



June 12, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, JUNE 16-20

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of June 16, 2025. Please note: The lineup is subject to change.

Monday, June 16 (OAD: 3/7/25): Resolution Reset: We're giving you the resolution reset you need to continue to thrive in 2025! 19-time Gospel Music Award winner **PASTOR MIKE JR.** motivates the Tam Fam and performs his new single, "Amen"! Then, award-winning motivational speaker and New York Times bestselling author **LISA NICHOLS** is back with ways to help you get on track with your resolutions.

Tuesday, June 17 (OAD: 2/26/25): Living Apart Together: Emmy®-winning actress **SHERYL LEE RALPH** ("Abbott Elementary") and her husband, **PENNSYLVANIA STATE SEN. VINCENT HUGHES**, sit down for an **EXCLUSIVE** conversation about their choice to live in separate cities, which set off the internet! Then, we hear from other couples who say living apart has helped save their relationships. Later, **KELLY COYNE** breaks down the stigma of couples living apart.

Wednesday, June 18 (OAD: 1/29/25): Fact or Fiction: Food Edition: Today, we invite our panel of experts to debunk the most viral food myths on social media. Should you really wash packaged shredded cheese? Are your favorite spicy hot snacks giving you an ulcer? Is red food dye making your kids hyper? We're answering these questions and plenty more!

Thursday, June 19 (OAD: 3/5/25): I Choose Me: In a **DAYTIME EXCLUSIVE** with actress **JENNIE GARTH**, she shares her formula for fulfillment and how she created the "I Choose Me" movement. Next, we meet **MATT PRICE**, who has racked up nearly 4 million followers as "Mister Make It Happen" after deciding to pivot from a career in finance to follow his passion for food full-time. Then, a special performance from GRAMMY® Award-winning artist **JONATHAN McREYNOLDS**.

Friday, June 20 (OAD: 2/20/25): Little Dreamers, Big Dreams: Meet some incredible kids who may be little but have big dreams and big talent! 5-year-old drum major **KEITH JACOBS** transforms the studio into his own football field for a show-stopping performance. Then, 7-year-old **ELLIS TANG** shares her love of baking and decorating cakes with her mom. The 8-year-old art prodigy **JULIETTE LEONG** creates a new work of art in minutes - live in front of the Tam Fam. And a performance from 12-year-old **VICTORY BRINKER** who holds the Guinness World Record for being the youngest opera singer ever.

“Tamron Hall” is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

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