

TAMRON HALL

March 31, 2025

HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX, MARCH 31-APRIL 4

'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 31, 2025. Please note: The lineup is subject to change.

Monday, March 31: Tamron's 1000th Episode: We're celebrating our 1,000th episode! We'll have big surprises for the Tam Fam plus, Emmy®-winning co-anchor of "Good Morning America" **ROBIN ROBERTS** joins us to kick off the party! Next, we have a magical giveaway for a 13-year-old whose neighborhood lemonade stand raised over \$200,000 to support other kids. Beauty entrepreneur **SHONTAY LUNDY**, who created "Black Girl Sunscreen," joins us. Then, a special surprise for TAMRON from her alma mater, **TEMPLE UNIVERSITY**.

Tuesday, April 1: Not on My Bingo Card: Our guests today have found themselves in the most unexpected and unimaginable situations! **ASHLEY ALNISSA WILLIAMS** had a falling out with her mother two years ago, but when she decided to make amends, she did it with the surprise of a lifetime. Then, we meet **TRACEY COOKE**, who went viral when her head suddenly started steaming from a menopausal hot flash, and **KATELYN YATES**, who went to the doctor for a sore throat only to find out she was pregnant with quadruplets. Plus, a brand-new Shop Tam Fam.

Wednesday, April 2: Candid Conversations: Feminine Energy: It's a controversial topic, and today, everybody says what they think and are unapologetic about how they feel! Is feminine energy the way to a man's heart or setting women back 70 years? Actress, director and producer **TASHA SMITH**, who stars in Netflix's "Survival of The Thickest," joins us to discuss how she found her freedom by sharing her story on her own terms and learning to embrace self-love. **ARIANA CASTELL** and **NAOMI FIAWOO** join the Tam Fam to discuss their version of feminine energy. Later, life coach and spiritual mentor **COURTNEY PIERSON** and relationship therapist **BEVERLEY ANDRE** add to the conversation.

Thursday, April 3: Ripped from the Headlines: We're taking you behind the scenes of headline-making stories everyone's talking about. Former WWE star **LEAH VAN DALE** joins us in a daytime exclusive to talk about losing her job after having a baby and her new platform, "Snatch," where she helps normalize difficult conversations for moms. "20/20" co-host **DEBORAH ROBERTS** takes us behind the scenes of the new podcast "20/20: The After Show."

Friday, April 4: Fad or Forever: We are exploring different trends from social media, beauty, food and fashion and asking if they're a passing fad or something that's here to stay, from bed parties with

event planner **TINA LAMORTE** to skincare trends with **DR. KIRAN MIAN** and fashion trends with editor **SIERRA MAYHEW**. We try the viral **DUBAI CHOCOLATE** and bites from the cinnamon roll-only bakery “**SUNDAY MORNING**” in New York. Tamron tries Padel Ball with **PABLO MUNOZ**, and we’re joined by podcast host and author **CASEY LEWIS** and “Entertainment Tonight” correspondent **DENNY DIRECTO** to get their take on whether these trends are a fad or forever.

“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:

Lydia Kanuga

lydia@thechambergroup.com

Shannon Atran

shannon@thechambergroup.com

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