



Mountain 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	---	---	---	2:00am 10:00am 6:00pm	---	---	2:00am 10:00am 6:00pm
Congestive Heart Failure: Beating the Odds	---	12:30am 8:30am 4:30pm	---	12:30am 8:30am 4:30pm	---	12:30am 8:30am 4:30pm	---
Controlling Hypertension	---	---	---	---	12:30am 8:30am 4:30pm	---	12:30am 8:30am 4:30pm
Deep Vein Thrombosis: Are You At Risk?	2:00am 10:00am 6:00pm	---	2:00am 10:00am 6:00pm	---	2:00am 10:00am 6:00pm	---	---
Going Home on Blood Thinners	11:30pm	7:30am 3:30pm	---	11:30pm	7:30am 3:30pm	---	---
Healthy Living after a Heart Attack	---	---	12:30am 8:30am 4:30pm	---	---	---	---
Heart Disease: Recognizing The Risks	12:00am 8:00am 4:00pm	---	---	---	12:00am 8:00am 4:00pm	---	---
Heart Disease: Women At Risk	---	---	---	12:00am 8:00am 4:00pm	---	---	12:00am 8:00am 4:00pm
Irregular Heartbeats: Restoring The Rhythm	---	12:00am 8:00am 4:00pm	---	---	---	---	---
Leg Pain: When To Act	12:30am 8:30am 4:30pm	---	---	---	---	---	---
Stroke Care: Every Minute Counts	---	2:00am 10:00am 6:00pm	---	---	---	2:00am 10:00am 6:00pm	---

Questions for your doctor or nurse:

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

Questions for your doctor or nurse: