

Daily Flash Show Synopsis - Week Of 3/4/24

Monday, 3/4/24

It's Women's History Month and accountant Melinda Sandoval talks about her journey and how she broke barriers as a minority female, also, the top ten female inventors are highlighted.

Tuesday, 3/5/24

Director of Training for Attitudes, Harmony and Achievement Melissa Lynn Lowenstein talks about teen mental health crisis, plus, see why Dr. Aditi Nerurkar says that stress can be a healthy way to tackle life's demands.

Wednesday, 3/6/24

Freedom transformation Specialist Bob Gardner offers a fresh view on how to conquer stress, addiction and anxiety, also, Insider's Senior Real Estate Reporter James Rodriguez talks the housing bubble.

Thursday, 3/7/24

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

Friday, 3/8/24

It's the host picks on what to stream for the weekend.

##