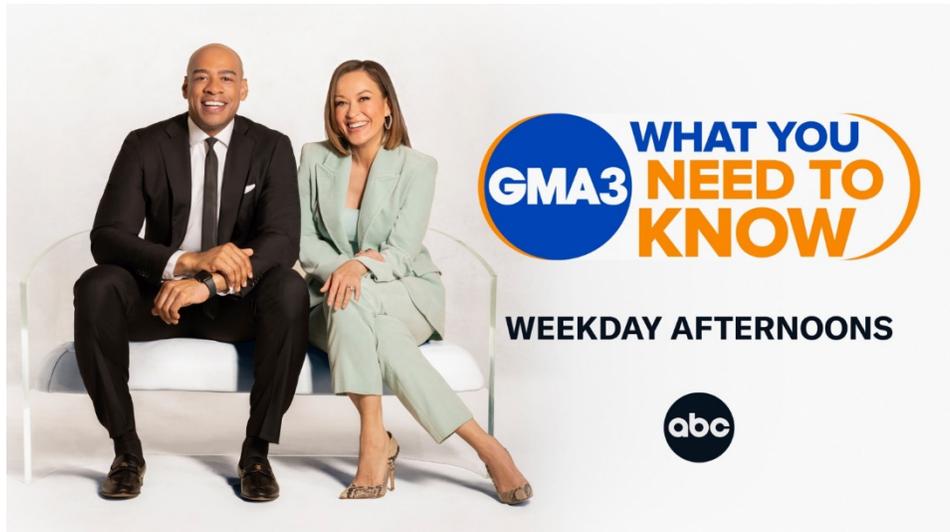


April 4, 2025

HIGHLIGHTS FOR ABC NEWS' 'GMA3: WHAT YOU NEED TO KNOW,' APRIL 7-11



*ABC News**

The following report highlights the programming of ABC's "GMA3: What You Need to Know" during the week of April 7-11. Emmy® Award-nominated "GMA3: What You Need to Know" is a one-hour program co-anchored by Eva Pilgrim and DeMarco Morgan. The news program airs weekdays at 1:00 p.m. EDT | 12:00 p.m. CDT on ABC, and 4:00 p.m. and 6:00 p.m. EDT on ABC News Live.

Highlights of the week include the following (subject to change):

Monday, April 7 – Chef **David Rose**; Science of You: Sleep Cortisol and Stress with "GMA" contributor **Becky Worley**; Shop GMA: National Doll House Day with "GMA" lifestyle contributor **Lori Bergamotto**; GMA Health Alert: What to Know About Red Dyes with ABC News medical correspondent **Dr. Darien Sutton**

Tuesday, April 8 – blink-182's **Mark Hoppus** talks new memoir ("Fahrenheit-182"); Oprah Daily Menopause O-wards with Oprah Daily beauty director **Kate Sandoval Box**; ABC Secret Sales with ABC News' **Will Ganss**; GMA Health Alert: Brain Fog or Burnout: How to Tell the Difference and Manage Both with ABC News medical correspondent **Dr. Darien Sutton**

Wednesday, April 9 – Actor **Ramón Rodríguez** ("Will Trent"); founder of Solid Starts **Jenny Best** and pediatric occupational therapist **Kary Rappaport** talk about their new book ("Solid Start for Babies"); Oprah Daily Bath O-wards with Oprah Daily beauty director **Kate Sandoval Box**; GMA Health Alert:

The Stress Solution for Stress Awareness Month with ABC News medical correspondent **Dr. Darien Sutton**

Thursday, April 10 – Actress **Sheryl Lee Ralph** (“Abbott Elementary”), **Jake Paul** and **Logan Paul** sit down with ABC News correspondent **Will Reeve**; Deals & Steals with ABC e-commerce editor **Tory Johnson**; GMA Health Alert: Is Ozempic Right for You? with ABC News medical correspondent **Dr. Darien. Sutton**

Friday, April 11 – Actors **Cosmo Jarvis**, **D'Pharaoh Woon-A-Tai** and **Michael Gandolfini** (“Warfare”); actress **Bryce Dallas Howard** (“Pets”); The Right Stuff series with “GMA” lifestyle contributor **Lori Bergamotto**; GMA Health Alert: GMA’s Sleep Reset with chief medical correspondent **Dr. Tara Narula**

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