

## Healthy Living Clocks

**Sunday 18:00 to 21:00 - EST or EDT when applicable**

<b>19:00 to 21:00</b>	<b>Cmd</b>	<b>Description</b>	<b>Satellite 102 &amp; 104</b>
:00:00	-	<b>LOCAL</b> News Theme window	
:00:07	-	<b>News – refer to the separate news schedule for relevant commands</b>	
:07:00	-	Show starts/resumes on theme	
:20:00	1	<b>LOCAL</b> 3:10 commercial break window	
:30:00	1	<b>LOCAL</b> 3:10 commercial break window	
:40:00	1	<b>LOCAL</b> 3:10 commercial break window	
:50:00	1	<b>LOCAL</b> 3:10 commercial break window	
:59:50	4	<b>LOCAL</b> 0:05 news credit	

**We recommend scheduling one additional break in each hour; reset breaks at top of hour.**