

# PROGRAM GUIDE

# FULL

## July 2017

Released 22 June 2017

### Cover to Cover

Presented by writingWA, Meri speaks with Sara Foster about her compelling thriller 'The Hidden Hours'. Eleanor, who has travelled to London to escape the demons of her traumatic childhood in Australia, is horrified to find herself at the centre of a murder investigation – and she has no memory of several crucial hours.

Our encore Episode is with Mohammed Massoud Morsi discussing his novel 'Twenty Two Years to Life'

30 Mins

### Destination WA

Episode 7 - Onslow Beach Resort, Roller Derby, Mackerel Island - Diving, Fishing, and Boating Charters, Archery, Fremantle Torchlight Tour & Ghost the Musical

Episode 8 - Mackerel Island – Accommodation, Guildford Hotel, Masonmill Cafe, Pet Friendly Perth, Rottnest Island – Wildlife Spotting & Parkour

Episode 9 - World's largest Art gallery, A tour of Perth's hidden music history, The Rottnest Lifestyle, Skydiving Rottnest, John Burgess' top Perth haunts, Karratha: Accommodation for any budget & Tourism tips on the Mackerel Islands

30 Mins

### The Garden Gurus – Autumn Series

Episode 8 - Nigel Ruck takes us to Kings Park, Perth, to learn about plant cross breeding, Trevor shows us the perfect winter herb planter, and Nigel looks at the history of traditional Mother's day flower, the Chrysanthemum.

Episode 9 - Steve Wood visits a unique school that puts a focus on the hands on approach to education, takes a look at new and exciting plants at Perth's Garden Festival and he discovers an inspiring story of a community friendly verge, Trevor shows us herb planting and garnishes with head chef Oliver Gould and as well as looking at edibles in the garden, Nigel visits Garden Guru viewer and friend Megan to find out the secret behind her success with fruit trees.

Episode 10 - Nigel Ruck looks at the benefits of keeping animals, he revisits Megan, she impressed us with her growing edibles, so this week he takes us back to learn more. Steve visits the Beehive Montessori school's gardening program, shows us some exciting new concepts in plants at the Swan Valley Exhibit at the Perth Garden Festival while Trevor shows us the best Roses for your garden and how to grow herbs in planters.

30 Mins

### Healthy Tips for a Healthier You

Presented by Healthier Workplace WA - Friendly information for a healthier you.

Tips 1-4 and 5-6 Duration 15 minutes each . Combined Show Duration 30 minutes

30 Mins

### Inside Curtin

Presented by Curtin students and staff, Inside Curtin shows what it's like to be a student at WA's largest university, as we explore a variety of exciting student projects and industry experiences. In this Episode hear from students studying in fields as diverse as Marketing, Health Sciences, Engineering, Interior Architecture, and Fashion, and learn about their real-world projects with NASA, and the Fremantle Dockers. Find out about Campus Housing options and the innovative Indigenous cultural training program available to staff and students.

30 Mins

### Our State on a Plate

WA is home to some of the world's most unique and finest produce. This program takes a journey across the state visiting the various regions discovering amazing food, from the primary producer to restaurants and then into the kitchen sharing recipes with the states leading chefs and cooks. There is inspiration at every turn.

Episode 1 - The Hoochery, with Linley Valley Pork Goulash Recipe, Theo's Farmers Market Roasted Vegetable Pizza, Mussel Farm and Chili Mussels, Gail's Guide – A visit to Silks, Manjimup Marron, Truffle Hunting, Myattsfield Winery, Bib and Tucker, Biodynamic Farming-what does it mean?, Super Foods: The Yacon, Incontro Cooking, Mandurah Mullet Recipe

Episode 2 - Old Fashion Pasta Making, Theo's Gluten Free Pizza, Farmers Market , Live Lighter Tips #1, Beach House at Bayside, Albany Offer!, Barra, Trout Fishing , Super foods: Avocado

30 Mins

### Sweet & Sour

Hosted by Gary Mitchell and a panel of weekly special guests, Sweet & Sour is a community orientated talk show in which people write in and share their situation with the panel who offer suggestions to help solve them. (Rated "M")

30 Mins

### Top of Down Under

Penny and The Crew have found the Next Must Do Trip for you! Information on all the things to know, how to gain access, and of course the best spots to visit. Journey to the Northern Territory's East Arnhem Land & Surrounds in the latest instalment from your Top of Down Under team.

Episode 9 - S.E.A.L. Track pt 2

Koolatong River & Sink Hole are en route this Episode as the Crew conquer the last section of the S.E.A.L. Track.

