

MEDIA CONTACT LIST - TV



524 West 57th St #8
New York, NY 10019-2924
212-975-4321
www.newyork.cbslocal.com

Karen Harris – Booker/Producer
WCBS/WLYN
212-975-4571
karenh@cbs.com

Veronica Rosario – Producer
WLNY TV 10/5
212-975-6707 Direct
917-543-7793 Cell
vrosario@cbs.com

CBS2 News program also features occasional segments on fashion, food, health & other general interest topics. WBCS-TV is the CBS affiliate for the NYC market. The station is owned by CBS Television Stations. WCBS-TV broadcasts locally on Channel 2.



WCBS
524 W 57th St #8
New York, NY 10019-2924

“CBS 2 NEWS THIS MORNING”

Mary Calvi, Lisa Kerney & Rob Morrison - Anchors



WNBC-TV NBC STUDIOS
30 Rockefeller Plaza Studio 3-C
New York, NY 10112
212-664-4444

“Saturday Today in New York”

Jackie Marrero - Producer
Erika Trantal - Anchor

PARKING: Enter at 49th or 50th St marquee between 5th & 6th Avenues. You will see a sign that says NBC Studios, Rainbow Room Observation Deck. Go to the “studio elevators” visitor's center. Tell the security guard you're going to the 3rd Floor, Studio 3-C



NBC UNIVERSAL – CT
1422 New Britain Ave
West Hartford, CT

Shirley Chan – Reporter/Anchor
860-313-4295 Office
860-622-1956 Cell
860-313-6300 Emergency #
Shirley.Chan@nbcuni.com



THE MEREDITH VIEIRA SHOW
WNBC-TV NBC STUDIOS
30 Rockefeller Plaza Studio 6-A
New York, NY 10112



BETTER SHOW
805 3rd Ave 22nd Fl
New York, NY 10022
Main No: 212-499-2200
www.BetterTV.com

JD Roberto & Kristina Behr – Hosts

Michelle Hayden – Producer
Email: Michelle.Hayden@meredith.com
(Office) 212-499-1577
(Cell) 646-491-2802

Beth Cochran – Show Runner/Supervising Producer of The Better Show

The Better Show, a nationally syndicated lifestyle TV program, aims to make your life "Better" by focusing on Easy Recipes and Low Cost Meals, Beauty Breakthroughs, Money Matters, Health and Wellness, Sex, Decorating and all hot topics that affect your family and relationships.



OPRAH WINFREY NETWORK
 Harpo Studios
 110 N Carpenter St
 Chicago, IL 60607



Melissa Dunst 212-522-4585



DR OZ

Barbara Simon - Producer
 212-259-1644
bsimon@zoco.com

Maria Poulos – Unit Publicist
 212-259-1654

Ann Varnell - Producer
 212-259-1579
avarney@zoco.com

Greg Tufaro - Producer
gtufaro@zoco.com



THE ELLEN DEGENERES SHOW
 4000 Warner Blvd. Bldg. 19
 Burbank, CA 91522

Chris Cavell
 818-954-6707



FOX NEWS CHANNEL
 1211 Avenue of the Americas
 New York, NY
<https://www.foxnews.com/on-air/fox-and-friends/index.html>
[@foxandfriends](#)

“FOX & Friends”

Phone: 212-301-3800

Brian Kilmeade, Elisabeth Hasselbeck & Steve Doocy – Anchors

NATIONAL – Show highlights news, weather, sports, entertainment and health. Features an ensemble cast of hosts who talk with a mixture of celebrities, authors, medical experts, fitness gurus and journalists. FOX News Channel is a basic cable news service covering breaking news, as well as political, entertainment and business news. The network offers live updates every 30 minutes, 24 hours a day. The network also features interviews with newsmakers.

FOX – CHARLOTTE

“Fox News Rising”

Reid Sartin – Executive Producer
704-372-1800

FOX – NY

Donna Sweeney
Donna.sweeney@foxtv.com

FOX 5

“Good Day New York”

Linda Simidian – Segment Producer
212-452-555?
Linda.Simidian@foxtv.com

4:30 – 10:00 am (also covers NJ)

FOX 17 – NASHVILLE, TN

“TN Mornings”

Deb Williams – Segment Producer
615-259-5617
Deb.Williams@sbgnnet.com

On from 5 – 9 am with segments

FOX 25

Erika Lancaster

FOX 29 – W. PALM BEACH, FL
No morning show
561-845-2929

(only a 10 pm newscast)

FOX 13 – TAMPA, FL
WTVT-TV (FOX) Studios
3213 West Kennedy Blvd
Tampa, FL 33609
www.myfoxtampabay.com

“Good Day Tampa Bay”

Anne Dwyer & Russell Rhodes - Anchors

Lori Boex – Planning Editor/Producer
813-870-9630

Tampa/St Petersburg, FL. Program reporting the latest news, weather and sports along with features about local events, food, health and fashion WTVT-TV broadcasts locally on Channel 13.

