

# SiriusXM Announces Exclusive, Timely Programming For A Stress-Free Back-to-School Season

**Programming to air across multiple channels will include practical advice from doctors and experts on fitness, nutrition, physical and mental health, financing higher education, bullying and more**

NEW YORK, Aug. 18, 2014 /PRNewswire/ -- SiriusXM today announced its exclusive back-to-school programming airing on multiple channels beginning Monday, August 18.



P R E S S   R E L E A S E

SiriusXM's timely programming will air on SiriusXM Stars, Kids Place Live, and Doctor Radio channels and will feature tips from hosts and world-renowned experts offering parents nationwide practical advice for a stress-free back-to-school season.

SiriusXM back-to-school programming begins Monday, August 18, 2014 and is available via satellite on Sirius Stars channel 109, Kids Place Live channel 78 and Doctor Radio channel 81 and through the [SiriusXM Internet Radio App](#) for smartphones and mobile devices. For a complete list of air dates and times, please visit [www.siriusxm.com](http://www.siriusxm.com).

**Stars** (SiriusXM channel 109): Host and public health advocate Perri Peltz delves into cyberbullying and the importance of talking to kids about it - whether they are the target, the bully, or an innocent bystander - and leads the conversation on setting college students on the road towards social and emotional well-being. The MOMs hosts Denise Albert and Melissa Gerstein provide money-saving back-to-school shopping tips and efficient prepping shortcuts for a zen first day of school. Financially Fearless' Alexa Von Tobel shares her recommendations and a game-plan to effectively tackle the intricate process of planning and financing higher education for your child.

Also on Stars, Just Jenny's Jenny Hutt offers advice on how to prepare kids transitioning to high school and looks at how much homework and homework help is too much. And Seth Speaks' Seth Rudetsky wonders, "Is my kid a web junkie?," and looks at celebrity school experiences, bullying and discusses anecdotes from his book, *My Awesome Awful Popularity Plan*.

**Kids Place Live** (SiriusXM channel 78): Absolutely Mindy will have a special guest each morning as she encourages a love for school in young listeners with a sneak peek at pre-school and entertaining details on what they can expect as they learn their ABCs. The mother-of-two host shares her true and tested recipes for delicious and healthy lunches kids actually want to eat.

**Doctor Radio** (SiriusXM channel 81): Gastroenterologist Dr. Ira Breite will offer advice to prevent stomach problems caused by stress and anxiety related to the start of the school year; experts offer tips on keeping kids' bones and joints healthy including what to consider when choosing a back-pack and how to talk to teachers, nurses and administrators about your child's particular health needs. Parents will also hear how to help children cope with homework anxiety and getting kids back on a healthy sleep schedule. In addition, psychiatrist Dr. Michael Aronoff explains how to differentiate the natural rollercoaster of teenage hormones and emotions from the warning signs of depression.

For the older child, Doctor Radio's cardiac surgeon will discuss sudden cardiac arrest in youth sports and screening kids for heart conditions.

Stars features unique and diverse programming for women all in one place, including shows hosted by Dr. Laura, Pia Lindstrom, Fern Mallis, Martha Stewart, and others.

Kids Place Live is an interactive channel featuring music and talk shows for kids. With live in-house "Rumpus Room" concert events from the biggest names in kids' music, live hosts standing by to take your song requests, and fun, on-air games, Kids Place Live allows young listeners to play along and celebrate what it means to be a kid.

Powered by the New York University Langone Medical Center, the Doctor Radio channel features live, call-in shows hosted by world-renowned doctors and experts from a wide array of fields including: child psychology, sexual health, emergency room medicine, cancer, women's health dermatology, pediatrics and more.

For more information, please visit [www.siriusxm.com](http://www.siriusxm.com).

## **About SiriusXM**

[Sirius XM Holdings Inc.](#) (NASDAQ: SIRI) is the world's largest radio broadcaster measured by revenue and has more than 26.3 million subscribers. SiriusXM creates and broadcasts commercial-free music; premier sports talk and live events; comedy; news; exclusive talk and entertainment; and the most comprehensive Latin music, sports and talk programming in radio. SiriusXM is available in vehicles from every major car company in the U.S. and from retailers nationwide as well as at [shop.siriusxm.com](#). SiriusXM programming is available through the [SiriusXM Internet Radio](#) App for smartphones and other connected devices as well as online at [siriusxm.com](#). SiriusXM also provides premium traffic, weather, data and information services for subscribers in cars, trucks, RVs, boats and aircraft through SiriusXM Traffic™, SiriusXM Travel Link, NavTraffic™, NavWeather™, SiriusXM Aviation, SiriusXM Marine™, Sirius Marine Weather, XMWX Aviation™, and XMWX Marine™. Siri holds a minority interest in [SiriusXM Canada](#) which has more than 2 million subscribers.

On social media, join the SiriusXM community on [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#).

*This communication contains "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995. Such statements include, but are not limited to, statements about future financial and operating results, our plans, objectives, expectations and intentions with respect to future operations, products and services; and other statements identified by words such as "will likely result," "are expected to," "will continue," "is anticipated," "estimated," "believe," "intend," "plan," "projection," "outlook" or words of similar meaning. Such forward-looking statements are based upon the current beliefs and expectations of our management and are inherently subject to significant business, economic and competitive uncertainties and contingencies, many of which are difficult to predict and generally beyond our control. Actual results may differ materially from the results anticipated in these forward-looking statements.*

*The following factors, among others, could cause actual results to differ materially from the anticipated results or other expectations expressed in the forward-looking statements: our competitive position versus other radio and audio entertainment providers; our ability to attract and retain subscribers, which is uncertain; our dependence upon the auto industry; general economic conditions; failure of our satellites, which, in most cases, are not insured; the interruption or failure of our information and communications systems; the security of the personal information about our customers; royalties we pay for music rights, which increase over time; the unfavorable outcome of pending or future litigation; our failure to realize benefits of acquisitions; rapid technological and industry change; failure of third parties to perform; changes in consumer protection laws and their enforcement; failure to comply with FCC requirements and other government regulations; and our indebtedness. Additional factors that could cause our results to differ materially from those described in the forward-looking statements can be found in our Annual Report on Form 10-K for the year ended December 31, 2013, which is filed with the Securities and Exchange Commission (the "SEC") and available at the SEC's Internet site (<http://www.sec.gov>). The information set forth herein speaks only as of the date hereof, and we disclaim any intention or obligation to update any forward looking statements as a result of developments occurring after the date of this communication.*

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Contacts:

Michelle Dominguez

212.901.6792

[michelle.dominguez@siriusxm.com](mailto:michelle.dominguez@siriusxm.com)

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