

Bien

/ A place of well-being

With expert advice, true-life testimonials, feel-good reports and stunning discoveries, the well-being magazine series *Bien* keeps it real in a warm, comforting atmosphere, delivering tried and true solutions for better health, sexuality, psychology, family life, nutrition, fitness and personal development.

Every week, the popular and engaging Saskia Thuot is at the centre of this free flow of ideas, resources and practical tools, surrounded by collaborators, experts, writers, doctors, psychologists and artists. Expect a strong dose of sharing, intimacy and intensity.

Bien deals with a wide range of topics that lend themselves to integrations focusing on well-being .



ORIGINAL PRODUCTION | 13 EPISODES



OPEN TO INTEGRATIONS



VIEWERSHIP / SATURDAY AT 10:30 A.M.

2+	A18+	A18-49	A25-54	A35-64	W18-49	W25-54	M18-49	M25-54
287	271	54	58	99	33	39	21	19

VIEWERSHIP / SUNDAY AT 1:00 P.M. (REPEAT)

2+	A18+	A18-49	A25-54	A35-64	F18-49	F25-54	H18-49	H25-54
97	90	14	15	30	7	10	7	6