FOX 61 – HARTFORD, CT

“CT Morning News”

Deena Stavola – Segment Producer
860-727-0082

Show on until at least 9 am

WBFF FOX TV 45
2000 w 41ST St
Baltimore, MD 21211
www.foxbaltimore.com

“Sunday Morning Show”

Dori Olmos – Contact Person
Newsroom #: 410-467-5595

Channel 45 - WBAL and WJZ are very close nearby, so be sure that you are at WBFF/Fox45. When you arrive off-hours, please press the intercom button next to the front door. This rings a producer in the control room who will see that someone opens the door for you.



NEWS12 CT
28 Cross St
Norwalk, CT 06851
203-849-1321

“12 on Health”

Amy
203-750-5744
Nicole Thompson – Producer 12 on Health
203-849-1321
nthompson@news12.com

Carmela Williams – Newsroom Coordinator
Cwillia1@news12.com

Gillian Neff – Host
203-750-5744



NEWS12 NJ
450 Raritan Center Pkwy
Edison, NJ 08837

“To Your Health”

Prashanthi Musapet – Contact Person
Dr Derrick DeSilva - Interviewer



WTNH-TV (ABC) Studios
Hartford-New Haven, CT
8 Elm Street
New Haven, CT 06510
<http://www.wtnh.com>

Jeff Valin & Chris Velardi - Hosts
Jocelyn Mamita – Health Reporter

“Good Morning Connecticut Weekend”

Sonia Bahgaddy
203-784-8800 x8224
203-444-1317 Cell

Meghan Yost
Producer & MMJ **CT STYLE | WTNH News 8**
203.784.8940
Meghan.Yost@wtnh.com

Sue Evans
Kate Sparrow 203-784-8800 x8209
Kirk Varaven 203-784-8800 x8830
Jason Knight 203-784-8943
Joe Decaro 203-784-8243
Janet Lopes 203-784-8243
Christie Barclay 203-784-8243



WFSB
Cara



Mindy Grossman – Chief Executive Officer	1-727-872-1000
Brad Bohnert – Director of Public Relations & Media Relations	1-727-872-7515
Bill Brand – EVP of Programming, Marketing & Business Development	1-727-872-1000
Peter Ruben – Executive Vice President of Affiliate Relations	1-727-872-1000
Robert Solomon – Executive Vice President of Operations	1-727-872-1000
Brian Bradley – Executive Vice President, HSN.com	1-727-872-1000
Jennifer Moch – Public Relations Specialist	1-727-872-7947
Rebecca Jimenez – Senior Producer Writer	1-727-872-1000
Mia Carbonell – Vice President of Corporate Communication	1-727-872-4084
Amber Minson – Vice President of Multi-Channel Marketing	1-727-872-1000



WATC-TV
 1862 Enterprise Dr
 Norcross, GA
www.watc.com

“Friends and Neighbors”

Greg West
 770-300-9828

Krista W
 612-790-0872

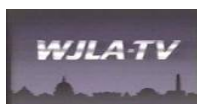
NATIONAL Cable – Channel 57

WTIV
 1422 New Britain Ave
 West Hartford, CT 06110
www.nbcconnecticut.com

“Saturday Morning Show”

Samantha Plourde
 860-313-6300

LOCAL Television – Channel 57



WJLA-TV (ABC)
 News Channel 8: TBD TV Studios
 (Cable News Network)
 1100 Wilson Blvd Ste 601
 Arlington, VA 22209

“Let’s Talk Live”

www.tbd.com

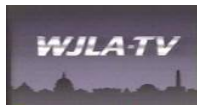
Natasha Barrett & Melanie Hastings - Anchors
Washington D.C.

Phone: 703-647-7999

Let's Talk Live is a show focused on entertainment, style, fitness & health topics. It is the only live and local talk show in Washington, D.C. hosted by award winning journalists Natasha Barrett and Melanie Hastings. It keeps the pulse on what's happening, what's in and what makes the Capital City really tick. The show thrives on welcoming live guests who live in and visit D.C.

