trips & tips for women travelers and Chef Ceci Carmichael shares some of her Frozen Food Favorites.

Telco Productions, Inc.  
2730 Wilshire Blvd., Suite 200, Santa Monica, CA 90403  
tel. (310) 828-4003, fax (310) 828-3340  
[www.telcoproductions.com](http://www.telcoproductions.com)



## Episode Synopsis

### **Episode CWA-193, Initial Feed Date: Thursday, MARCH 15, 2018**

Sasha Rionda hosts a fun-filled *Coffee With America*. This week, important information you should know about new tax legislation and how to avoid a potential IRS audit. Plus, touted Kentucky Chef Oita Michel highlights why you'll want to plan a trip to the Bluegrass State! And we meet Maggie Grace, star of the new movie "Hurricane Heist!"

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## Episode Synopsis

### **Episode CWA-194, Initial Feed Date: Thursday, MARCH 22, 2018**

This week on an all-new *Coffee With America*, host Sasha Rionda takes you to the movies! Academy Award-winning actress Helen Mirren joins us with details on her new movie, *Leisure Seeker*. Plus, Dr. Keri Peterson has advice for new moms and moms-to-be on how to stay healthy. And, find out what you can do to make a difference in the global water crisis.

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## Episode Synopsis

### **Episode CWA-195, Initial Feed Date: Thursday, MARCH 29, 2018**

This week on ***Coffee With America*** host Sasha Rionda shares tips to get the whole family ready for Spring and Easter! Craftbox Girls' Lynn Lilly joins us with some sweet and savory treats for Easter. Plus, Beauty & Style expert Kate De Ponte details the essentials you'll need to look good and feel great this season. And, it's National Car Care Month! Auto expert Courtney Hansen shares some easy tips every woman should know! Plus, Spring travel tips and Diva Moms' Lyss Stern joins us in-studio!

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