

Daily Flash Show Synopsis - Week Of 11/21/22

MONDAY, 11/21

Life Coach Marni Goldman has tips for improving mental health. Plus, registered dietitian Bridgitte Mali tells us how to improve our gut health. And celebrity Chef Barry Tonks is cooking up some healthy and tasty side dishes.

TUESDAY, 11/22

New York City gets into the Christmas spirit with the arrival of the Rockefeller tree. Plus, it's eleven and counting for Nick Cannon. See how much he's exactly paying for all the kids. And find out why Beverly Hill Housewife Kyle Richards won't appear on her husband's Netflix reality show.

WEDNESDAY, 11/23

R&B legend Freddie Jackson talks about his career and latest projects. Also, the dynamic duo behind Love & Business join us in the kitchen as they celebrate the holidays and talk about how to survive with the family. Plus, find out why billionaire Jeff Bezos gave Dolly Parton millions.

THURSDAY, 11/24

Like Father, Like Son, we're featuring Robert Downey Jr's latest documentary which is a tribute to his dad.

FRIDAY, 11/25

We feature some of your favorite furry friends.

##