



March 14, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, MARCH 17-21

'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 March 17, 2025. Please note: The lineup is subject to change.

Monday, March 17: Less House, More Home: We're talking to people who have left living large behind for a new era where slower, simpler and smaller is big in the heart and the home. Self-described recovering shopaholic **ELYSIA BERMAN** takes us through her journey of "No Buy Year." **BRESHA PORTER** shares her hilarious videos of living in a tiny home. **SYLVIA** and **ERIC HAWKINS** introduce the Tam Fam to the tiny-home community they built. HGTV's Smart Home 2025 Giveaway designer **POONAM MOORE** gives Tamron a look at the stunning before and after pics from her new project.

Tuesday, March 18: Tamron's Happy Hour: Emmy® Award-winning comedian and fan favorite from "The Daily Show" **DULCÉ SLOAN** joins us for a DAYTIME EXCLUSIVE as she serves laughs and looks from her brand-new tour. Then, renowned surgeon and New York Times bestselling author **DR. STEVEN GUNDRY** on why he says what we put in our stomachs can have a major impact on our happiness. Plus, a Tam Fam member takes the four-day gut challenge.

Wednesday, March 19: Incredible Tam Fam Follow-Ups: We're following up with some of our most talked about guests and incredible stories! An emotional surprise for the fifth grader who went viral after teaching himself to play the keyboard. She saw color for the first time on our show, and now **HALEY MOE** has hit another life-changing milestone. Plus, we reunite with a chef on his inspiring health journey, a social media debater who kept a secret that shocked the Tam Fam, and a fashion boutique owner.

Thursday, March 20: Tamron's Spring Refresh: We are refreshing our homes, our plates and even how we communicate in our relationships. Kicking things off, we get some Tam Fam members organized with the hosts of ABC's "Extreme Makeover: Home Edition," **CLEA SHEARER** and **JOANNA TEPLIN**. They share their new digital experience, "The Organizing Society." Author and plant and interior designer **HILTON CARTER** shares the biggest mistake people make when caring for their plants at home. **JEFFERSON FISHER** talks about when to keep relationships and when to cut them.

Friday, March 21: Tribes and Tribulations: Actress **TATYANA ALI** is on the show to discuss her off-camera work of helping women have safer births and how she is creating community with her quilt

company, Baby Yams. And New York Times bestselling author, psychologist and friendship expert **DR. MARISA G. FRANCO** discusses friendship attachment styles and how it could come between you and the people you're closest to.

"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 and features a dynamic mix of live and taped shows.

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

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