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The Mix

The Mix presents a unique up-to-date perspective on a variety of issues concerning women. Hosted by Leslie Leyton and Bridget Kelly, this upbeat, stylish show features dynamic guests focusing on everything from relationships to health issues and delves into family, fitness & fashion and much, much more. the Mix airs Monday through Friday at 5:30 p.m., Wednesdays at 10:30 p.m., Saturdays at 7:30 a.m. & Sundays at 9:30 a.m.

Airing Schedule, please check below for an exact episode airing schedule.



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
9:30 a.m.	5:30 p.m.	5:30 p.m.	5:30 p.m. 10:30 p.m.	5:30 p.m.	5:30 p.m. 11:30 p.m.	7:30 a.m.



Current and Upcoming Shows

Single Parenting

There are 11.9 million single parents in the US. And 28% of all children in the US under 18 live with one parent. What are some of the issues that single parents are dealing with? It's common to talk about single-parent family problems and their disadvantages to children. This can lead some single parents to think there is little they can do to have a successful family. That's not so. On this edition of the MIX, Ann Corwin, "The Parenting Doctor" will discuss the issues of single parents and how to make their living situations work for their children.

Guest Information

www.TheParentingDoctor.com

Airing Schedule:

Date		Time
Monday	March 6th	5:30 p.m.
Wednesday	March 8th	10:30 p.m.
Wednesday	March 15th	5:30 p.m.
Sunday	March 19th	9:30 a.m.
Tuesday	March 21st	5:30 p.m.
Friday	March 24th	5:30 p.m.
Saturday	March 25th	7:30 a.m.
Monday	March 27th	5:30 p.m.
Wednesday	April 1st	10:30 p.m.
Thursday	April 2nd	5:30 p.m.

Is Your Home Healthy

Is your home making you sick? The EPA states that indoor air pollutants are 3 to 70 times higher than outdoor air. Learn how to identify and eliminate hidden toxins in your home in 10 easy steps. We'll also discuss children's increased vulnerability to environmental toxins in the home.

Guest Information

www.GreenNest.com

www.CHECnet.org

Airing Schedule:

Date		Time
Wednesday	March 8th	5:30 p.m.
Saturday	March 11th	7:30 a.m.
Monday	March 13th	5:30 p.m.
Wednesday	March 15th	10:30 p.m.
Thursday	March 16th	5:30 p.m.
Wednesday	March 22nd	5:30 p.m.
Sunday	March 26th	9:30 a.m.
Tuesday	March 28th	5:30 p.m.
Friday	April 3rd	5:30 p.m.
Saturday	April 4th	7:30 a.m.

Jill Hodges ? Losing a Leg is No Obstacle for Her

At the age of eleven she lost her left leg to bone cancer, but that didn't stop Jill Hodges from participating in competitive cycling. She currently trains with the Leukemia & Lymphoma Society's Team in Training and is about to complete her third "century" this fall. This junior high school teacher is an inspiration to her students and takes her disability to a new level by cycling, skiing, hiking up Half Dome, bungee jumping and more.

"For more information on Jill's effort to raise money for The Leukemia & Lymphoma Society":

<http://www.active.com/donate/tntors/tntorsJHodges>

For More Information on "Team In Training"

<http://www.active.com/donate/tntors>

Airing Schedule:

Date		Time
Friday	March 10th	5:30 p.m.
Sunday	March 12th	9:30 a.m.
Friday	March 17th	5:30 p.m.
Saturday	March 18th	7:30 a.m.
Monday	March 20th	5:30 p.m.
Wednesday	March 22nd	10:30 p.m.
Thursday	March 23rd	5:30 p.m.
Wednesday	April 1st	5:30 p.m.
Sunday	April 5th	9:30 a.m.