



Feb. 28, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, MARCH 3-7

'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 3, 2025. Please note: The lineup is subject to change.

Monday, March 3: Ashanti is here! DAYTIME EXCLUSIVE with R&B superstar and actress **ASHANTI**. She shares never-before-heard details on how she reunited with Nelly and found a future together. Plus, how becoming a wife and having her first child changed her forever. And the Brooklyn Skate Moms roll into our studio, showing off their skateboard skills!

Tuesday, March 4: We Listen, and We Don't Judge: Our guests are part of the viral social media trend where couples, friends and family make confessions to their loved ones — often with hilarious and sometimes shocking results. 20-year-old **SAM NEFF**, whose video was seen 7 million times, surprises her parents with another secret on-air! Plus, we meet a married couple whose video got 40 million people fired up! And, award-winning author **MICHAEL SLEPIAN** ("The Secret Life of Secrets") explains why keeping secrets can be harmful to your health and the bombshell family secret that inspired him to help others.

Wednesday, March 5: 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**.

Thursday, March 6: The New Wave of Weight Loss Drugs: A new commercial has sparked a heated debate as more people use compounded versions of brand-name weight loss drugs. **ASHLEY HAMILTON**, who calls herself an "Idaho mama" and "GLP-1 advocate" on her social media, tells how she finally lost weight after trying countless diet plans. Plus, a woman who accidentally overdosed on compounded weight loss drugs joins the conversation. ABC News contributor and host of "Patel It Like It Is." **DR. ALOK PATEL** sits down with the Tam Fam to discuss this new wave of weight loss drugs. And **FREDLYN LOLANGE** of Lola Aesthetics and Medi Spa discusses the services there.

Friday, March 7: 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.

"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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