



I'm not a robot

































KENS 5 Great Day SA - Essence Acupuncture Wellness of San Antonio Roma got a hands-on holistic skin and body care tutorial designed to promote intentional self-care. Tracy Parmer with Safety Essential Training teaches Paul some Emergency CPR & Heimlich techniques. Mycheryl Russ with Chak Therapy shares her tips on balancing your Chakras & restoring energy into your daily life. Roma heads to Colette at the Phipps to help Executive Chef Rodrigo Landa cook up a delicious Ceviche. Dr. Katherine Bartush, with UT Health Physicians Orthopaedics Sports Medicine, gives some helpful exercise tips for seniors inÂ ... It is never too late make healthy changes to make sure you age as gracefully as possible. Clarke stops by Sari Sari Supper Club to cool off with a refreshing Filipino dessert. Eugene Simor with Alamo Beer Co. stops by promote Fatherfest, an event that combines men's health & a fun night out. Chef Steve McHugh showed Paul how to put a unique twist on an heirloom tomato salad. Basaldua Joins Great Day SA on KENS5