News Channel 8 and TBD TV is a regional cable network in affiliation with ABC TV (WJLA-TV) serving the Washington, D.C. metro area's 24 hour local news source. It provides community based, solution-oriented news coverage to more than one million cable television homes in suburban Maryland, Northern Virginia and Washington, DC. It differs from traditional TV news coverage because it allows 24-hour access to news and information in a non-sensationalized manner.

Parking: There is a pay parking garage underneath the building with 2 entrances on Wilson Blvd, a half block south of the Wilson and Lynn St intersection. Take the elevator up to floor "LM". If the parking attendant says the garage is full, tell them you are a live guest on NewsChannel 8.



WJLA-TV (ABC)
Washington, DC
www.wjla.com

"Good Morning Washington"

Scott Thuman – Reporter
Cynne Simpson – Report
Sara Van Aernum - Producer

Good Morning Washington is a daily morning show. It covers news as well as feature topics such as entertainment, health and technology. WJLA-TV is the ABC affiliate for the Washington, DC market. The station is owned by Allbritton Communications Co. WJLA-TV broadcasts locally on Channel 7.



WFLA-TV (NBC) Studios
200 S Parker St
Tampa, FL 33606
www.wfla.com
[@wflatampa](https://twitter.com/wflatampa)

"News Channel 8 Today"

Phone: 813-228-8888

Rod Carter - Anchor

WFLA-TV is the NBC affiliate for the Tampa/St Petersburg market. The station is owned by Media General, WFLA-TV broadcasts locally on Channel 8/



RETRO TELEVISION NETWORK
WFLA-TV (NBC)
200 S Parker St
Tampa, FL 33606
<http://www.daytimeonline.tv>

“Daytime”

Phone: 813-221-5700

Cyndi Edwards & Jerry Penacoli - Anchors
Deanna George – Producer
813-314-5338
dgeorge@wfla.com

Emergency Phone # Day of: 813-221-5700 (ask for your daytime producer by name)
Dubbing Service: 800-799-8881 (copy of the show you're on)
Producer: Deanna Moore

NATIONAL- Syndicated to 114 stations. Daytime TV airs on NBC (WFLA-TV) in the Tampa market and also to 114 stations across the country. Daytime is geared towards daily lifestyles and entertainment content.

Visitors parking lot is directly opposite the main walkway to (and across the street from) the NewsCenter. The lot is in the 200 Bldg, to the left of the breezeway.



WFTS-TV (ABC)
Brian McEwan Home
8907 Brookway Cir
Tampa, FL 33635
<http://www.abccactionnews.com>
[@abccactionnews](https://www.instagram.com/abccactionnews)

“ABC Action News at 5 PM”

Linda Hurtado – Heath Reporter

Linda Hurtado has won eight Emmy's. WFTS-TV is the ABC affiliate for the Tampa/St Petersburg market. The station is owned by E.W. Scripps Co. WFTS-TV broadcasts locally on Channel 28



WTVJ-TV (NBC)
NBC 6 Miramar Studio
15000 SW 27th St
Miramar, FL 33027
www.nbcmiami.com

“NBC 6 In the Mix”

Phone: 954-622-6000

Roxanne Vargas – Anchor
Lourdes Reigosa – Producer

WTVJ-TV is the NBC network affiliate for the Miami/Ft Lauderdale, FL market. Live daily show featuring entertaining news on events happening in and around South Florida. Featured segments include cooking, fashion, health, beauty, author interviews, celebrity interviews, movie reviews and more. The station is owned by NBC Universal. WTVJ-TV broadcasts locally on Channel 6.

The studio is located in Southwest Broward County at the Miramar Parkway exit off I-75. DO NOT USE Google Maps, Mapquest or a GPS. It will direct you to a dead end).

From downtown Miami: I-95 North to 199th St. Exit west through the toll, onto Gratigny Parkway West. Take I-75 North. Exit Miramar Pkwy East. Turn left at first stoplight, onto SW 148th Ave. Turn left at end of the street onto SW 27th St/Peacock Plaza.

From Ft Lauderdale/Hollywood Int'l Airport: Take I-595 West to I-75. South on I-75. Exit Miramar Pkwy East. Turn left at first stoplight, onto SW 148th Ave. Turn left at end of street onto SW 27th Street/Peacock Plaza.