Episode 10 - Banubanu

Bremer Island lies only 9kms offshore from Nhulunbuy. Small in size, but for the vacation of a life time, this spot has it all and more!

Episode 11 - Nhulunbuy's Beaches

After driving 700kms from Katherine, most travellers stay a night in Nhulunbuy, refuel, and return the way they came, never knowing the sensational beaches only a stone's throw from town.

Episode 12 - Cape Arnhem - FINAL

Special Permits are required to venture out to Memorial Park, and the breathtaking Cape Arnhem. A small amount of paper work but worth the effort as you'll see in the final Episode for the Explore East Arnhem Land Series

30 Mins

### Woodworking Masterclass

Steve Hay continues the six part project, building a Plate Rack.

30 Mins

### You Can Make a Difference

You Can Make a Difference to Customer Relations for People with Disabilities

This 15 minute program has been developed to improve customer service for people with disabilities. It will help will equip your customer service staff with the necessary confidence and skills to respond effectively to customers with disabilities. It is just as important to get this right with customers with disabilities as with any other customer.

For more information on Disability Access and Inclusion visit:

<http://www.disability.wa.gov.au/business-and-government1/business-and-government/>

15 Mins

### Westlink TV is now on Facebook!

It would be great if you could



our page and join

[Westlink's Facebook community](#)

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<b>Saturday July 1</b>	<b>6:30pm</b>	<b>Top of Down Under</b> EPISODE - S.E.A.L. Track pt2	30 Mins
<b>Saturday July 1</b>	<b>7:00pm</b>	<b>Woodworking Masterclass</b> Plate Rack Episode 06	30 Mins
<b>Saturday July 1</b>	<b>7:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 08	30 Mins
<b>Saturday July 1</b>	<b>8:00pm</b>	<b>Destination WA</b> Series 04 Episode 09	30 Mins
<b>Saturday July 1</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 13	30 Mins
<b>Sunday July 2</b>	<b>12:30pm</b>	<b>Top of Down Under</b> EPISODE - S.E.A.L. Track pt2	30 Mins
<b>Sunday July 2</b>	<b>1:00pm</b>	<b>Woodworking Masterclass</b> Plate Rack Episode 06	30 Mins
<b>Sunday July 2</b>	<b>1:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 08	30 Mins
<b>Sunday July 2</b>	<b>2:00pm</b>	<b>Destination WA</b> Series 04 Episode 09	30 Mins
<b>Monday July 3</b>	<b>11:30am and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Tuesday July 4</b>	<b>11:30am and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Wednesday July 5</b>	<b>11:30am and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Wednesday July 5</b>	<b>6:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Wednesday July 5</b>	<b>6:30pm</b>	<b>Top of Down Under</b> Episode 10 - Banubanu	30 Mins
<b>Wednesday July 5</b>	<b>7:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 09	30 Mins
<b>Wednesday July 5</b>	<b>8:00pm</b>	<b>Cover to Cover</b> Episode 27 - Mohammed Massoud	30 Mins
<b>Wednesday July 5</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 14	30 Mins
<b>Thursday July 6</b>	<b>10:30am</b>	<b>Inside Curtin</b> Episode 2	30 Mins

<b>Thursday July 6</b>	<b>11:00am</b>	<b>Top of Down Under</b> Episode 10 - Banubanu	30 Mins
<b>Thursday July 6</b>	<b>11:30am and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Thursday July 6</b>	<b>12:00pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 09	30 Mins
<b>Thursday July 6</b>	<b>12:30pm</b>	<b>Cover to Cover</b> Episode 27 - Mohammed Massoud Morsi	30 Mins
<b>Friday July 7</b>	<b>11:30am, 3:30pm and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Friday July 7</b>	<b>2:30pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Friday July 7</b>	<b>3:00pm</b>	<b>Top of Down Under</b> Episode 10 - Banubanu	30 Mins
<b>Friday July 7</b>	<b>4:00pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 09	30 Mins
<b>Friday July 7</b>	<b>4:30pm</b>	<b>Cover to Cover</b> Episode 27 - Mohammed Massoud Morsi	30 Mins
<b>Saturday July 8</b>	<b>11:30am and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Saturday July 8</b>	<b>6:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Saturday July 8</b>	<b>6:30pm</b>	<b>Top of Down Under</b> Episode 10 - Banubanu	30 Mins
<b>Saturday July 8</b>	<b>7:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 09	30 Mins
<b>Saturday July 8</b>	<b>8:00pm</b>	<b>Cover to Cover</b> Episode 27 - Mohammed Massoud Morsi	30 Mins
<b>Saturday July 8</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 14	30 Mins
<b>Sunday July 9</b>	<b>12:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Sunday July 9</b>	<b>12:30pm</b>	<b>Top of Down Under</b> Episode 10 - Banubanu	30 Mins
<b>Sunday July 9</b>	<b>1:00pm and 7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins

