

Radio Show Schedule 1-29-21					
	Host	Guests/Contact Info	Producer	Subject	
<b>15 Min Segments</b>					
<b>10-10:15AM</b>	John Ryan Otto Lohse	Matt Castillo (Martial Arts Instructor)	Kristina Lew	Getting in Shape Physically and Mentally for 2021	
<b>10:15-10:30AM</b>	John Ryan Otto Lohse	Matt Castillo (Martial Arts Instructor)	Kristina Lew	Getting in Shape Physically and Mentally for 2021	
<b>10:30-10:45AM</b>	John Ryan Otto Lohse	Matt Castillo (Martial Arts Instructor)	Kristina Lew	Getting in Shape Physically and Mentally for 2021	
<b>10:45-11AM</b>	John Ryan Otto Lohse	Matt Castillo (Martial Arts Instructor)	Kristina Lew	Getting in Shape Physically and Mentally for 2021	
<b>11-11:15AM</b>	John Ryan Otto Lohse	Kristina Lew (Senior Citizen Program Development Specialist for TONH Dept of Services for the Aging/Producer of Radio Show)	Kristina Lew	Talk of the Town via Zoom	
<b>11:15-11:30AM</b>	John Ryan Otto Lohse	Kristina Lew (Senior Citizen Program Development Specialist for TONH Dept of Services for the Aging/Producer of Radio Show)	Kristina Lew	Talk of the Town via Zoom	
<b>11:30-11:45AM</b>	John Ryan Otto Lohse	Kristina Lew (Senior Citizen Program Development Specialist for TONH Dept of Services for the Aging/Producer of Radio Show)	Kristina Lew	Talk of the Town via Zoom	

<b>11:45-12PM</b>	John Ryan Otto Lohse	Kristina Lew (Senior Citizen Program Development Specialist for TONH Dept of Services for the Aging/Producer of Radio Show)	Kristina Lew	Talk of the Town via Zoom	