

## **Daily Flash Show Synopsis Week Of 7/31/23**

### **Monday, 7/31**

Skin Care Specialist Monina Wright talks anti-aging tips, plus, Dr. Lori Davis joins us with the importance of self-care, and, it's the touching moment a chimp is reunited with its handlers.

### **Tuesday, 8/1**

Veteran and advocate Jay Belanger talks about the problem of homeless veterans and what we can do to help, also. Disney continues making headlines and this time it's cutting its workforce.

### **Wednesday, 8/2**

Actress Helena Alexis Seymour talks about her character Jessica Wu, plus take note of the seven supergoods to live healthier, and see what's the best time of the day to exercise.

### **Thursday, 8/3**

Parenting Expert Katherin Sellery shares tips to help parents avoid Summer burnout, also Insider's Global Tech Expert talks about Apple's latest vision pro and if it's worth the price tag, and get ready to learn seven simple relationship exercises.

### **Friday, 8/4**

See how The Tinder Swindler is becoming a growing trend, plus the Car Coach Lauren Fix tells us the latest with cars on the road, and the latest news on former Atalanta Housewife Kim and Kroy marriage chaos.

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