Once you get there: Guests must use the “call button” when arriving at the station’s gate. Once admitted, you may park anywhere. At lobby doors you will also find “call button”. The receptionist will issue a visitor pass.



WUSA-TV (CBS) Studios
4100 Wisconsin Ave. NW
Washington, DC 20016
www.wusa9.com

“9 News Now at 6 AM”

Phone: 202-895-5999

Mike Hydeck & Andrea Roane – Anchors
Anetra Gaines - Producer

WUSA-TV is the CBS affiliate for the Washington, DC market. The station is owned by Gannett Broadcasting. WUSA-TV broadcasts locally on Channel 9.

Park in circular driveway. Security will buzz you in the studio.



WKOB-TV (IND)

“The Growing Bolder TV Show”

“The Daily Buzz”

Skype Interview Directions:

Growing Bolder’s address: [The_Daily_Buzz](#)

Hosts: Marc Middleton & Bill Shafer

Producer: Jill Middleton

Lisa can accept a test call to perform a quick video and audio check. Lisa will need to mute her computer microphone and call 407-671-6475. The station will actually route the audio through their phone line for a more crisp and stable sound.

NATIONAL -Growing Bolder TV first launched on national public/PBS stations in September 2010 and was quickly picked up by Create, one of the country’s top networks for lifestyle and inspirational programming. You can still find episodes on PBS today, but in July of 2013, we added to our lineup with a new program offered to commercial cable and over-the-air networks. www.growingbolder.com

The commercial program has the same message as the public program—that it’s not about age; it’s about attitude, but allows us to interview some of the biggest and most interesting people in the world, and to bring you the lifestyle tips and tricks that we think lead to a happier and more fulfilling life.

What is Growing Bolder? We need your help in answering that question. What does it mean to you? How are you Growing Bolder?

Stations: WOCC-TV (FOX) Chicago, IL, WTVE-TV (IND) Philadelphia, PA, KAZD-TV (IND) Dallas, TX, WANN-TV (IND) Atlanta, GA, KLPD-TV (IND) Denver, CO, KTMW-TV (IND) Salt Lake City, UT, WGGS-TV (IND) Greenville, SC & Asheville, NC, KPVM-TV (ION) Las Vegas, NV, WKYW-TV (IND) Louisville, KY, KHPK-TV (IND) Corpus Christi, TX, KFLA-TV (IND) Bakersfield, CA, KGPT-TV (IND) Wichita-Hutchinson, KS, WLFT-TV (IND) Baton Rouge, LA, WFSU-TV (PBS) Tallahassee, FL, WPGA-TV (IND) Macon, GA, KLWB-TV (WB) Lafayette, LA, KBCA-TV (CW) Lafayette, LA



WBAL-TV NBC CH 11
3800 Hooper Ave
Baltimore, MD 21211
www.wbaltv.com

“Weekend Morning Show”

Eliza Bulley – Contact Person
Direct #: 410-338-6507

Studio #: 410-467-3000



WCBS-TV (CBS)
WLNY-TV (CBS)
www.wlnyt.com/thecouch
@wlnyt

“Live from the Couch”

CBS Studios
535 W 56th St
Loading Dock Entrance
New York, NY 10019

Phone: 212-975-4154

John Elliot, Caroline Bermudez & Lisa Kerney – Hosts
Karen Harris - Producer

The morning program features a mix of news, talk, lifestyle and entertainment. WLNY-TV is an independent station for the New York market. The station is owned by CBS Television Stations. WLNY-TV broadcasts locally on Channel 55. The station merged with WCBS-TV in June 2012

Tell guard you're there for “Live from the Couch” at WLNY/WCBS

Where to Go: 535 W 56th St – FREIGHT ENTRANCE
All must have photo ID's and List (First/Last Name) of any guests accompanying you.

MEDIA CONTACT LIST - RADIO



SIRIUS XM RADIO
www.siriusxm.com

"Today's Black Woman"

Jennifer Keitt – Host

Station calls Lisa at: 203-847-7060
Back-up HOTLINE #: 404-314-4646*

* If the station does not call at the designated time, please call this back-up line

The format of the station is urban adult contemporary. Today's Black Woman radio show reaches over 1,000,000 listeners in a week in cities around the country; including Atlanta & XM Satellite Radio. Jennifer covers the subjects today's women are most concerned about—relationships, emotional stability, financial empowerment, health & beauty, fitness and more. This radio station has become a source of daily inspiration for almost 2 decades. WALR-FM is a commercial station owned by Cox Media Group, Inc. and broadcasts to the Atlanta area at 104.1FM <http://jenniferkeitt.com/go/index.cfm/b=tbw-radio-show>, www.kiss1041fm.com

SIRIUS XM RADIO – CH 106
www.siriusxm.com

"Judith Reagan Show"

Judith Reagan – Interviewer
James Capelonga – Contact Person

Main #: 212-584-5100
Studio #: 646-313-6036

Need to be on a landline for the interview. The producer will not allow cell phones to be used.



