


TOPIC : HEALTH & WELLNESS

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



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