



news release

Contact: Diane Steinert, Communications Coordinator
330-677-4549 or dsteinert@WesternReservePublicMedia.org

FOR IMMEDIATE RELEASE

Start the Year Right With Wellness Programs on Western Reserve PBS

KENT, Ohio — Dec. 22, 2010 — The weather outside may be frightful but Western Reserve PBS has a way for viewers to celebrate their health and wellness from the comfort of their homes. Tune in to Western Reserve PBS WNEO.1/WEO.1 on Saturday, Jan. 1, and Sunday, Jan. 2, for the following back-to-back “Start the Year Right” programs.

Saturday, Jan. 1

- 8:00 a.m. **Joel Harper’s Firming After 50** — The celebrity and personal trainer shows how to stretch, tone and firm with no equipment.
- 9:00 a.m. **The Road to Perfect Health With Brenda Watson** — The digestive care specialist says all health ailments are linked to an imbalance in the digestive system.
- 10:30 a.m. **Easy Yoga for Arthritis With Peggy Cappy** — Gain arthritis relief through the practice of yoga.
- 11:30 a.m. **ADD and Loving It?!** — Actor Patrick McKenna is after the truth about ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder).
- 1:00 p.m. **Jillian Michaels: Master Your Metabolism** — America’s toughest trainer shows how to rebalance energy and hormones for effortless weight loss.
- 2:30 p.m. **Back Care Basics: Yoga for the Rest of Us** — Peggy Cappy demonstrates stretches and exercises that promote strong, healthy back muscles.
- 3:30 p.m. **Jack LaLanne’s Forever Young** — The original American icon of health and wellness demonstrates that it is never too late to start feeling and looking better.
- 5:00 p.m. **Change Your Brain, Change Your Life** — Dr. Daniel Amen shares 10 steps to help you live longer, look younger and lower your risk of cancer.
- 6:30 p.m. **Tackling Diabetes With Dr. Neal Barnard** — The health advocate shares his proven system for taking control of diabetes through nutrition.

-more-



Sunday, Jan. 2

- Noon **This Emotional Life: Rethinking Happiness** — Research indicates that we often incorrectly predict what will bring greater happiness.
- 2:30 p.m. **Lower Your Taxes! Now and Forever With Ed Slott** — The renowned tax advisor answers pressing viewer retirement questions.
- 4:30 p.m **Brain Fitness: Peak Performance** — Research experts reveal how our brain reacts to changes, environments and situations.
- 6:00 p.m. **Easy Yoga for Arthritis With Peggy Cappy** — Gain arthritis relief through the practice of yoga.

About Western Reserve Public Media

Western Reserve Public Media (formerly PBS 45 & 49) is owned and operated by Northeastern Educational Television of Ohio, Inc., a private, nonprofit corporation and consortium of Kent State University, The University of Akron and Youngstown State University. A trusted community resource, Western Reserve Public Media uses the power of commercial-free television and related services to enrich the lives of people through high-quality programming and educational services that teach, illuminate and inspire.

Western Reserve PBS, a service of the organization, is the only broadcast television service that reaches all of northeast Ohio. It is available to 1.8 million households and 4.4 million people in the Cleveland and Youngstown designated market areas. In an average week, over 500,000 households tune in. The organization also operates three standard definition channels, Fusion (WNEO.2/WEAO.2), MHz Worldview (WNEO.3/WEAO.3) and V-me (WNEO.4/WEAO.4).

Through funding from eTech Ohio, Western Reserve Public Media provides K-12 educational technology training and instructional television programming to 21,500 educators and 256,700 students in eight Ohio counties. For more information about the organization, visit www.WesternReservePublicMedia.org or call 1-800-554-4549.

##