WHPC-FM

"Herbally Yours"

Ellen Kahmhi – Host

Station calls Lisa at 203-847-7060

Back-up Hotline #:

*If station does not call at designated time, call this

Program focusing on the latest news and trends in natural health, as well as alternative medicine. WHPC-FM is a non-commercial college station owned by Nassau Community College. The format of the station is variety. WHPC-FM broadcasts to the Garden City, NY area at 90.3 FM.



WMML-AM (1230)
Public Affairs Program
Albany/Schenectady/Troy, NY

“Community Issues”

Tim Celeste – Host

Lisa calls station at: 518-793-7733

This public affairs program includes interviews with local personalities with a focus on both minor and major concerns in the community. The format of the station is sports and airs locally at 12:30 am. WMML-AM is a commercial station owned by Pamal Broadcasting Ltd.



WPLR

Megahn Doll 860-478-7512
HOTLINE #: 203-877-2269



WTBQ-FM (93.5) / WTBQ-AM (1110)

“The Frank Truatt Morning Show”

Frank Truatt – Host

Lisa calls station at: 845-986-7760

The format of the station is talk. WTBQ-AM broadcasts to Florida, New York area
Listen live: www.wtbq.com



ISSUES TODAY RADIO NETWORK

“Issues Today with Bob Gourley”

Bob Gourley – Host

Station calls Lisa at: 203-847-7060

Back-up HOTLINE #: 888-656-1324* or 310-519-1324*

* If the station does not call at the designated time, please call this back-up line.



REPUBLIC BROADCAST NETWORK

“Healing Our World”

Mary Tocco – Host

www.marytocco.com

Station calls Lisa at: 203-847-7060

Back-up HOTLINE #: 800-724-2719* or 231-642-7984

* If the station does not call at the designated time, please call this back-up line

NATIONAL – Healing Our World radio program focuses on natural, non-invasive health care treatments that will help people promote health naturally. The show features interviews with leaders in the natural health care arena, authors, researchers and people who are working to make this world a better place. The goal is to empower people to be their own doctor, make informed health decisions and to avoid the toxic medical mafia as much as possible. Streams live at: www.republicbroadcasting.org



RADIO AMERICA/SERIOUS RADIO

“Mom Talk Radio”

Mary Bailey – Host

Shauna Lewis – Contact Person

Station calls Lisa at: 203-847-7060

Back-up HOTLINE #: 703-302-1000 ext. 199*

* If the station does not call at the designated time, please call this back-up line

NATIONAL – Syndicated to 50 stations nationwide. Mom Talk Radio is the first radio talk show dedicated to real-life moms. Each week the host tackles issues important to moms, featuring expert guests with real-life answers. www.momtalkradio.com



WFME-FM (94.7)

289 Mt. Pleasant Ave

West Orange, NJ 07052

973-736-3600

www.wfme.net

“WFME Reports”

Jay Trelease – Host
Jason Frentsos – Producer

WFME – Family Stations. WFME-FM broadcasts to the West Orange, NJ area at 94.7FM. The program focuses on local and state politics, religion, consumer interest and education. WFME-FM is a non-commercial station owned by Family Stations, Inc. The format of the station is religious.



WFME-TV (Cable)

“Community Impact”

Jay Trelease – Host
Jason Frentsos - Producer

A public affairs show talking about events and issues in the community. WFME-TV is a religious television station located in West Orange, NJ broadcasting religious and educational programming locally on digital Channel 66. The station is owned by Family Stations, Inc. A Christian broadcast ministry based in Oakland, California. Operating independently 24 hours a day, WFME-TV broadcasts programming to the tri-state area both “over-the-air” and through various cable and satellite providers.



WUSB-FM (90.1)
www.wusb.fm

“Natural Alternatives”

Ellen Kamhi – Host

Station calls Lisa at: 203-847-7060
Back-up HOTLINE #: 631-632-6901*

* If the station does not call at the designated time, please call this back-up line.



