

Introducing television
that will enrich your life.



Introducing Lifetime, cable television guaranteed to bring helpful, useful information to everyone from working women, women at home and senior citizens to fitness enthusiasts and health care professionals. Our experts, guests and celebrities cover everything from home decorating and parenting to medical break-

throughs and issues of the 80's. Lifetime. It's informative programming that will help you cope with the issues and problems of today - every day, 24 hours a day. Programming that will enrich your life. That's our Lifetime guarantee.



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