



Sept. 26, 2025

## HIGHLIGHTS FOR 'TAMRON HALL' SEASON 7, SEPT. 29-OCT. 3

### '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 Sept. 29, 2025. Please note: The lineup is subject to change.

**Monday, Sept. 29:** Exclusive: Mo'Nique: Celebrating power, purpose and the joy of movement with a **DAYTIME EXCLUSIVE** look into comedian and Academy Award®-winning actress **MO'NIQUE**'s weight-loss journey and the launch of her new fitness brand, **MO'NIQUES MOVEMENT**, as well as the emotional moment with her husband that changed it all. Next, meet the powerlifting nun **SISTER PAT FARRELL**, who can lift more than her weight, and her "gym bro" **JOE CICERO** who has helped create a safe, supportive and inclusive space in the gym.

**Tuesday, Sept. 30:** Social Media Debates - WWYD? The show discusses trending viral debates dividing opinions on social media with the judges, podcast hosts "Were You Raised By Wolves?" **NICK LEIGHTON** and **LEAH BONNEMA**. If your significant other demanded you share your location, would you? Holiday decorations up all year-round? What about feeding a baby a carnivore diet? Tune in to find out! Plus, a brand-new Shop Tam Fam.

**Wednesday, Oct. 1:** F around and Find Out: It's the new viral parenting trend that pushes back against gentle parenting. Jump in with clinical child psychologist and author of "The No. 2 Parenting Book," **ANDREA MATA**, who says gentle parenting isn't working. Longtime educator and daycare owner **TINA MIDKIFF** talks about the difficulties and tantrums she sees on a daily basis and blames gentle parenting for it. Plus, **ASTELLAS** talks about **VEOZAH** with board-certified OB-GYN **DR. JENNIFER ASHTON**.

**Thursday, Oct. 2:** Church Justice: **VICKIE WINANS** and **MARVIN WINANS JR.** give a sneak peek into their faith-based court show that's currently in development: "Church Justice with Vickie Winans," a hilarious take helping real churchgoers settle real disputes. From the pastor who spills the tea on his wife during his sermons to the sweet potato pie protest. The studio turns into a court room and debates the hottest topics in the church. Plus, a performance by **VICKIE** that will get one dancing in their church pew.

**Friday, Oct. 3:** Behind the headlines: Viral medical stories: Break down the biggest medical headlines taking over social media feeds. Is brain rot real? What about the viral "AI death clock" that says it can predict when one will die, and much more. Plus, **MONDO GUERRA**, Project Runway icon and

designer, joins forces with **GILEAD SCIENCES** to debut a bold, new fashion collection inspired by real stories of people living with the rare autoimmune liver disease, primary biliary cholangitis (PBC).

“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.

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

**Press Contacts:**

Lydia Kanuga

[lydia@thechambergroup.com](mailto:lydia@thechambergroup.com)

Shannon Atran

[shannon@thechambergroup.com](mailto:shannon@thechambergroup.com)

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