

**2010 Healthy Lifestyles Show on CFRA 580 – Ottawa
with Lorna Vanderhaeghe & Brad King**

Shows Sponsored by Rainbow Foods

January 16	2pm	Lorna	Joint Pain
January 30	2pm	Brad	New Year, New You: No Fad Diets... Life Changes that Equate to Fat Loss for Life
February 13	2pm	Lorna	Feel Beautiful, Sexy and Vibrant
February 27	2pm	Brad	Lose the Belly, Lose the Blues! – The Connection Between Belly Fat and Depression
March 13	2pm	Lorna	Skin
March 27	3pm	Brad	Andropause – Yes, It’s Real Find out about the Beer Belly Blues and How to Stop it!
April 10	2pm	Lorna	Sleep
April 24	3pm	Brad	How to Create a Metabolism that Works for You!
May 8	3pm	Lorna	Easy and Painless Peri-Menopause & Menopause
May 22	2pm	Brad	Barbecuing – Friend or Foe?
June 5	2pm	Lorna	Vaginal Infections & Candida
June 19	2pm	Lorna	Menopause
July 3	2pm	Lorna	Nutrients to Protect your Skin against Sun Damage
September 11	2pm	Lorna	Balanced Immunity – The Way to Health
September 25	2pm	Lorna	High Blood Pressure
October 9	2pm	Lorna	Understanding Stress and it’s Impact on Health
October 23	2pm	Lorna	No more HRT
November 6	2pm	Lorna	Osteoporosis
November 20	2pm	Lorna	Diabetes

Please note that some shows (indicated in **Bold**) start at 3pm rather than 2pm.