

Show Synopsis - Week Of 9/5/22

MONDAY, 9/5

LEARN ABOUT HARMFUL INGREDIENTS IN THE PERSONAL CARE PRODUCTS FOR YOUR FACE AND BODIES.

TUESDAY, 9/6

ONE CAN NEVER UNDERESTIMATE THE VALUE OF DRESSING FOR SUCCESS, AND TODAY WE HAVE TIPS ON LOOKING YOUR BEST.

WEDNESDAY, 9/7

HE WAS KNOWN BEST AS THE POMPOUS 'J. PETERMAN' ON "SEINFELD," HE ALSO A FINALIST ON "DANCING WITH THE STARS," AND HE HOSTED TELEVISION'S "FAMILY FEUD," WE WELCOME JOHN O'HURLEY.

THURSDAY, 9/8

CELEBRITY FITNESS PRO JOEY THURMAN IS TALKING BACK TO SCHOOL NUTRITION FOR THE KIDS.

FRIDAY, 9/9

MOMMA CUISINE, JOHANNA MIRUP JOINS US WITH EASY RECIPES THAT KIDS CAN MAKE TO HONOR GRANDMA AND GRANDPA ON GRANDPARENTS DAY.

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