

Daily Flash Show Synopsis - Week Of 3/6/23

Monday, 3/6

CEO of Mongiello Cheese, Anthony Mongiello talks about his experience of choking while alone, shares tips on you can save your own life with the Heimlich maneuver. Plus, lifestyle expert Lisa Leigh Kelly talks about eco-friendly home tips that can save money. And, Dr. Phelps talks about gaining financial freedom.

Tuesday, 3/7

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

Wednesday, 3/8

Lifestyle expert Michelle Phillips explains yoga and its benefits. Also, meet two young people who are making changes within their community to fight climate change.

Thursday, 3/9

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

Friday, 3/10

See if your favorite furry friend made the list of animals we love.

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