CHANNELS

How to Watch BHTV

You can watch Better Health TV over the air using an antenna. Most modern TV's allow you to have both cable/satellite AND an antenna connected at the same time. You can then use your remote to switch between the two.

CITY	ANTENNA
Ashland, OR	30.2
Brookings, OR	30.2
Cave Junction, OR	30.2
Chico, CA	11.2/28.2
Coos Bay, OR	44.2
Crescent City, CA	25.2
Davis, CA	28.2
Eugene, OR	SOON
Gasquet, CA	25.2
Grants Pass, OR	30.2
Klamath Falls, OR	30.2
Medford, OR	30.2
Merlin, OR	30.2
Monterey, CA	SOON
Napa Valley, CA	45.2
Oakland, CA	12.2
Portland, OR	36.2
Redding, CA	SOON
Reno, NV	14.2
Rogue River, OR	30.2
Roseburg, OR	36.2
Sacramento, CA	28.2
Salem, OR	36.2
San Francisco, CA	3.2
San Jose, CA	45.2
San Rafael	12.2
Santa Rosa, CA	27.2
Springfield, OR	36.2
Tillamook, OR	SOON
Vancouver, WA	36.2
Yreka, CA	30.2

NEW SPANISH CHANNEL!

Better Life also offers *Vida Mejor TV* in these same cities. Just go to .4 instead of .2 and you'll find a 7/24 channel filled with wonderful Spanish programming. Tell your Spanish speaking friends!

Better Health TV Program Schedule

November 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Midnight	Revelation Speaks Hope	Revelation Speaks Hope	Revelation Speaks Hope	Revelation Speaks Hope	Revelation Speaks Hope	Revelation Speaks Hope	Knowing God	Midnight
12:30 AM								12:30 AM
1:00 AM	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Music & Nature	1:00 AM
1:30 AM	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Wonderfully Made	1:30 AM
2:00 AM	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Variety	See With New Eyes	2:00 AM
2:30 AM						Amazing Health		2:30 AM
3:00 AM	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Great Controversy	3:00 AM
3:30 AM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Bible Questions Answered	3:30 AM
4:00 AM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Time Out	4:00 AM
4:30 AM	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Healing Insights	4:30 AM
5:00 AM	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	Revelation Speaks Hope	5:00 AM
5:30 AM	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics		5:30 AM
6:00 AM	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	It's in the Bible	6:00 AM
6:30 AM	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	Janice's Attic	6:30 AM
7:00 AM	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise	Puppet Parade	7:00 AM
7:30 AM	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Music & Nature	7:30 AM
8:00 AM	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Time Out	8:00 AM
8:30 AM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Steps to Christ	8:30 AM
9:00 AM	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	Central Study Hour	9:00 AM
9:30 AM	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health		9:30 AM
10:00 AM	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Signs of the Times	10:00 AM
10:30 AM							Healing Insights	10:30 AM
11:00 AM	Body & Spirit	Body & Spirit	Body & Spirit	Body & Spirit	Body & Spirit	Body & Spirit	See With New Eyes	11:00 AM
11:30 AM	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life		11:30 AM
Noon	Signs of the Times	Signs of the Times	Signs of the Times	Signs of the Times	Signs of the Times	Signs of the Times	Music & Nature	Noon
12:30 PM	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Time Out	12:30 PM
1:00 PM	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Knowing God	1:00 PM
1:30 PM	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!		1:30 PM
2:00 PM	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	2:00 PM
2:30 PM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	It's in the Bible	2:30 PM
3:00 PM	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Revelation Speaks Hope	3:00 PM
3:30 PM	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy		3:30 PM
4:00 PM	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	4:00 PM
4:30 PM	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	4:30 PM
5:00 PM	Ten Talents	Ten Talents	Ten Talents	Ten Talents	Ten Talents	On Tour	Knowing God	5:00 PM
5:30 PM	Let's Cook Together	Let's Cook Together	Let's Cook Together	Let's Cook Together	Let's Cook Together			5:30 PM
6:00 PM	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Wonderfully Made	Amazing Health	6:00 PM
6:30 PM	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Health for a Lifetime	Amazing Health	Help in Daily Living	6:30 PM
7:00 PM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	It's in the Bible	Bible Questions Answered	7:00 PM
7:30 PM	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Music & Nature	Wonderfully Made	7:30 PM
8:00 PM	See With New Eyes	See With New Eyes	See With New Eyes	See With New Eyes	See With New Eyes	See With New Eyes	See With New Eyes	8:00 PM
8:30 PM								8:30 PM
9:00 PM	Variety	Variety	Variety	Variety	Variety	Variety	Healing Insights	9:00 PM
9:30 PM	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	Bible Questions Answered	Life & Health	9:30 PM
10:00 PM	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Music & Nature	Ultimate Prescription	10:00 PM
10:30 PM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	It's in the Bible	Abundant Living	10:30 PM
11:00 PM	Celebrating Life In Recovery	Celebrating Life In Recovery	Celebrating Life In Recovery	Celebrating Life In Recovery	Celebrating Life In Recovery	Celebrating Life In Recovery	Celebrating Life In Recovery	11:00 PM
11:30 PM								11:30 PM

Note: DVD copies are available for many of these programs. For more info please call (541) 474-3089.