



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

**Lung Disease**

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Asthma: One Breath At A Time	12:00am 8:00am 4:00pm	---	---	---	---	---	---
Emphysema & Chronic Bronchitis: Coming Up For Air	---	---	12:00am 8:00am 4:00pm	---	---	---	---
Nasal Congestion & Controlling Your Allergies	---	---	---	12:00am 8:00am 4:00pm	---	---	---
Preventing Flu and Pneumonia	---	12:00am 8:00am 4:00pm	---	---	12:00am 8:00am 4:00pm	---	---

Questions for your doctor or nurse:

Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hospital Stays: What You Need To Know	---	4:00am 12:00pm 8:00pm	---	4:00am 12:00pm 8:00pm	---	---	---
Hospital Acquired Infections: What you need to Know	---	7:00am 3:00pm 11:00pm	---	---	7:00am 3:00pm 11:00pm	---	---
Nutritional Needs: Prescription For Health	---	---	7:00am 3:00pm 11:00pm	---	---	---	---
Patient Safety: Doctors' Stories	---	---	---	---	---	---	4:00am 12:00pm 8:00pm
Patient Safety: Protecting Yourself in the Hospital	---	---	4:00am 12:00pm 8:00pm	---	4:00am 12:00pm 8:00pm	---	---
Physical Activity: Improving Your Health	---	---	---	---	---	---	7:00am 3:00pm 11:00pm
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	---
Taking Medications: A to Z	---	---	12:30am 8:30am 4:30pm	---	---	---	---

**Questions for your doctor or nurse:**