



Feb. 23, 2024

**HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE,
FEB. 26-MARCH 1**

'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 Feb. 26, 2024. Please note: The lineup is subject to change.

Monday, Feb. 26: Tamron's Spring Beauty Bar: Today, we're covering the biggest trending styles and products in the world of beauty! Starting with amazing giveaways that viewers have a chance to win at home! Then, Tamron's beloved hairstylist to the stars, JOHNNY WRIGHT, shows how he created Tamron's new pixie cut look. TikTok beauty content creator JENNIE PHAM, aka greeneggsandglam, shares her top beauty product picks. Beauty influencer IZZY CHEN tries out the latest viral haircare trend: a Japanese Head Spa! We'll see how it went with an expert from Yuki Natori Salon and Spa, and we'll find out how the Tam Fam can get similar results at home! And the founder of plant-based Bonberi Mart, NICOLE BERRIE, serves up some beauty from within recipes from her cookbook, "Body Harmony."

Tuesday, Feb. 27: The Busy Brag: We are talking to people who say being busy is not a badge of honor and how to reclaim your time. Then, a look behind the trending movement to wake up at 5 a.m. Plus, two-time Emmy® Award winner and ABC News anchor and host LINSEY DAVIS on what inspired her new children's book, "Girls of the World: Doing More Than Before." And an all-new Shop Tam Fam!

Wednesday, Feb. 28: In Their Own Words: Model, actress and entrepreneur SABRINA ELBA on her drive to make a difference, plus insights into S' Able Labs, the skincare brand she co-founded with her husband, Idris Elba. Then, Tamron's BROADCAST EXCLUSIVE with members of R&B group 702, KAMEELAH WILLIAMS and LEMISHA FIELDS, who open up about the recent loss of fellow band member and sister, Irish Grinstead. Plus, they will give a special performance of their hit song "Where My Girls At" and share what's next for the group.

Thursday, Feb. 29: You Did What?: Incredible stories of taking a leap on this leap day! A man proposes marriage to his friend even though they never dated! Then, we'll meet a couple with incredible odds of becoming parents in two different leap years! Plus, three Tam Fam members get treated to glam makeovers.

Friday, March 1: Ripped From the Headlines: Actresses/singers AMBER RILEY and K. MICHELLE join the Tam Fam to discuss their highly anticipated Lifetime movie sequel "Single Black Female 2: Simone's Revenge." K. Michelle talks about making her movie acting debut, and Amber reveals more

about a new single she has on the way. The school bus driver who captured hearts by saving Pajama Day for his 6-year-old passenger, LARRY FARRISH and LEVI CARRIER, join the show for a big surprise. Then, a harrowing, firsthand account of surviving the recent Tennessee tornadoes from a man who found himself caught inside one. Plus, BRIANA DESANCTIS on her journey to become the first woman to hike the 68-hundred-mile long American Discovery Trail. And, criminal defense attorney SARA AZARI gives a sneak peek into the new season of "Death By Fame," which dives into the sinister side of fame.

"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.

Press Contacts:

Melissa Little Padgitt

melissa.padgitt-nd@disney.com

FerenComm for "Tamron Hall"

TamronShow@ferencomm.com

###