



Pacific 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	---	---	---	1:00am 9:00am 5:00pm	---	---	1:00am 9:00am 5:00pm
Congestive Heart Failure: Beating the Odds	11:30pm	7:30am 3:30pm	11:30pm	7:30am 3:30pm	11:30pm	7:30am 3:30pm	---
Controlling Hypertension	---	11:30pm	---	---	7:30am 3:30pm	11:30pm	7:30am 3:30pm
Healthy Living after a Heart Attack	---	---	7:30am 3:30pm	11:30pm	---	---	---
Deep Vein Thrombosis: Are You At Risk?	1:00am 9:00am 5:00pm	---	1:00am 9:00am 5:00pm	---	1:00am 9:00am 5:00pm	---	---
Going Home on Blood Thinners	10:30	6:30am 2:30pm	---	---	10:30pm	6:30am 2:30pm	---
Heart Disease: Recognizing The Risks	7:00am 3:00pm	---	---	11:00pm	7:00am 3:00pm	---	11:00pm
Heart Disease: Women At Risk	---	---	11:00pm	7:00am 3:00pm	---	11:00pm	7:00am 3:00pm
Irregular Heartbeats: Restoring The Rhythm	11:00pm	7:00am 3:00pm	---	---	---	---	---
Leg Pain: When To Act	7:30am 3:30pm	---	---	---	---	---	11:30pm
Stroke Care: Every Minute Counts	---	1:00am 9:00am 5:00pm	---	---	---	1:00am 9:00am 5:00pm	---

Questions for your doctor or nurse:

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

Questions for your doctor or nurse: