

Daily Flash Show Synopsis - Week Of 9/25/23

Monday, 9/25

Nutrition Coach and owner of "Why Eat Wise" Ashlee Wright is on a mission to get women off yo-yo dieting, plus, Dr Aimee Duffy and her daughter Madie talk about the scare of going through a suicide crisis.

Tuesday, 9/26

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, 9/27

Author and Motivational Speaker Judy Wilkins is talks bed rotters, plus, a man earns the title with the most tattooed names, and it's national crush-a-can day.

Thursday, 9/28

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

Friday, 9/29

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

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