



Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Diabetes: Avoiding Complications	---	---	5:30am 1:30pm 9:30pm	---	---	5:30am 1:30pm 9:30pm	---
Diabetes: Prevention	5:30am 1:30pm 9:30pm	---	---	5:30am 1:30pm 9:30pm	---	---	---
Diabetes: Treatments	---	5:30am 1:30pm 9:30pm	---	---	5:30am 1:30pm 9:30pm	---	---
Managing Your Diabetes	---	---	---	---	---	---	5:30am 1:30pm 9:30pm

**Questions for your doctor or nurse:**

Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Controlling Cholesterol	---	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---
Healthy Aging	---	---	---	---	---	2:00am 10:00am 6:00pm	---
Hospital Stays: What You Need To Know	---	5:00am 1:00pm 9:00pm	---	5:00am 1:00pm 9:00pm	---	---	---
Managing High Cholesterol	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---
Nutritional Needs: Prescription For Health	---	---	8:00am 4:00pm	12:00am	---	---	---
Patient Safety: Doctors' Stories	---	---	---	---	---	---	5:00am 1:00pm 9:00pm
Patient Safety: Protecting Yourself in the Hospital	---	---	6:00am 2:00pm 10:00pm	---	---	---	---
Physical Activity: Improving Your Health	12:00am	---	---	---	---	---	8:00am 4:00pm
Preventing High Cholesterol	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm
Smoking Cessation: One Day at a Time	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm	3:30am 11:30am 7:30pm
Staying Safe in the Hospital: Patient Essentials	5:00am 1:00pm 9:00pm	---	---	---	---	5:00am 1:00pm 9:00pm	---
Taking Medications: A to Z	---	---	1:30am 9:30am 5:30pm	---	---	---	---
Understanding Obesity: The Key to Effective Weight Loss	8:00am 4:00pm	12:00am		8:00am 4:00pm	12:00am		

**Questions for your doctor or nurse:**