



## TOPIC: HEALTH & WELLNESS

### Pacific Time Program Schedule • September 26, 2011 - December 25, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 AM 8:30 AM 4:30 PM	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>
2:00 AM 10:00 AM 6:00 PM	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital
2:30 AM 10:30 AM 6:30 PM							<b>Understanding Obesity:</b> The Key to Effective Weight Loss
3:00 AM 11:00 PM 7:00 PM	<b>Deep Vein Thrombosis</b> Are You at Risk?	<b>Managing High Cholesterol</b>	<b>Controlling Cholesterol</b>	<b>Deep Vein Thrombosis</b> Are You at Risk?	<b>Managing High Cholesterol</b>	<b>Controlling Cholesterol</b>	<b>Deep Vein Thrombosis</b> Are You at Risk?
4:00 AM 12:00 PM 8:00 PM						<b>Advance Directives:</b> Making Family Health Decisions	
4:30 AM 12:30 PM 8:30 PM		<b>Taking Medications Safely</b>		<b>Taking Medications Safely</b>		<b>Healthy Aging</b>	
6:00 AM 2:00 PM	<b>Taking Antibiotics Properly</b>	<b>Preventing Flu And Pneumonia</b>		<b>Preventing Flu And Pneumonia</b>	<b>Nutritional Needs:</b> Prescription For Health	<b>Physical Activity:</b> Improving Your Health	<b>Tests That Can Save Your Life</b>
10:00 PM	<b>Preventing Flu And Pneumonia</b>		<b>Preventing Flu And Pneumonia</b>	<b>Nutritional Needs:</b> Prescription For Health	<b>Physical Activity:</b> Improving Your Health	<b>Tests That Can Save Your Life</b>	<b>Taking Antibiotics Properly</b>



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Related Lifestyle Programs							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 AM 8:30 AM 4:30 PM	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>
2:00 AM 10:00 AM 6:00 PM	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Hospital Acquired Infections:</b> What You Need To Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital
3:00 AM 11:00 PM 7:00 PM	<b>Deep Vein Thrombosis</b> Are You at Risk?	<b>Managing High Cholesterol</b>	<b>Controlling Cholesterol</b>	<b>Deep Vein Thrombosis</b> Are You at Risk?	<b>Managing High Cholesterol</b>	<b>Controlling Cholesterol</b>	<b>Deep Vein Thrombosis</b> Are You at Risk?
4:30 AM 12:30 PM 8:30 PM		<b>Taking Medications Safely</b>		<b>Taking Medications Safely</b>		<b>Healthy Aging</b>	
6:00 AM 2:00 PM					<b>Nutritional Needs:</b> Prescription For Health	<b>Physical Activity:</b> Improving Your Health	
10:00 PM				<b>Nutritional Needs:</b> Prescription For Health	<b>Physical Activity:</b> Improving Your Health		