

TAMRON HALL

June 26, 2024

HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE, JULY 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 July 1, 2024. Please note: The lineup is subject to change.

Monday, July 1: (OAD: 10/9/23) Unapologetically Me: The fearless actress, host, activist and judge on "RuPaul's Drag Race" TS MADISON joins the Tam Fam to talk about her personal journey and working with Beyoncé. Plus, author RUBY WARRINGTON opens up about her choice not to have children and her latest book, "Women Without Kids: The Revolutionary Rise of an Unsung Sisterhood." Then, we'll meet a family of five who made the life-changing decision to convert a school bus into their home!

Tuesday, July 2: (OAD: 4/5/24) Heavy Hitters: A DAYTIME EXCLUSIVE with legendary actress JENIFER LEWIS sharing details of her harrowing near-death fall from a balcony while on vacation in Africa and her remarkable road to recovery. Then, UFC and WWE star RONDA ROUSEY opens up about her memoir, "Our Fight," revealing the greatest challenge of her life and how she found happiness. Plus, mother and son ELIZABETH and DAMIAN HURLEY talk about working together for the first time on their new film, "Strictly Confidential."

Wednesday, July 3 (OAD: 3/15/24) Color Outside the Lines: Today, we are uncovering the fascinating psychology behind how color affects your life! Color analysis expert and founder of Outfit Curator, MARIANA MARQUES, gives tips on finding your colors. Designer and author INGRID FETELL LEE on how to find more joy in life and work through color. Celebrity hair colorist ILLEISHA LUSSIANO on how to compliment your complexion. Creator and interior designer TAYLOR SIMON on the "Unexpected Red Theory." Plus, what's all the hype surrounding red-light therapy?

Thursday, July 4: (OAD: 3/11/24) Tamron's Tasting Table of Culture: All hour long, a cultural culinary adventure sharing recipes from around the globe. Founder and executive chef of Fat Fowl, SHORNE BENJAMIN, on his New Age Caribbean creations, including his famous Oxtail grilled cheese. Then, award-winning host of "MasterChef India" VIKAS KHANNA, shows the Tam Fam how to make smoked purple sweet potatoes with savory and spicy strawberry chutney and how he is honoring his late sister with his new restaurant, Bungalow. And, Pan-Asian cook and TikTok influencer CASSIE YEUNG serves up comfort food passed on from her family with a tasty version of shrimp fried rice.

Friday, July 5: (OAD: 9/11/23) Free Your Mind and The “Best” Will Follow: Tamron welcomes Emmy® Award-nominated actress and author YVONNE ORJI on the paperback release of her memoir, “Bamboozled by Jesus,” a frank and fresh advice book. Then, a modern family shares their unconventional story of love, marriage, divorce, coming out and co-parenting on their podcast, “Husband-in-Law.” Plus, Taekwondo master JULIA CHANG shows the Tam Fam how to unleash their inner “warrior” and teaches Tamron how to “break” through one of her hang-ups.

“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

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