

TAMRON HALL

Jan. 3, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, JAN. 6-10

'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. 6, 2025. Please note: The lineup is subject to change.

Monday, Jan. 6: Dating IRL: It's 2025, and dating apps are out and dating "in real life" is in! First, **ALLI GOLDBERG**, the creator of "Love Isn't Blind," one of the hottest live dating shows in the country and with an 85% on-stage match, brings her game to the Tam fam. Will it result in love? Next, **ARIANA NATHANI** talks about her company, Drinks First, which has meetups that are so successful that there's a waitlist. Plus, **MAXINE WILLIAMS**, who, after appearing in season five to talk about her dating app troubles, created We Met I-R-L, connecting dozens of couples with her real-life events. Then, Tam Fam members tell us about their dating IRL experiences, and we meet a now-married couple who met for the first time during a blind date photoshoot!

Tuesday, Jan. 7: (OAD 11/8/24) Does It Work? We tried it, so you don't have to! Viral hacks, products and trends — we're putting them to the test! From one-size-fits-all dresses to beauty masks to the tomato iced toast viral sensation and so much more, will they live up to the hype or fail the Tam Fam test?

Wednesday, Jan. 8: Listen Up! The Hottest Podcasts of 2025: **AMARA COFER**, creator of the podcast "Black Girl Gone," tells the Tam Fam why her stories not only have meaning but also are her mission. Co-founders of Betches Media, sisters **JORDANA ABRAHAM** and licensed clinical therapist **DR. NAOMI BERNSTEIN**, team up to answer your questions and get to the bottom of the things that bother us most. Then, **MICHAEL CHERNOW**, host and founder of "Kreatures of Habit," joins the Tam Fam to share the stories of his guests, the routines and habits that have helped lead them to succeed, and how those tips can help you.

Thursday, Jan. 9: I'm glad I waited: Today's guests are sharing stories about big lifetime moments and why they are glad they waited! **The HILBERT FAMILY** waited until their triplets were 18 to tell them their birth order — and then revealed it to them on social media! **CH-A MOSLEY** waited to become a mom until she met the right man in her late 40s. And **KEYLIN AKUCHIE** and her husband, **ELEAZER**, waited until their wedding day to share their first kiss! Was it worth it?

Friday, Jan. 10: Right Place, Right Time: He's always at the right place at the right time, a **DAYTIME EXCLUSIVE** with one of the most dynamic sports personalities of all time, **DEION SANDERS!** He's

sharing details on his new talk show; his Amazon documentary, “Coach Prime”; his sons as they head into the NFL draft; the controversial backlash against one of his star players, Travis Hunter; and his own personal health struggles. Next, **BERNICE WILLIAMS**, her daughter **RUBIE WILLIAMS** and her granddaughter **LEILA EVANS** are three generations of community volunteers in the Washington D.C. area who say spreading kindness is in their DNA.

“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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