



TOPIC : HEALTH & WELLNESS

CENTRAL TIME SCHEDULE • JUNE 28, 2010 - SEPTEMBER 26, 2010 • TOPIC: HEALTH & WELLNESS						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:00am • 8:00am • 4:00pm						
		---	---		---	Alzheimer's Disease: Hope and Help
12:30am • 8:30am • 4:30pm						
---	---	Taking Medications Safely	---	---	Advance Directives: Making Family Health Decisions	
1:00am • 9:00am • 5:00pm						
---	---	---	---	---	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
4:00am • 12:00pm • 8:00pm						
Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need to Know	---	Hospital Stays: What You Need to Know	---	Staying Safe in the Hospital: Patient Essentials	Patient Safety: Doctors' Stories
5:00am • 1:00am • 9:00pm						
Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol
6:30am • 2:30pm • 10:30pm						
---	Tests That Can Save Your Life	Chronic Care: Improving Quality of Life	---	---	---	---
7:00am • 3:00pm • 11:00pm						
Understanding Obesity: The Key to Effective Weight Loss			Understanding Obesity: The Key to Effective Weight Loss			
8:00am • 4:00pm						
	---	---	Nutritional Needs: Prescription For Health	---	Taking Antibiotics Properly	Physical Activity: Improving Your Health



RELATED LIFESTYLE PROGRAMS:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:30am 8:30am 4:30pm			Taking Medications Safely				
1:00am 9:00am 5:00pm						Healthy Aging	
2:30am 10:30am 6:30pm	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
4:00am 12:00pm 8:00pm	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
5:00am 1:00pm 9:00pm	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Cholesterol	Preventing High Cholesterol
7:00am 3:00pm 11:00pm	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