


TOPIC : DIABETES
EASTERN TIME SCHEDULE • JUNE 28, 2010 - SEPTEMBER 26, 2010 • TOPIC: DIABETES
 5:30am • 1:30pm • 9:30pm

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Managing Your Diabetes

RELATED LIFESTYLE PROGRAMS:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1:30am 9:30am 5:30pm		Taking Medications Safely					
2:00am 10:00am 6:00pm						Healthy Aging	
3:30am 11:30am 7:30pm	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today
5:00am 1:00pm 9:00pm	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Stays: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Staying Safe in the Hospital: Patient Essentials	Patient Safety: Doctors' Stories
6:00am 2:00pm 10:00pm	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol
8:00am 4:00pm	Understanding Obesity: The Key to Weight Loss		Nutritional Needs: Prescription For Health	Understanding Obesity: The Key to Weight Loss		Taking Antibiotics Properly	Physical Activity: Improving Your Health
12:00am	Physical Activity: Improving Your Health	Understanding Obesity: The Key to Weight Loss		Nutritional Needs: Prescription For Health	Understanding Obesity: The Key to Weight Loss		Taking Antibiotics Properly