



PRESS RELEASE

SOUTH FLORIDA PBS

FOR IMMEDIATE RELEASE:

February 13, 2024

South Florida PBS Health Channel Unveils New Program: *Living Longer, Living Well: Secrets of the Mediterranean*

Miami, FL – South Florida PBS Health Channel proudly announces the premiere of its original new program, [*Living Longer, Living Well: Secrets of the Mediterranean*](#). Hosted by Frank Licari, this program takes viewers on an enlightening expedition through Italy and Greece to discover the secrets of a long and healthy life.

In *Living Longer, Living Well: Secrets of the Mediterranean*, Frank Licari immerses himself in rich cultures and landscapes of Athens, Sardinia, and Florence, seeking insights from a diverse array of experts. From nutritionists to local chefs, shepherds, olive oil producers, and community elders, Frank engages with individuals deeply entrenched in the traditions of Mediterranean lifestyle.

The program delves into not only the nutritional aspects of the famed Mediterranean diet, but also explores the broader lifestyle practices that contribute to well-being and longevity. Through captivating storytelling and breathtaking cinematography, viewers will gain a deeper understanding of how to integrate Mediterranean health principles into their own lives.

Broadcast premiere dates for *Living Longer, Living Well: Secrets of the Mediterranean* are as follows:

WPBT:

- Wednesday, February 14th at 10:00 PM
- Sunday, February 18th at 1:00 PM

WXEL:

- Sunday, February 18th at 10:00 PM
- Tuesday, February 20th at 3:00 PM

Health Channel:

- Tuesday, February 20th at 8:00 PM

Watch live, and stream anytime on the [Health Channel](#).



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About the Health Channel:

AllHealthGo is South Florida PBS' exciting new digital health media venture that is building a trusted source of health and wellness information for consumers hungry for information and understanding. Through AllHealthGo's Health Channel, the only 24/7 health and wellness TV channel in the country, we connect you with medical and well-being specialists in real-time, promoting healthier lifestyle options. In partnership with prestigious organizations, the service aims to empower you with the most up-to-date information, enabling you to take more control of your and your family's health. To complement the live interactions with medical and well-being specialists, AllHealthGo offers a robust companion digital platform that provides access to specialized services.

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