



July 23, 2025

**HIGHLIGHTS FOR 'TAMRON HALL' SEASON SIX,  
JULY 28-AUG. 1**

**'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 28, 2025. Please note: The lineup is subject to change.

**Monday, July 28 (OAD: 5/5/25)** The Self-Made Myth: In a **DAYTIME EXCLUSIVE**, Slutty Vegan founder **PINKY COLE** opens up about losing her multimillion-dollar business and reveals how she got it back, plus how she survived a nearly fatal car accident. And, she's giving the Tam Fam an exclusive taste of what to expect from her relaunched brand, Slutty Vegan 2.0. Then, **DR. LAKEYSHA HALLMON** brings hot tips from her new book, "No One Is Self-Made."

**Tuesday, July 29 (OAD: 4/25/25)** It's Fielding Season: A **DAYTIME EXCLUSIVE** with Emmy® Award-nominated actress and producer **YVONNE ORJI**, who is now hosting "Pop The Balloon Live" on Netflix. Yvonne shares behind-the-scenes intel on the show and gives her take on 2025's wildest dating trends. Known as TikTok's Cupid, **TIFF BAIRA** returns to the show to chat about her new book, "Modern Dating for Dummies," and dating show "Love Train." Plus, Tiff is hosting an in-studio date with two lucky Tam Fam singles.

**Wednesday, July 30 (OAD: 6/3/25)** Generation Care: Today, we're getting to the heart of how caregiving affects our relationships, careers and finances. We sit down with **JENNIFER LEVIN**, author of "Generation Care," who shares her own struggles as a long-distance caregiver living in Los Angeles while her dad was facing a serious health crisis in New York. Then, a Gen Z grad student shares how she became the primary caregiver for both of her parents, who were diagnosed with cancer. Plus, a 40-year-old man became a caregiver to his wife overnight when a silent case of ovarian cancer led to a massive stroke. And, a 38-year-old entrepreneur shares how she's navigated caretaking for her brother with autism and built a home for him.

**Thursday, July 31 (OAD: 5/30/25)** Animal Antics: Stars of the hit Nat Geo show "Critter Fixers: Country Vets," **DOCS VERNARD HODGES** and **TERRENCE FERGUSON** are back with more creatures! Dog rescue owner **SUSANA BURGESS** provides an update for the Tam Fam, and **ALEXIS DEVINE** and her viral talking sheepadoodle, **BUNNY**, are back with us. We have an update from **ABBY JARDINE** and her popular pet pigeon, **PIDGE**, and **JILL NAKANO** and **CARSON** the surfing dog. And we check in with **CITY RANCH**, a nonprofit dedicated to providing accessible and affordable horseback riding.

**Friday, August 1 (OAD: 2/26/25)** Living Apart Together: Emmy-winning actress **SHERYL LEE RALPH** (“Abbott Elementary”) and her husband, **PENNSYLVANIA STATE SEN. VINCENT HUGHES**, sit down for an **EXCLUSIVE** conversation about their choice to live in separate cities, which set off the internet! Then, we hear from other couples who say living apart has helped save their relationships. Later, **KELLY COYNE** breaks down the stigma of couples living apart.

“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.

For times and channels, go to [www.TamronHallShow.com](http://www.TamronHallShow.com) and follow the show on social media @TamronHallShow.

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