



Dec. 29, 2023

HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE, JAN. 1-5

'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. 1, 2024. Please note: The lineup is subject to change.

Monday, Jan. 1: (OAD 12/5/23) Beyond the Mic, Part 2, With DC Young Fly and Gregory Porter: The multitalented force DC YOUNG FLY opens up about the tragic loss of his partner, Jacky Oh, and the new projects that are keeping him focused: his new holiday film "Candy Cane Lane," starring opposite Eddie Murphy, and his new hosting duties on "Celebrity Squares." Then, GRAMMY® Award-winner GREGORY PORTER turns the tables and cooks for the Tam Fam, plus a taste of his song "Everything's Not Lost" from his first-ever holiday album, "Christmas Wish."

Tuesday, Jan. 2: 2024, Get Your Year of More!: Tamron has assembled an all-star team to kick off getting more in 2024! Critically acclaimed "P-Valley" star J. ALPHONSE NICHOLSON tells how, in just five years, he went from a New York City street drummer to a successful actor with an upcoming off-Broadway show, "Sunset Baby." Motivational speaker and life coach LISA NICHOLS gives advice on how to get more abundance in 2024! Then, DR. ANTHONY YOUN shares age-reversing tips from his new book, "Younger for Life: Feel Great and Look Your Best with the New Science of Autojuvenation." And, pastor and bestselling author KIM JONES, aka Real Talk Kim, shares tips for getting unstuck in 2024 from her latest book, "You Gotta Get Up." Plus, an all-new shop Tam Fam!

Wednesday, Jan. 3: TV-14 Getting to the Real Me: In a DAYTIME EXCLUSIVE, the one and only AMBER ROSE opens up to Tamron about her childhood, motherhood and her new YouTube series that reveals what the model and pop culture icon calls the "real me." DR. GABRIELLE LYON joins the Tam Fam to explain why she thinks 50 grams of protein every meal is the key to feeling young and her new book, "Forever Strong: A New, Science-Based Strategy for Aging Well." Then, a special surprise for the founder of The Phoenix gym, a safe, sober space to support recovery.

Thursday, Jan. 4: Get Out of Your Own Way: Hip-hop icon BIG DADDY KANE is in the building to tell us how to get the job done and get more in 2024. And, author and entrepreneur MALCOLM "MJ" HARRIS joins the conversation with his new book, "Get TF Out Your Own Way." Then, New York Times bestselling author MELISSA URBAN helps the Tam Fam with their love life with her newest book, "The Book of Boundaries: Set the Limits That Will Set You Free." Plus, award-winning actress ERIKA ALEXANDER stops by to discuss her new film, "American Fiction."

Friday, Jan. 5: Tamron's 2024 Gut Check: Tamron takes a deep dive into gut health and how it affects everything from your skin to your sleep to your mental health and much more! DR. PARTHA NANDI reveals the new food trends and which ones are actually good for your gut. MTV "The Hills" star LO BOSWORTH shares her journey to overcoming strange physical ailments tied to her gut health. Plus, TikTok star JEN JONES gives the Tam Fam a three-day gut flush plan. And, dermatologist DR. WHITNEY BOWE discusses her three-dimensional approach to skin, gut and mind. DR. ELENA IVANINA demonstrates the best yoga poses to improve digestion. Plus, the surprising recipes that are good for your gut health!

"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

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