

Whats Next

Episode Name: GBWN0311
 Episode Number: HD-GBWN0311
 Rating: TVG

Air Date: 1/6/2024
 Duration: 0:28:30;24

In Point	Id/ISCI	Pod	Description	Duration
	GBWN0311SLATE		Slate	00:00:10:00
01:00:00;00	GBWN0311SEG01		Segment 1	00:07:46:17
01:07:47;01	Break One		Break One	00:03:02:00
01:07:47;11	AHWELL3001H		AdventHealth Well 65 Brand 1	00:00:30:00
01:08:17;23	GBBR001H		Growing Bolder Brand	00:00:30:00
01:08:48;03	GBIN3001H		Growing Bolder Insider	00:00:30:00
01:09:18;15	GBPODS3001H		Growing Bolder Podcasts	00:00:30:00
01:09:48;25	LOCAL		LOCAL	00:01:00:00
01:10:49;05	GBWN0311SEG02		Segment 2	00:05:33:21
01:16:23;08	Break Two		Break Two	00:02:02:00
01:16:23;08	LOCAL		LOCAL	00:02:02:00
01:18:25;12	GBWN0311SEG03		Segment 3	00:03:31:29
01:21:57;15	Break Three		Break Three	00:03:02:00
01:21:57;25	AHWELL3001H		AdventHealth Well 65 Brand 1	00:00:30:00
01:22:28;07	GBFOY3001H		FOY E-newsletter Promo	00:00:30:00
01:22:58;17	GBBR001H		Growing Bolder Brand	00:00:30:00
01:23:28;29	GBPODS3001H		Growing Bolder Podcasts	00:00:30:00
01:23:59;09	LOCAL		LOCAL	00:01:00:00
01:24:59;21	GBWN0311SEG04		Segment 4	00:03:30:25
01:28:30;24	END			