



Episode: 053 - Sink or Swim

Air Date: 02/25/2026

Rating: TV-PG

Total Run Time: 28:30

			<u>DURATION</u>	<u>IN</u>	<u>OUT</u>	<u>LENGTH</u>
<b>SEGMENT 1</b>						
<b>COMMERCIAL BREAK 1</b>						
1A-D	GREAT HEALTHWORKS / (800) 598-4819	1016607156CCH	2:02	00:00	04:10	04:10
<b>SEGMENT 2</b>						
<b>CC BUMPER</b>						
			:03	04:10	06:12	02:02
CC SPOT	NURSING HOME / (800) 265-9222	PNHI3051PIH	:30	06:12	10:01	03:49
<b>COMMERCIAL BREAK 2</b>						
2A-E	LOCAL (2:33)	BLACK	2:33	10:01	10:34	00:33
<b>SEGMENT 3</b>						
<b>COMMERCIAL BREAK 3</b>						
3A-D	CHOICE HOME / (800) 592-1674	CSTTY12077PIH	2:00	10:34	13:07	02:33
3E-G	LOCAL (1:32)	BLACK	1:32	13:07	18:28	05:21
<b>SEGMENT 4 (Closing / Credits)</b>						
				22:00	28:30	06:30

Please contact AUTUMN (autumn@pmi.tv) or BC (bcelello@pmi.tv) at PMI #412.281.5900 with any questions regarding this program.

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