



Kala

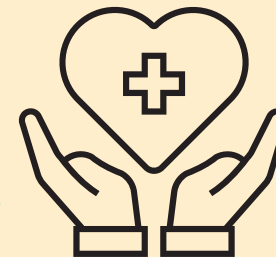
**It's a
Celebration**
Monday
@ 5pm ET / 4pm CT



Celebrate the music and legacy of artists born in June! From timeless legends to modern stars, we'll explore their stories, enjoy their greatest hits, and discover how these musicians have shaped the soundtrack of our lives.



**Battling Chronic
Disease**
Wednesday
@ 5pm ET / 4pm CT



Join us each week to learn about common chronic conditions like arthritis, hypertension, osteoporosis, and type 2 diabetes. Discover how small changes in diet and exercise can help manage symptoms and improve daily life—for you or your loved ones.



Kimberly

