

Daily Flash Show Synopsis - Week Of 1/8/24

Monday, 1/8/24

Miami based celebrity Chef Adrienne talks about tipping culture, also Boss Lady Dr. Romie talks about her wellness journey, and it's a Labor Day delivery caused by the Beyonce concert.

Tuesday, 1/9/24

Relationship Trauma Expert Janie Lacy explores the Kirk Franklin family drama, also, Dennis Gillan from "Half A Sorrow Foundation" talks about mental health and how to avoid suicidal thoughts.

Wednesday, 1/10/24

Author and Motivational Speaker Judy Wilkins is talks bed rotters, plus, a man earns the title with the most tatted names, and it's national crush-a-can day.

Thursday, 1/11/24

Dr. Christian Rahm talks her new book "Be Your Own Inspiration," which focuses on self-awareness, plus, see why rocker Tommy Lee is shocked at his bill of health, and it's one of the latest TikTok trends which can be a health hazard.

Friday, 1/12/24

Insider's Senior Trends Reporter Jennifer Dawkins shares the latest TikTok wedding trends, also, see what happens when hundreds of red wine gallons spills into the streets of a small town, and see why Britney Spears is staying clear of social media brand deals.

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