TRI-STATE CONNECTION

“Let's Just Talk”

Kathryn Raaker – Host
www.kathrynraaker.com

Lisa calls station at: 602-254-2535
Station calls Lisa at: 203-847-7060
Back-up HOTLINE #: 513-941-0475*

* If the station does not call at designated time, please call this backup line

National – Syndicated to 18 radio stations across the country. Original radio program featuring discussion of the latest issues, topics from around the world and entertainment information suitable for the whole family. It also includes tips on health and wellness, fashion & technology. Tri-State Connection produces various radio and television programs covering topics such as; general interest, senior lifestyles and cooking.



PROGRESSIVE RADIO NETWORK

“The Natural Nurse with Ellen Kamhi and Dr Z”

Ellen Kamhi – Host

Dr Eugene Zampieron, ND – Host

Station calls Lisa at: 203-847-7060

Back-up HOTLINE #: 888-874-4888

Ellen Kamhi, PhD, RN, a-HNC, AHG, The Natural Nurse has been involved in Natural Medicine since 1973. Progressive Radio Network serves as an online radio station for visionaries and thinkers. Offers programming on the latest from progressive thinkers, including coverage of news, politics, health, women’s issues, philosophy...



WFME-FM (90.7)

“The Growing Bolder Radio Show”

NRP Affiliate

Orlando/Daytona Beach, FL

www.growingbolder.com

Hosts: Marc Middleton & Bill Shafer

Producer: Jill Middleton

Station calls Lisa at: 203-847-7060

Back-up HOTLINE #: 407-782-9072*

* If station does not call at designated time, please call this backup line

The program focuses on issues affecting the 50 and older population. The program is primarily geared toward those over age 50 who remain active.

Marc Middleton is one of the leading voices in the active lifestyle movement. Marc is a veteran news and sports anchor and multiple Emmy Award-winning reporter. Marc left TV news in 2006 to start the Bolder Media Group and Bolder Broadcasting, Inc.

Bill Shafer is an Emmy-nominated anchor, producer, lifestyle reporter and writer. Bill has inspired and entertained millions by proving that ordinary people have extraordinary stories. His aim-for-the-heart style was instrumental in his station winning the DuPont Award for Excellence in Journalism.

Listen Live: <http://radio.growingbolder.com/growing-bolder-radio-network-listen-live/>

NPR Affiliate Stations: KGLP-FM (91.7) Albuquerque, NM, KZCK-FM (88.1) Wichita-Hutchinson, KS, KZAN-FM (91.7) Wichita-Hutchinson, KS, KANZ-FM (91.1) Wichita-Hutchinson, KS, KZNK-FM (90.1) Wichita-Hutchinson, KS, KZNA-FM (90.5) Wichita-Hutchinson, KS, KCSE-FM (90.7) Denver, CO, KZNZ-FM (91.5) Amarillo, TX, KGUY-FM (91.3) Amarillo, TX, KTDH-FM (89.3) Amarillo, TX, KTOT-FM (89.5) Amarillo, TX, KJJP-FM (105.7) Amarillo, TX, KTXP-FM (91.5) Amarillo, TX



WENG-AM (1530)
Tampa/St Petersburg, FL
[Http://www.wengradio.com](http://www.wengradio.com)

"Morning Magazine"

Ken Kuenzi – Host

Station calls Lisa at: 203-847-7060
Backup HOTLINE#: 941-460-1530*

*If station does not call at designated time, please call this backup line

This show discusses local, regional and national topics and features listener call-ins. The format of the station is news, sports and talk. WENG-AM broadcasts to the Tampa, FL area. WENG-AM is a commercial station owned by Viper Communications Inc.



KSSI-FM (102.7)
<http://www.kssifm.com>

"Christine in the Morning"

Christine Williams – Host
Don Fredette - Producer

Lisa calls station at: 760-446-4765
Back-up #: 760-446-5774

Entertaining music program that features local events and humor. The format of the station is classic and album-oriented rock. KSSI-FM is a commercial station owned by Sound Enterprises. KSSI-FM broadcasts to the Ridgecrest, CA area at 102.7 FM.



KIXI-AM (880)
Seattle/Tacoma, WA
www.kixi.com
www.chatwithwomen.com

"Chat with Women"

Hosts: Rochelle Alhadeff & Pam Gray

Station calls Lisa at: 203-847-7060
Backup HOTLINE #: 425-653-9475*

*If the station does not call at the designated time, please call this backup line.

