



Airs Week Of:
30-Mar-26

CLOSED CAPTIONED
TV-PG

EPISODE # 480

	<u>SEGMENT</u>	<u>RUN</u>
OPENING / SEGMENT ONE	08:43	00:00
COMMERCIAL BREAK ONE □	02:30	08:43
:60 YFAD604656H ALLIED INJURY GROUP_PERSONAL INJURY 800-518-4656		
:60 ELDB606495H ELLIPSE_EXERCISE EQUIPMENT 1-800-397-6495		
:30 <i>Black For Local</i>		
SEGMENT TWO	04:14	11:13
COMMERCIAL BREAK TWO □	02:30	15:27
:60 YFAD604656H ALLIED INJURY GROUP_PERSONAL INJURY 800-518-4656		
1:30 <i>Black For Local</i>		
SEGMENT THREE	03:54	17:57
COMMERCIAL BREAK THREE	02:00	21:51
:30 6002439068H Smileactives 1-800-397-9068		
1:30 <i>Black For Local</i>		
SEGMENT FOUR (CLOSING CREDITS)	05:39	23:51
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/>