



## **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.

### **Coffee With America – Episode 602 (Week of January 17 - January 23)**

This week on an all-new *Coffee with America*, host Sasha Rionda kicks off the new year with expert tips to support mental and physical wellness, including fitness motivation, winter health advice, and better sleep strategies. Plus, a look at the latest innovations from the Consumer Electronics Show, a celebration of 50 years of progress in childhood cancer research, and creative ways to beat the winter blues. The episode also features guidance on student mental health, mess-free fun for kids, and a heartfelt conversation with a comedian about her new comedy special and national tour.

### **Coffee With America – Episode 603 (Week of January 24 - January 30)**

This week on *Coffee with America*, Sasha Rionda shares travel inspiration for National Plan for Vacation Day, spotlights the ASPCA's work helping animals heal from cruelty, and features mess-free family fun. Plus, a new season of *School Spirits*, a buzzworthy indie film, inclusive fitness through Autism Fit, and uplifting digital storytellers bringing humor and heart to family life.

### **Coffee With America – Episode 604 (Week of January 31 - February 6)**

On this all-new episode of Coffee with America, host Sasha Rionda takes a look ahead to 2026 with the top travel trends and events shaping the year. Plus, expert tips to help protect yourself from online scams, inspiring stories supporting breast cancer recovery, and a heartwarming look at how storytelling is teaching kids valuable life lessons.