

## Eastern Time Program Schedule • December 28 - March 28, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM - 8:00 AM	<b>Physical Activity: Improving Your Health</b>	<b>Understanding Obesity: The Key to Effective Weight Loss</b>	<b>Hospital Acquired Infections: What You Need to Know</b>	<b>Nutritional Needs: Prescription for Health</b>	<b>Understanding Obesity: The Key to Effective Weight Loss</b>	<b>Hospital Acquired Infections: What You Need to Know</b>	<b>Taking Antibiotics Properly</b>
8:00 AM - 4:00 PM	<b>Understanding Obesity: The Key to Effective Weight Loss</b>	<b>Hospital Acquired Infections: What You Need to Know</b>	<b>Nutritional Needs: Prescription for Health</b>	<b>Understanding Obesity: The Key to Effective Weight Loss</b>	<b>Hospital Acquired Infections: What You Need to Know</b>	<b>Taking Antibiotics Properly</b>	<b>Physical Activity: Improving Your Health</b>
12:30 AM - 8:30 AM - 4:30 PM	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>
1:00 AM - 9:00 AM - 5:00 PM	<b>Asthma: One Breath at a Time</b>	<b>Preventing Flu and Pneumonia</b>	<b>Emphysema &amp; Chronic Bronchitis: Coming Up For Air</b>	<b>Nasal Congestion &amp; Controlling Your Allergies</b>	<b>Preventing Flu and Pneumonia</b>	<b>Managing Sinus Problems</b>	<b>Alzheimer's Disease: Hope and Help</b>
1:30 AM - 9:30 AM - 5:30 PM	<b>Managing Chronic Pain</b>	<b>Going Home on Blood Thinners</b>	<b>Taking Medications Safely</b>	<b>Women's Health: Advice to Baby Boomers</b>	<b>Going Home on Blood Thinners</b>	<b>Advance Directives: Making Family Health Decisions</b>	<b>Living With Migraines</b>
2:00 AM - 10:00 AM - 6:00 PM	<b>Heart Disease: Recognizing the Risks</b>	<b>Irregular Heartbeats: Restoring the Rhythm</b>	<b>Osteoporosis: Strength For Life</b>	<b>Heart Disease: Women at Risk</b>	<b>Heart Disease: Recognizing the Risks</b>	<b>Healthy Aging</b>	<b>Heart Disease: Women at Risk</b>
2:30 AM - 10:30 AM - 6:30 PM	<b>Leg Pain: When to Act</b>	<b>Heart Failure: Beating the Odds</b>	<b>Healthy Living After A Heart Attack</b>	<b>Heart Failure: Beating the Odds</b>	<b>Controlling Hypertension</b>	<b>Angina: When to Get Help</b>	<b>Controlling Hypertension</b>
3:00 AM - 11:00 AM - 7:00 PM	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>
3:30 AM - 11:30 AM - 7:30 PM	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>	<b>Smoking Cessation: One Day at a Time</b>
4:00 AM - 12:00 PM - 8:00 PM	<b>Deep Vein Thrombosis: Are You at Risk?</b>	<b>Stroke Care: Every Minute Counts</b>	<b>Deep Vein Thrombosis: Are You at Risk?</b>	<b>Stroke Care: Every Minute Counts</b>	<b>The Dangers of Blood Clots</b>	<b>Stroke Care: Every Minute Counts</b>	<b>Stroke Care: Every Minute Counts</b>
4:30 AM - 12:30 PM - 8:30 PM	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>
5:00 AM - 1:00 PM - 9:00 PM	<b>Staying Safe in the Hospital: Patient Essentials</b>	<b>Hospital Stays: What You Need to Know</b>	<b>Patient Safety: Protecting Yourself in the Hospital</b>	<b>Hospital Stays: What You Need to Know</b>	<b>Patient Safety: Protecting Yourself in the Hospital</b>	<b>Staying Safe: Patient Essentials</b>	<b>Patient Safety: Doctors' Stories</b>
5:30 AM - 1:30 PM - 9:30 PM	<b>Diabetes: Prevention</b>	<b>Diabetes: Treatments</b>	<b>Diabetes: Avoiding Complications</b>	<b>Diabetes: Prevention</b>	<b>Diabetes: Treatments</b>	<b>Diabetes: Avoiding Complications</b>	<b>Managing Your Diabetes</b>
6:00 AM - 2:00 PM - 10:00 PM	<b>Preventing High Cholesterol</b>	<b>Managing High Cholesterol</b>	<b>Controlling Your Cholesterol</b>	<b>Preventing High Cholesterol</b>	<b>Managing High Cholesterol</b>	<b>Controlling Your Cholesterol</b>	<b>Preventing High Cholesterol</b>
6:30 AM - 2:30 PM - 10:30 PM	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>
7:00 AM - 3:00 PM - 11:00 PM	<b>Living with Cancer</b>	<b>Preventing Colon Cancer</b>	<b>Lung Cancer: Improving Survival</b>	<b>Breast Cancer: New Reasons for Hope</b>	<b>Cancer Related Fatigue</b>	<b>Cancer and Nutrition</b>	<b>Living With Prostate Cancer</b>
7:30 AM - 3:30 PM - 11:30 PM	<b>Your Surgery: Before, During and After</b>	<b>Tests That Can Save Your Life</b>	<b>Chronic Care: Improving Quality of Life</b>	<b>Coping With Low Back Pain</b>	<b>Osteoarthritis: Fighting Joint Pain</b>	<b>Alcohol &amp; Drug Addiction</b>	<b>Depression: Treatments That Work</b>