



Eastern 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	1:00am 9:00am 5:00pm	---	---	---	---	---	---
Emphysema & Chronic Bronchitis: Coming Up For Air	---	---	1:00am 9:00am 5:00pm	---	---	---	---
Nasal Congestion & Controlling Your Allergies	---	---	---	1:00am 9:00am 5:00pm	---	---	---
Preventing Flu and Pneumonia	---	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
Hospital Stays: What You Need To Know	---	5:00am 1:00pm 9:00pm	---	5:00am 1:00pm 9:00pm	---	---	---
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	---	---	5:00am 1:00pm 9:00pm	---	5:00am 1:00pm 9:00pm	---	---
Physical Activity: Improving Your Health	12:00am	---	---	---	---	---	8:00am 4:00pm
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	---	---	---	---

Questions for your doctor or nurse: