



Airs Week Of:
10/10/2022

CLOSED CAPTIONED
TV-G

105 - If you Rest...you Rust

	<u>SEGMENT</u>	<u>RUN</u>
OPENING / SEGMENT ONE	06:26	06:26
COMMERCIAL BREAK ONE	02:02	08:28
1:00 MJNY609764H JOE NAMATH / (800) 593-9764		
1:02 <i>Black For Local</i>		
SEGMENT TWO	07:30	15:58
COMMERCIAL BREAK TWO	02:02	18:00
1:00 NACI602857H NANO HEARING AIDS / (800) 341-2857		
1:02 <i>Black For Local</i>		
SEGMENT THREE	07:04	25:04
COMMERCIAL BREAK THREE	03:02	28:06
1:00 MJNY609764H JOE NAMATH / (800) 593-9764		
:30 LPEB302412H LEGXERCISE / (800) 385-2412		
1:32 <i>Black For Local</i>		
SEGMENT FOUR (CLOSING CREDITS)	00:24	28:30
TOTAL RUNNING TIME:		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/>