

Daily Flash Show Synopsis - Week Of 2/5/24

Monday, 2/5/24

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, 2/6/24

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, 2/7/24

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, 2/8/24

We're in the kitchen for some great pizza-dips, also some bacon wrapped pickles. Also, see why Reba McEntire is getting corny.

Friday, 2/9/24

Twitch guru Dr. Frank talks about the latest must-have gadgets for better living, plus it's the host picks on what to stream for the weekend.

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