

The Show has been approved by the program committee!!

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Our show has been approved by CHLY's program committee.

The next step is to arrange the time slot and the start date for the show. Watch this site for show updates. We will be posting upcoming show details for each show. When the show has been aired, a podcast of the show will be added to each page for each show. This show information section of our site will have two functions.

- You can check to see what is coming on Living For The Health Of it.
- As each show airs a podcast of the show will be added making the page an archive of past shows where you can listen to shows you have missed. Check back for UPDATES. Subscribe to our RSS news feed for automatic UPDATES.