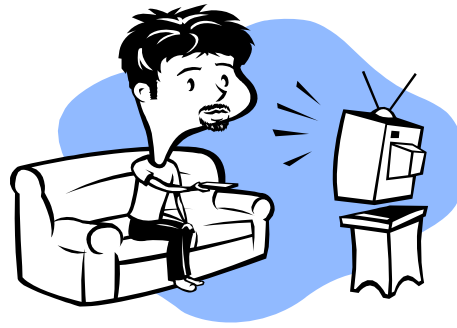


Core EssentialsSM



30 Minutes of Health & Fitness with Mike Sylvester



Cable TV Show Schedule for Various Towns:

Framingham:

Comcast=9 RCN=3 Verizon=43

- Monday: 8:00 pm

Marlborough:

Comcast=8 Verizon=35

- Monday: 5 pm
- Tuesday: 9:00 am & 9:00 pm
- Thursday: 9:00 am & 9:00 pm
- Saturday: 5:00 pm

Waltham:

Comcast=8 RCN=3 Verizon=47

- Saturday: 10:00 am

Ashland:

Comcast=8

- Monday: 7:00 am
3:00 pm
7:00 pm
11:00 pm

*Programming times and days are subject to change.

**Most of my TV shows are on my website, www.CoreEssentials.biz (link-Multi-Media)