

to your health

Hosted by Portland Helmich, this new NET TV original program is a health-focused talk show, covering everything from heart disease to diabetes, depression to aging, and how to live a healthier lifestyle.

Upcoming episodes

May 2: Diabetes

May 9: Gut Health

May 16: Food Allergies



NEW EPISODES
TUESDAYS AT 8 PM
www.netny.tv/toyourhealth

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Optimum 30
Spectrum 97

