



## **January 2026 EPISODE SUMMARIES**

### **Coffee With America – Episode 600 (Week of January 3 - January 9)**

On this all-new Coffee With America, host Sasha Rionda kicks off the new year with meaningful ways to make a difference, including a conversation on National Blood Donor Month. Plus, learn how small businesses can safely embrace AI, discover standout nominees for the 2026 Best New Product Awards, explore women's wellness and connection, and hear about a groundbreaking medical breakthrough offering new hope for ALS patients.

### **Coffee With America – Episode 601 (Week of January 10 - January 16)**

This week on an all-new Coffee with America, host Sasha Rionda is spotlighting stories that inspire, inform, and empower. From the importance of knowing your family history of heart disease to making a meaningful impact in local communities. Plus, tips for preserving family legacies, a luxury travel escape to Mexico, expert advice on building confidence, and an in-depth conversation about the growing use of GLP-1 medications and why access matters.