



TOPIC: HEART DISEASE & STROKE

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 PM	Irregular Heartbeats: Restoring The Rhythm	Going Home on Blood Thinners	Heart Disease: Women At Risk	Living with Heart Disease	Going Home on Blood Thinners	Heart Disease: Women At Risk	Living with Heart Disease
6:30 AM 2:30 PM	Living with Heart Disease	Irregular Heartbeats: Restoring The Rhythm	Going Home on Blood Thinners	Heart Disease: Women At Risk	Living with Heart Disease	Going Home on Blood Thinners	Heart Disease: Women At Risk
11:30 AM	Heart Failure: Beating the Odds	Healthy Living After a Heart Attack	Heart Failure: Beating the Odds	Controlling High Blood Pressure	Irregular Heartbeats: Restoring The Rhythm	Leg Pain: When To Act	Controlling High Blood Pressure
7:30 AM 3:30 PM	Controlling High Blood Pressure	Heart Failure: Beating the Odds	Healthy Living After a Heart Attack	Heart Failure: Beating the Odds	Controlling High Blood Pressure	Irregular Heartbeats: Restoring The Rhythm	Leg Pain: When To Act
1:00 AM 9:00 AM 5:00 PM	Stroke: The Road to Recovery	Stroke Care: Every Minute Counts	Stroke: The Road to Recovery	Stroke Care: Every Minute Counts	Stroke: The Road to Recovery	Stroke Care: Every Minute Counts	Stroke: The Road to Recovery



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Related Lifestyle Programs							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 AM 8:30 AM 4:30 PM	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
2:00 AM 10:00 PM 6:00 PM	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Acquired Infections: What You Need To Know	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need To Know	Patient Safety: Protecting Yourself in the Hospital
3:00 AM 11:00 PM 7:00 PM	Deep Vein Thrombosis Are You at Risk?	Managing High Cholesterol	Controlling Cholesterol	Deep Vein Thrombosis Are You at Risk?	Managing High Cholesterol	Controlling Cholesterol	Deep Vein Thrombosis Are You at Risk?
4:30 AM 12:30 PM 8:30 PM		Taking Medications Safely		Taking Medications Safely		Healthy Aging	
6:00 AM 2:00 PM	Taking Antibiotics Properly	Preventing Flu and Pneumonia		Preventing Flu and Pneumonia	Nutritional Needs: Prescription For Health	Physical Activity: Improving Your Health	Tests That Can Save Your Life
10:00 PM	Preventing Flu and Pneumonia		Preventing Flu and Pneumonia	Nutritional Needs: Prescription For Health	Physical Activity: Improving Your Health	Tests That Can Save Your Life	Taking Antibiotics Properly