


TOPIC : PARENTING PROGRAMMING SPONSORED BY HUGGIES

EASTERN TIME SCHEDULE • JUNE 28,2010 - SEPTEMBER 26, 2010 • TOPIC: PARENTING						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12:30am • 8:30am • 4:30pm						
Healthy Mother						
3:00am • 11:00am • 7:00pm						
Newborn Care						
4:30am • 12:30pm • 8:30pm						
A Mother's Gift						
6:30am • 2:30pm • 10:30pm						
Baby Basics						

RELATED LIFESTYLE PROGRAMS:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30am 3:30am 11:30pm						Alcohol and Drug Addiction	
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
8:00am 4:00pm			Nutritional Needs: Prescription For Health				Physical Activity: Improving Your Health
12:00am	Physical Activity: Improving Your Health			Nutritional Needs: Prescription For Health			