



August 24, 2009 – Grand Rapids, MI

FM

I've got some news to share that I'm really excited about:

***Straight Talk on Health*, the radio show that I do for WGUV, the local NPR affiliate, is moving to FM next Sunday, August 30!**

For those of you who live near Grand Rapids, that will increase the signal strength. The signal won't get lost when the sun goes down as happened to a listener recently. The potential audience is seven times greater, and the time slot is better: 7 p.m. Sunday in the Eastern Time Zone. You can get WGUV at 88.5 and 95.3 FM.

But what about those of you who live around the US, Canada, and the rest of the world? The masters of all things technical at WGUV are in the process of getting ready to stream the audio on the Internet and expect to have it up and running in a few weeks. I'll let you know when the show's back online.

Straight Talk on Health is just like it sounds. If you follow the health news, one day something's good for you, the next day it's not. I check what's being said, read the research behind it, and then give you the straight story. That way, you can make an informed decision about what you should do to get healthy and fit. The difference is that I have a whole 30 minutes to talk about a topic or cover several health topics; occasionally I interview people who have some kind of expertise related to health. If you've ever really wanted to hear me take off on a health topic, this is the medium that I do it in.

I hope you'll all get the chance to check out the show soon. But whether you get to listen or not, it doesn't change our most important question:

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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