The format of the station is adult standards. The hosts, describing themselves as two women who have been there, done that and gotten the t-shirt, advise women in the areas of health, relationships, personal finances and more. The show features guests and conversations with listeners who call in. KIXI-AM is a commercial station owned by Sandusky Inc. KIXI-AM broadcasts to the Bellevue, WA area at 880AM.



KAJN-FM (102.9)
Lafayette, LA
www.kajn.com

“KAJN Talk”

Tiffany Richard – Host

Lisa calls station at: 337-783-1560

The format of the station is contemporary Christian music, news and talk. The host interviews people on a variety of topics important to and affecting local listeners. KAJN-FM is a 100,000-watt commercial station owned by Agape Broadcasting Foundation Inc. KAJN-FM broadcasts to Lafayette, LA AT 102.9FM.



WOCA-AM (1370)
WOCA-FM (96.7)
Orlando/Daytona Beach, FL
www.woca.com

“Health Matters”

Hosts: Larry Whitler & Robin MacBlane

Station calls Lisa at: 203-451-8766
Backup HOTLINE #: 352-351-2828*

* If station does not call at designated time, please call this backup line.

The format of the station is news and talk. The show features a variety of guest experts in different health topics.

WOCA-AM is a commercial station owned by Westshore Broadcasting Inc. WOCA-AM broadcasts to the Ocala, FL area at 1370AM.



WHUR-FM (96.3)
SIRIUS XM (Ch 141)
Washington, DC
<http://www.whur.com>

“Horizons”

Tyrone Stanley – Host

Station calls Lisa at: 203-847-7060
Backup HOTLINE #: 202-345-1375*

* If station does not call at designation time, please call this backup line.

Focus is on African-American and Latin-American women; focus on health tips on these populations. Horizons is a half-hour program that focuses on general health issues in the African American community. Host Tyrone Barksdale talks to experts in all fields of health and wellness to help the listener live a better lifestyle one step at a time. It features guest interviews and listener phone-in.

The format of the station is urban adult contemporary music. WHUR-FM is a commercial station owned by Howard University. WHUR-FM broadcasts to the Washington DC area at 96.3FM

SIRIUS XM Radio provides a wide variety of digital entertainment, broadcast live to cars or trucks with crystal clear reception and outstanding digital sound broadcast coast-to-coast. It broadcasts more than 300 channels of programming, including exclusive radio offerings from Howard Stern, Oprah, Opie & Anthony and Martha Stewart, among others.



KKNW-AM (1150)
Seattle/Tacoma, WA
www.conscioustalk.net

"Conscious Talk"

Brenda Michaels & Rob Spears – Hosts

Station calls Lisa at: 203-847-7060
Back-up HOTLINE #: 425-373-5527*

* If station does not call at designated time, please call this backup line.

The format of the station is news and talk. This show focuses on positivity and inspirational content related to health, personal growth, community, charity and spirituality. Besides inviting first-time guests for most episodes, the program also has a series of commentators who appear regularly each month to lead brief segments, such as; Divine Tuesday and Conscious Business Wednesday.

KKNW-AM is a commercial station owned by Sandusky Inc. KKNW-AM broadcasts to the Seattle area at 1150AM



WSRB-FM (106.3)
Chicago, IL
<http://www.soul1063radio.com>

Debra Rhodes – Host

Lisa calls station at: 708-957-0105
Back-up HOTLINE #: 219-933-4455

The format of the station is urban contemporary and R & B. WSRB-FM is a commercial station owned by Crawford Broadcasting Co. WSRB-FM broadcasts to the Chicago area at 106.3 FM.



REACH MEDIA INC.
www.blackamericaweb.com

“Tom Joyner Morning Show”

Tom Joyner, Sybil Wilkes & J. Anthony Brown – Hosts

Station calls Lisa at: 203-847-7060
 Back-up HOTLINE #: 972-239-5541 or 972-239-4256*
 *If station does not call at designated time, please call this backup line.

NATIONAL – Syndicated to 105 stations nationwide. Talk show heard in over 125 markets featuring Radio Hall of Fame personality Tom Joyner. The show delivers a combination of music, talk, sports, gossip and comedy bits. Tom gets the best in celebrity guests, such as; Bill Clinton, Spike Lee, Wesley Snipes, Babyface, Janet Jackson and Oprah Winfrey.



