

Welcoming a new season of

# The Balancing Act

**The Balancing Act** is entering an exciting new season, and you'll get to meet a whole new cast of hosts and contributors. Viewers will now get a wider variety of perspectives on important topics, products and solutions to help balance their lives.

## THE HOSTS



**Reza Farahan** is an actor, television personality and real estate power player who earned celebrity status from his Bravo show *Shahs of Sunset*, which chronicles the lives of Iranian Americans in Beverly Hills. An entrepreneur who has also launched a successful beauty brand, Farahan counts St. Jude Children's Research Hospital among his charitable causes.



**Ali Landry** is an actress, host, child safety advocate, and founder of RE/SHAPE, a lifestyle platform focused on natural health, wellness, fitness and beauty. A former Miss USA, the mother of three is a passionate supporter of women and children everywhere. Landry is currently an ambassador for Mending Kids, which provides free life-saving surgical care to children worldwide.



**Montel Williams** earned his media celebrity status as an inspirational Emmy Award-winning television personality whom Americans invited into their homes for more than 17 years. He is a decorated former naval officer, inspirational speaker, New York Times bestselling author, entrepreneur and advocate for patients worldwide. Williams currently serves as the host of *Military Makeover*, a series that seeks to transform the homes of veteran families.



**Caroline Manzo** is a television personality and entrepreneur who gained fame on the reality series *The Real Housewives of New Jersey*. A devoted wife and mother of three, Manzo manages to balance everything, putting her family first while making time for her career, which includes helping run a successful catering company with her husband.



**Ralph Pagano** is a celebrity chef and personality who has appeared on *Hell's Kitchen* and *Iron Chef America*, and hosted *Pressure Cook* on The Travel Channel. A major force in the Miami food scene, Pagano is the restaurateur of South Beach's acclaimed *Naked Taco* and has appeared regularly on *The Balancing Act* since 2015.

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