



Airs Week Of:
19-Dec-22

CLOSED CAPTIONED
TV-PG

EPISODE # 309

	<u>SEGMENT</u>	<u>RUN</u>
OPENING / SEGMENT ONE	09:19	00:00
COMMERCIAL BREAK ONE	02:30	09:19
2:00 NAC129767 Nano Hearing 800-780-9767		
:30 <i>Black For Local</i>		
SEGMENT TWO	04:30	11:49
COMMERCIAL BREAK TWO	02:30	16:19
:60 GE60199881H HEALTHWORKS OMEGA XL 800-819-9881		
1:30 <i>Black For Local</i>		
SEGMENT THREE	04:47	18:49
COMMERCIAL BREAK THREE	02:00	23:36
:30 LPEA306958H LegXercise 800-773-6958		
1:30 <i>Black For Local</i>		
SEGMENT FOUR (CLOSING CREDITS)	03:54	25:36
TOTAL RUNNING TIME:		29:30

Please contact B.C. (bcello@pmi.tv) (412) 495-0153 or MONICA (monica@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/>