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

February 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	Music & Nature	Midnight
12:30 AM							It's in the Bible	12:30 AM
1:00 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	See With New Eyes	1:00 AM
1:30 AM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living		1:30 AM
2:00 AM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Knowing God	2:00 AM
2:30 AM	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription		2:30 AM
3:00 AM	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	Time Out	3:00 AM
3:30 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	Healing Insights	3:30 AM
4:00 AM	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Great Controversy	4:00 AM
4:30 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	Bible Questions Answered	4:30 AM
5:00 AM	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Stop Smoking Clinic	Revelation Speaks Hope	5:00 AM
5:30 AM								5:30 AM
6:00 AM	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	It's in the Bible	6:00 AM
6:30 AM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Puppet Parade	6:30 AM
7:00 AM	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	New Body & Spirit	Janice's Attic	7:00 AM
7:30 AM	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Time Out	7:30 AM
8:00 AM	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Heart of Health	Steps to Christ	8:00 AM
8:30 AM							Music & Nature	8:30 AM
9:00 AM	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Body & Spirit Aerobics	Sabbath School Study Hour	9:00 AM
9:30 AM	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life		9:30 AM
10:00 AM	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	See With New Eyes	10:00 AM
10:30 AM	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise	Taste of Paradise		10:30 AM
11:00 AM	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Music & Nature	Time Out	11:00 AM
11:30 AM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Healing Insights	11:30 AM
Noon	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Kickin' the Habit	Landmarks of Prophecy	Noon
12:30 PM	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy	Fountainview Academy		12:30 PM
1:00 PM	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	Music & Nature	1:00 PM
1:30 PM	Ten Talents	Ten Talents	Ten Talents	Ten Talents	Ten Talents	Ten Talents	It's in the Bible	1:30 PM
2:00 PM	Let's Cook Together	Let's Cook Together	Let's Cook Together	Let's Cook Together	Let's Cook Together	Let's Cook Together	Steps to Christ	2:00 PM
2:30 PM	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Naturally Gourmet	Music & Nature	2:30 PM
3:00 PM	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Janice's Attic	Revelation Speaks Hope	3:00 PM
3:30 PM	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade	Puppet Parade		3:30 PM
4:00 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	Puppet Parade	4:00 PM
4:30 PM	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Wonderfully Made	Janice's Attic	4:30 PM
5:00 PM	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help Yourself to Health	Help in Daily Living	Amazing Health	5:00 PM
5:30 PM	Body & Spirit	Body & Spirit	Body & Spirit	Body & Spirit	Body & Spirit	Amazing Health	Help in Daily Living	5:30 PM
6:00 PM	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	Action 4 Life	It's in the Bible	Knowing God	6:00 PM
6:30 PM	Life & Health	Life & Health	Life & Health	Life & Health	Life & Health	Music & Nature		6:30 PM
7:00 PM	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	Ultimate Prescription	On Tour	See With New Eyes	7:00 PM
7:30 PM	Abundant Living	Abundant Living	Abundant Living	Abundant Living	Abundant Living			7:30 PM
8:00 PM	The Whole Message	The Whole Message	The Whole Message	The Whole Message	The Whole Message	Steps to Christ	Bible Questions Answered	8:00 PM
8:30 PM						Bible Questions Answered	Wonderfully Made	8:30 PM
9:00 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	Abundant Living	9:00 PM
9:30 PM							Healing Insights	9:30 PM
10:00 PM	Amazing Health	Amazing Health	Amazing Health	Amazing Health	Amazing Health	It's in the Bible	Life & Health	10:00 PM
10:30 PM	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	NEWSTART Now!	Music & Nature	Ultimate Prescription	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.