



Airs Week Of:
29-Dec-25

CLOSED CAPTIONED
TV-PG

EPISODE # 467

		<u>SEGMENT</u>	<u>RUN</u>
	OPENING / SEGMENT ONE	09:34	00:00
	COMMERCIAL BREAK ONE □	02:30	09:34
2:00	LPEG25358H LEGXERCISE 800-450-5358		
:30	<i>Black For Local</i>		
	SEGMENT TWO	04:05	12:04
	COMMERCIAL BREAK TWO □	02:30	16:09
:60	ELDB606495H ELLIPSE_ EXERCISE EQUIPMENT 1-800-397-6495		
1:30	<i>Black For Local</i>		
	SEGMENT THREE	03:58	18:39
	COMMERCIAL BREAK THREE	02:00	22:37
:30	6068012970H Legal Help Center Celebrity 6068012970H 800- 844-2970		
1:30	<i>Black For Local</i>		
	SEGMENT FOUR (CLOSING CREDITS)	04:53	24:37
TOTAL RUNNING TIME:			29:30

Please contact B.C. (bcelello@pmi.tv) or JOHN (jmorrow@pmi.tv) at PMI #412.281.5900
with any questions regarding this program.

This info can also be downloaded by using this direct link:

<https://pmi.tv/show/nashville-insider/>