


TOPIC : HEART DISEASE & STROKE
MOUNTAIN TIME SCHEDULE • JUNE 28, 2010 - SEPTEMBER 26, 2010 • TOPIC: LUNG DISEASE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00am • 3:00pm						
Asthma: One Breath At A Time	Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis: Coming Up For Air	Nasal Congestion & Controlling Your Allergies	Preventing Flu and Pneumonia	---	---
11:00pm						
Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis: Coming Up For Air	Nasal Congestion & Controlling Your Allergies	Preventing Flu and Pneumonia	---	---	Asthma: One Breath At A Time

RELATED LIFESTYLE PROGRAMS:

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