

Daily Flash Show Synopsis - Week Of 9/18/23

Monday, 9/18

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, 9/19

Media Mogul and Director of "Strat America" Seth Schachner talks about the change in streaming service income for actors, also, parenting expert Katerine Sellery tackles meal prep for picky eaters, and it's Disney's latest cruise and what to expect.

Wednesday, 9/20

Nutritionist and Health Expert Sarah Baker talks Fall wellness tips, plus, who's buying and who's selling? It's the latest in celebrity real estate.

Thursday, 9/21

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

Friday, 9/22

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

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