



Central Time Program Schedule . March 30, 2009 - June 28, 2009

Heart Disease & Stroke

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Angina: When To Get Help	---	---	---	3:00am 11:00am 7:00pm	---	---	3:00am 11:00am 7:00pm
Congestive Heart Failure: Beating the Odds	---	1:30am 9:30am 5:30pm	---	1:30am 9:30am 5:30pm	---	1:30am 9:30am 5:30pm	---
Controlling Hypertension	---	---	---	---	1:30am 9:30am 5:30pm	---	1:30am 9:30am 5:30pm
Deep Vein Thrombosis: Are You At Risk?	3:00am 11:00am 7:00pm	---	3:00am 11:00am 7:00pm	---	3:00am 11:00am 7:00pm	---	---
Going Home on Blood Thinners	---	12:30am 8:30am 4:30pm	---	---	12:30am 8:30am 4:30pm	---	---
Heart Disease: Recognizing The Risks	1:00am 9:00am 5:00pm	---	---	---	1:00am 9:00am 5:00pm	---	---
Heart Disease: Women At Risk	---	---	---	1:00am 9:00am 5:00pm	---	---	1:00am 9:00am 5:00pm
Irregular Heartbeats: Restoring The Rhythm	---	1:00am 9:00am 5:00pm	---	---	---	---	---
Leg Pain: When To Act	1:30am 9:30am 5:30pm	---	---	---	---	---	---
Stroke Care: Every Minute Counts	---	3:00am 11:00am 7:00pm	---	---	---	3:00am 11:00am 7:00pm	---
Healthy Living after a Heart Attack	---	---	1:30am 9:30am 5:30pm	---	---	---	---

Questions for your doctor or nurse:

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

Questions for your doctor or nurse: