

Daily Flash Show Synopsis - Week Of 1/16/23

Monday, 1/16

Self-taught home cook Tara Ippolito teaches us how to eat healthier meals at home. Plus, financial planner Joe Bert shares great tips on how to get ahead on our finances for the new year. And see how one man is exposing female cheaters on social media.

Tuesday, 1/17

If you need joy in your life, guest Debby Schlesinger-Hellman shares the best ways to attract joy. Plus, nutrition expert Nicole Avena teaches us how to stay on track with those New Year's resolutions. And see which kitchen item could soon be banned.

Wednesday, 1/18

Health specialist Sarah Baker has other options to try besides Dry January. And we have some "Southern Charm" casting news which has an OG saying good-bye. Plus, would you try your dog's treats? See how one of our hosts reacted.

Thursday, 1/19

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

Friday, 1/20

See if your favorite furry friend made the list of animals we love.

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