



Airs Week Of:  
10/24/2022

CLOSED CAPTIONED  
TV-G

102 - It's About Time...or Lack Thereof

	<u>SEGMENT</u>	<u>RUN</u>
<b>OPENING / SEGMENT ONE</b>	05:11	05:55
<b>COMMERCIAL BREAK ONE</b>	02:02	07:13
1:00 MJNC609764H JOE NAMATH / (800) 593-9764		
1:02 <i>Black For Local</i>		
<b>SEGMENT TWO</b>	12:23	19:36
<b>COMMERCIAL BREAK TWO</b>	02:02	21:38
1:00 NACI602857H NANO HEARING AIDS / (800) 341-2857		
1:02 <i>Black For Local</i>		
<b>SEGMENT THREE</b>	03:12	24:50
<b>COMMERCIAL BREAK THREE</b>	03:02	27:52
1:00 MJNC609764H JOE NAMATH / (800) 593-9764		
:30 LPEB302412H LEGXERCISE / (800) 385-2412		
1:32 <i>Black For Local</i>		
<b>SEGMENT FOUR (CLOSING CREDITS)</b>	00:38	28:30
<b>TOTAL RUNNING TIME:</b>		28:30

Please contact B.C. (bcelello@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/fit-n-delicious/>