<b>Sunday July 9</b>	<b>1:30pm</b> <b>Garden Gurus - Autumn 2016</b> Episode 09	30 Mins
<b>Sunday July 9</b>	<b>2:00pm</b> <b>Cover to Cover</b> Episode 27 - Mohammed Massoud Morsi	30 Mins
<b>Monday July 10</b>	<b>10:00am &amp; 2:00pm</b> <b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Monday July 10</b>	<b>10:15am &amp; 2:15pm</b> <b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Tuesday July 11</b>	<b>10:00am &amp; 2:00pm</b> <b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Tuesday July 11</b>	<b>10:15am &amp; 2:15pm</b> <b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Wednesday July 12</b>	<b>10:00am &amp; 2:00pm</b> <b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Wednesday July 12</b>	<b>10:15am &amp; 2:15pm</b> <b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Wednesday July 12</b>	<b>6:30pm</b> <b>Top of Down Under</b> Episode 11 - Nhulunbuy's Beaches	30 Mins
<b>Wednesday July 12</b>	<b>7:00pm</b> <b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Wednesday July 12</b>	<b>7:30pm</b> <b>Garden Gurus - Autumn 2016</b> Episode 10	30 Mins
<b>Wednesday July 12</b>	<b>8:00pm</b> <b>Destination WA</b> Episode 09	30 Mins
<b>Wednesday July 12</b>	<b>8:30pm</b> <b>Sweet &amp; Sour 2017</b> Episode 15	30 Mins
<b>Thursday July 13</b>	<b>10:00am &amp; 2:00pm</b> <b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Thursday July 13</b>	<b>10:15am &amp; 2:15pm</b> <b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Thursday July 13</b>	<b>11:00am</b> <b>Top of Down Under</b> Episode 11 - Nhulunbuy's Beaches	30 Mins

<b>Thursday July 13</b>	<b>11:30am</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Thursday July 13</b>	<b>12:00pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 10	30 Mins
<b>Thursday July 13</b>	<b>12:30pm</b>	<b>Destination WA</b> Episode	30 Mins
<b>Friday July 14</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Friday July 14</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Friday July 14</b>	<b>3:00pm</b>	<b>Top of Down Under</b> Episode 11 - Nhulunbuy's Beaches	30 Mins
<b>Friday July 14</b>	<b>3:30pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Friday July 14</b>	<b>4:00pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 10	30 Mins
<b>Friday July 14</b>	<b>4:30pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Saturday July 15</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Saturday July 15</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Saturday July 15</b>	<b>6:30pm</b>	<b>Top of Down Under</b> Episode 11 - Nhulunbuy's Beaches	30 Mins
<b>Saturday July 15</b>	<b>7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Saturday July 15</b>	<b>7:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 10	30 Mins
<b>Saturday July 15</b>	<b>8:00pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Saturday July 15</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 15	30 Mins



<b>Sunday July 16</b>	<b>12:30pm</b>	<b>Top of Down Under</b> Episode 11 - Nhulunbuy's Beaches	30 Mins
<b>Sunday July 16</b>	<b>1:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Sunday July 16</b>	<b>1:30pm</b>	<b>Garden Gurus - Autumn 2016</b> Episode 10	30 Mins
<b>Sunday July 16</b>	<b>2:00pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Sunday July 16</b>	<b>2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Sunday July 16</b>	<b>2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Monday July 17</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Monday July 17</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Tuesday July 18</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Tuesday July 18</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Wednesday July 19</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Wednesday July 19</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Wednesday July 19</b>	<b>6:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Wednesday July 19</b>	<b>6:30pm</b>	<b>Top of Down Under</b> Episode 12 - Cape Arnhem - FINAL	30 Mins
<b>Wednesday July 19</b>	<b>7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Wednesday July 19</b>	<b>7:30pm</b>	<b>Our State on a Plate</b> Episode 1	30 Mins