WGLS-FM (89.7)
 Philadelphia, PA
<https://healthisnumberone.com>

“Your Health Matters”

Craig Wax – Host
 Derek Jones – Producer

Lisa calls station at: 856-256-4489
 Back-up #: 856-256-4704

The format of the station is college variety. The show features discussions on various medical and health related issues. WGLS-FM is a non-commercial station owned by Rowan University. WGLS-FM broadcasts to the Glassboro, NJ area at 89.7 FM



WMGG-AM (1470)
 Tampa/St Petersburg, FL
<https://www.newstalkflorida.com/1470-talks/>
<https://seniorvoiceamerica.com/radio/>

“The Health, Wealth and Wisdom Program”

Evan Gold & Deb Goldman – Hosts

Station calls Lisa at: 203-847-7060
 Back-up HOTLINE #: 727-585-1470*
 *If station does not call at designated time, please call this backup line.

Senior Voice America unites seniors age 55+ with resources and activities in their communities. We bring you professionals like doctors, attorneys, financial planners and many other experts from around the Bay and around the country that will enlighten you to a host of topics.

“The Health, Wealth and Wisdom Program” is probably one of the most well rounded shows for th 40 plus population on WMGG-AM 1470. WMGG-AM is a commercial station owned by Genesis Communications Inc. WMGG-AM broadcasts to the Tampa, FL area at 1470 AM.



ONE LIFE RADIO (1190 AM)
Dallas, TX
www.dfw1190am.com

“Health, Wealth and Happiness”

Maria Spriggs – Contact Persn
214-787-1190

KFWB-AM (980)
Los Angeles, CA
<https://kfwbam.com>
@KFWB

“Food & Wine with Chef Jaime Gwen”

Chef Jaime Gwen – Host
@ChefJaime Gwen

Lana Sills – Producer

Lisa calls station at: 949-718-9000
Back-up #: 949-554-4900

Jaime Gwen is a celebrity chef, certified Sommelier, Lifestyle Expert and four-time cookbook author who can be seen stirring up something delicious on television, on the radio and in print coast-to-coast for more than a decade. She brings the best to radio with her weekly syndicated radio show, filled with delicious conversation on all things culinary. Heard every Sunday on 72 radio stations across the country and in Southern California on KFWB News Talk 980

Her recent victory on the Food Network’s new show “Cutthroat Kitchen” has brought even more acclaim to Chef Jaime’s California comfort food and her simple seasonal approach to making every day more delicious. Jaime’s most recent cookbook titled “Good Food for Good Times 2” is now available as an eBook and has been featured on The Talk, Emeril Live and Martha Stewart.



KIKK AM 650/FM 97.5
Houston, TX
www.kiki.cbslocal.com

“Houston Weekend”

Abbi Rhodes – Contact Person
Mystic Matthews - Interviewer

Lisa calls station at: 979-836-9411 (you will be directed to studio line)
Back-up #: ?
612-798-7220 (if you cannot get through on studio line or back-up line call this number)

MEDIA CONTACT LIST – PRINT/MAGAZINES

AMAZING WELLNESS
Amazingwellnessmag.com

Vera Tweed – Writer
vera@tweed.com

Vera will call Lisa at: 203-451-8766
As a backup you can reach Vera at: 310-820-0707

NATIONAL – Amazing Wellness focuses on motivating consumers to use healthier products in their daily lives. Covers nutritional supplements, natural foods and recipes, the latest research, natural beauty, eco-friendly products and fitness. The magazine is also distributed in Vitamin Shoppes nationwide.

HEALTHY LIVING MAGAZINE
Candita Mamet – Editor
781-834-2728
mmamet@verizon.com

E-Magazine & Calendar

Note: Mark Mincolla works closely with her

WESTCHESTER MAGAZINE

Lori Yarnell 914-345-0601 x16

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National Market
On-line Version, published daily
www.Usnews.com

“Health and Fitness”

Laura McMullen – Interviewer
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“Kinko’s Healing Revolution”

<http://graceearth.com>

Phone: 856-359-4232

Kinko Hamilton – Host

Kinko is a Self-Healing Mentor, specializes in usage of Medical Aromatherapy and Reiki Healing. Everything she teaches are something that anyone can learn and start practicing immediately

This show is very interactive on-line, so the host would like you to promote your appearance on the following outlets:

Twitter Handle: <https://twitter.com/KinkoHamilton>

FB Page: <https://www.facebook.com/KinkoHamilton>

FB Company Page: <https://www.facebook.com/Graceearth>

FB Radio Page: <https://www.facebook.com/pages/TALK-Exchange-RADIO/259281144201004/R43R=ts>

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