



# Healthy Holidays with Dr. Nandi

Show # HH-101      RUNDOWN      Half-Hour Special

**Show Open & Segment One**      **0:00**

\*Commercial Break One  
National 2:30

**Segment Two**      **0:00**

\*Commercial Break Two  
Local 2:30

**Segment Three**      **0:00**

\*Commercial Break Three  
National 1:00  
Local 1:00

**Segment Four**      **0:00**

\*Fee Plugs Break Four  
National 0:30

**Segment Five - Close/Credits/Logos**      **0:00**

**Total Running Time**      **28:30**