



**Airs Week Of:**  
**JULY 11TH, 2022**

**CLOSED CAPTIONED**  
**TV-PG**

**EPISODE #286**

	<u>SEGMENT</u>	<u>RUN</u>
<b>OPENING / SEGMENT ONE</b>	09:16	00:00
<b>COMMERCIAL BREAK ONE</b>	02:30	09:16
2:00 NACI29767H NANO HEARING AID / 800.780.9767		
:30 <i>Black For Local</i>		
<b>SEGMENT TWO</b>	05:36	11:46
<b>COMMERCIAL BREAK TWO</b>	02:30	17:22
:60 SLIP1490163H MYPILLOW / 800.881.0163		
1:30 <i>Black For Local</i>		
<b>SEGMENT THREE</b>	04:27	19:52
<b>COMMERCIAL BREAK THREE</b>	02:00	24:19
:30 CLMR303958H CAMP LEJEUNE / 800.477.3958		
1:30 <i>Black For Local</i>		
<b>SEGMENT FOUR (CLOSING CREDITS)</b>	03:11	26:19
<b>TOTAL RUNNING TIME:</b>		29:30

Please contact JOHN (jmorro@pmi.tv) or AUTUMN (autumn@pmi.tv) at PMI #412.281.5900 with any questions regarding this program.

This info can also be downloaded by using this direct link:

<https://pmi.tv/show/nashville-insider/>