

Daily Flash Show Synopsis - Week Of 2.20/23

Monday, 2/20

A 90-year-old super-ager talks about the secret to longevity. Plus, a wellness expert is helping a generation strive for success. And, we get to see the latest eco-friendly home goods for the family.

Tuesday, 2/21

Inspirational speaker TJ Woodward talks about how to avoid toxic relationships. Also, Dr. Michael Adamse talks about the high numbers of teens experiencing gender dysphoria. And, we talk about the White Lotus to find out if cheating can help relationships.

Wednesday, 2/22

Dr. Frank features the latest out of the industry and bath and kitchen show. Plus, the Audobon Society talks about the birds of prey with their special bird guest. And, find out what time of the day has been deemed as the most stressful time of the day.

Thursday, 2/23

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

Friday, 2/24

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

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