



April 16, 2021

HIGHLIGHTS FOR 'TAMRON HALL,' WEEK OF APRIL 19-23

Let's Talk About It

Following are highlights for **Tamron Hall** for the week of **April 19, 2021**. Please note: Lineup is subject to change.

Monday, April 19: The trendiest, tastiest and trickiest viral recipes including birria tacos, oven-baked feta pasta and spring focaccia, and creative cocktails made simple with the help of award-winning chefs "MasterChef"'s Aarón Sánchez, master baker Bryan Ford and two-time Food Network champion MacKenzie Smith.

Tuesday, April 20: "The Millionaire Matchmaker" Patti Stanger on how to find your soul mate, plus how she found the right diet to battle her autoimmune disorder and lose weight. Also, Kim and Penn Holderness on becoming viral sensations from their family-centered parodies and skits, being called #couplegoals and their new book, "Everybody Fights: So Why Not Get Better at It?" And, a couple who has been married for 32 years thanks to something they call the five-year marriage. Additionally, hosts of Black Millennial Marriage podcast Mikey and Randie Chapman on their journey to stay together during tough times.

Wednesday, April 21: Don't call it a comeback ... 12-time Olympic medalist Ryan Lochte and wife Kayla on moving forward together after his international scandal, and his new plans to swim in the 2021 Tokyo Olympics. Plus, singer Rebecca Black discusses how she refused to walk away from music after her viral song "Friday" sparked backlash, and she performs her latest song for the Tam Fam. Also, Cece Meadows, founder of Indigenous makeup brand Prados Beauty, on overcoming generational trauma, cancer, abuse and homelessness to find love and success.

Thursday, April 22: Rebels and rule breakers with Tony Award® winner Ali Stroker, who made history as the first actress in a wheelchair on Broadway. Plus, a special performance.

Friday, April 23: Celebrating the power of friendships with actresses and childhood friends Tisha Campell and Tichina Arnold, who co-starred in the classic sitcom "Martin" and are now working on a new talk show. Plus, best friends who committed to a platonic marriage and building a family together. Also, the ultimate friendship: Born with spinal muscular atrophy and relying on a wheelchair, Kevan Chandler's dream to travel came true when his friends carried him in a specially built backpack across Europe and China.

About “Tamron Hall”

Tamron Hall brings a refreshing, relatable and unstoppable voice to the daytime community - talking to the people you are talking about. From the deeply personal to the purely fun, “Tamron Hall” is a daily destination for viewers to connect with the people shaping our lives through meaningful, engaging and entertaining conversations. So, let’s talk about it.

Tamron Hall is an accomplished and award-winning journalist and in July, won the Daytime Emmy® Award for Outstanding Informative Talk Show Host for her inaugural season. This marks the first time since the award’s inception in 2015 that a freshman host was the recipient of that honor. “Tamron Hall” is produced by Walt Disney Television and is distributed in national syndication by Disney Media Networks. The show is executive produced by Hall and Candi Carter and Carter serves as showrunner. 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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