

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

January 2018

| | 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.