<b>Wednesday July 19</b>	<b>8:00pm</b>	<b>Cover to Cover</b> Episode 28 – Sara Foster	30 Mins
<b>Wednesday July 19</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 16	30 Mins
<b>Thursday July 20</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Thursday July 20</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Thursday July 20</b>	<b>10:30am</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Thursday July 20</b>	<b>11:00am</b>	<b>Top of Down Under</b> Episode 12 - Cape Arnhem - FINAL	30 Mins
<b>Thursday July 20</b>	<b>11:30am</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Thursday July 20</b>	<b>12:00pm</b>	<b>Our State on a Plate</b> Episode 1	30 Mins
<b>Thursday July 20</b>	<b>12:30pm</b>	<b>Cover to Cover</b> Episode 28 – Sara Foster	30 Mins
<b>Friday July 21</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Friday July 21</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Friday July 21</b>	<b>2:30pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Friday July 21</b>	<b>3:00pm</b>	<b>Top of Down Under</b> Episode 12 - Cape Arnhem - FINAL	30 Mins
<b>Friday July 21</b>	<b>3:30pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Friday July 21</b>	<b>4:00pm</b>	<b>Our State on a Plate</b> Episode 1	30 Mins
<b>Friday July 21</b>	<b>4:30pm</b>	<b>Cover to Cover</b> Episode 28 – Sara Foster	30 Mins



<b>Saturday July 22</b>	<b>10:00am &amp; 2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Saturday July 22</b>	<b>10:15am &amp; 2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 5-8	15 Mins
<b>Saturday July 22</b>	<b>6:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Saturday July 22</b>	<b>6:30pm</b>	<b>Top of Down Under</b> Episode 12 - Cape Arnhem - FINAL	30 Mins
<b>Saturday July 22</b>	<b>7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Saturday July 22</b>	<b>7:30pm</b>	<b>Our State on a Plate</b> Episode 1	30 Mins
<b>Saturday July 22</b>	<b>8:00pm</b>	<b>Cover to Cover</b> Episode 28 - Sara Foster	30 Mins
<b>Saturday July 22</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 16	30 Mins
<b>Sunday July 23</b>	<b>12:00pm</b>	<b>Inside Curtin</b> Episode 2	30 Mins
<b>Sunday July 23</b>	<b>12:30pm</b>	<b>Top of Down Under</b> Episode 12 - Cape Arnhem - FINAL	30 Mins
<b>Sunday July 23</b>	<b>1:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Sunday July 23</b>	<b>1:30pm</b>	<b>Our State on a Plate</b> Episode 1	30 Mins
<b>Sunday July 23</b>	<b>2:00pm</b>	<b>Cover to Cover</b> Episode 28 - Sara Foster	30 Mins
<b>Sunday July 23</b>	<b>2:00pm</b>	<b>You Can Make a Difference</b> Presented by Disability Services	15 Mins
<b>Sunday July 23</b>	<b>2:15pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-4	15 Mins
<b>Wednesday July 26</b>	<b>7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins

<b>Wednesday July 26</b>	<b>7:30pm</b>	<b>Our State on a Plate</b> Episode 2	30 Mins
<b>Wednesday July 26</b>	<b>8:00pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Wednesday July 26</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 17	30 Mins
<b>Thursday July 27</b>	<b>11:30am</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Thursday July 27</b>	<b>12:00pm</b>	<b>Our State on a Plate</b> Episode 2	30 Mins
<b>Thursday July 27</b>	<b>12:30pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Friday July 28</b>	<b>3:30pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Friday July 28</b>	<b>4:00pm</b>	<b>Our State on a Plate</b> Episode 2	30 Mins
<b>Friday July 28</b>	<b>4:30pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Saturday July 29</b>	<b>7:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Saturday July 29</b>	<b>7:30pm</b>	<b>Our State on a Plate</b> Episode 2	30 Mins
<b>Saturday July 29</b>	<b>8:00pm</b>	<b>Destination WA</b> Episode 09	30 Mins
<b>Saturday July 29</b>	<b>8:30pm</b>	<b>Sweet &amp; Sour 2017</b> Episode 17	30 Mins
<b>Sunday July 30</b>	<b>1:00pm</b>	<b>Healthy tips for a healthier you</b> Presented by Healthier Workplace WA - Tips 1-8	30 Mins
<b>Sunday July 30</b>	<b>1:30pm</b>	<b>Our State on a Plate</b> Episode 2	30 Mins
<b>Sunday July 30</b>	<b>2:00pm</b>	<b>Destination WA</b> Episode 09	30 Mins

**Westlink TV is now on Facebook!**

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