


TOPIC : PARENTING PROGRAMMING SPONSORED BY HUGGIES

MOUNTAIN TIME SCHEDULE • JUNE 28,2010 - SEPTEMBER 26, 2010 • TOPIC: PARENTING						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30am • 2:30pm • 10:30pm						
Healthy Mother						
1:00am • 9:00am • 5:00pm						
Newborn Care						
2:30am • 10:30am • 6:30pm						
A Mother's Gift						
4:30am • 12:30pm • 8:30pm						
Baby Basics						

RELATED LIFESTYLE PROGRAMS:

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am 3:30am 9:30pm						Alcohol and Drug Addiction	
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
6:00am 2:00pm 10:00pm			Nutritional Needs: Prescription For Health				Physical Activity: Improving Your Health