



Jan. 18, 2024

## HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE, JAN. 22-26

### **'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 Jan. 22, 2024. Please note: The lineup is subject to change.

Monday, Jan. 22: Judge Much?: YouTube star and mukbang sensation @Bloveslife, aka BETHANY GASKIN, gives the Tam Fam an inside look at this social media food craze and how it made her a millionaire. Then, meet ROBIN GREENFIELD, who gave away almost everything to live a life of extreme minimalism. And, EMMA BRADFORD, from Lifetime's "Prison Brides," on falling in love with a man behind bars and why she says it's not what you think. Plus, world-renowned limbo artist SHEMIKA CAMPBELL, who holds three Guinness World Records, gives an amazing performance!

Tuesday, Jan. 23: From journalist to fashion designer, NINA PARKER joins the Tam Fam. The Emmy®-nominated host chats about her newest co-hosting gig on "Friday Night Vibes" on TBS. Then, ARLAN HAMILTON, known as the Robin Hood of venture capital, on her journey from being homeless to building an empire and her latest book, "Your First Million: Why You Don't Have to be Born Into a Legacy of Wealth to Leave One Behind."

Wednesday, Jan. 24: Age Gap: Tamron digs into why relationships where one person is much older than their partner still strike a nerve. Today's guests address how they are building lasting relationships and friendships, not letting age differences get in the way.

Thursday, Jan. 25: Big Debuts: EXCLUSIVE: Actress and comedian LUENELL is back with the Tam Fam for an exclusive look at her Broadway debut in "Chicago" after Tamron surprised her with her dream opportunity earlier this season. Model and fashion icon BEVERLY JOHNSON on her new one-woman show marking the 50<sup>th</sup> anniversary of her history-making Vogue cover!

Friday, Jan. 26: Extreme Family Ties: From TLC's "sMothered," mother/daughter duo CATHERINE GALASSO-VIGORITO and GABRIELLA VIGORITO on taking their bond to the extreme. Then, a reunion 40 years in the making! Tamron reunites a former foster child with her former foster mother, and another special surprise neither of them saw coming! Plus, Tamron welcomes the cast from Tyler Perry's "Sistas." KJ SMITH, MIGNON, EBONY OBSIDIAN, NOVI BROWN and CRYSTAL RENEE HAYSLETT are here to dish about the seventh season! Plus, singer/songwriter UMI will perform "why dont we go."

“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](http://www.TamronHallShow.com) and follow the show on social media @TamronHallShow.

**Press Contacts:**

Melissa Little Padgitt

[melissa.padgitt-nd@disney.com](mailto:melissa.padgitt-nd@disney.com)

FerenComm for “Tamron Hall”

[TamronShow@ferencomm.com](mailto:TamronShow@ferencomm.com)

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