


**Mountain 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	7:00am 3:00pm	---	---	---	---	---	11:00pm
Emphysema & Chronic Bronchitis: Coming Up For Air	---	11:00pm	7:00am 3:00pm	---	---	---	---
Nasal Congestion & Controlling Your Allergies	---	---	11:00pm	7:00am 3:00pm	---	---	---
Preventing Flu and Pneumonia	11:00pm	7:00am 3:00pm	---	11:00pm	7:00am 3:00pm	---	---

**Questions for your doctor or nurse:**

Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hospital Stays: What You Need To Know	---	3:00am 11:00am 7:00pm	---	3:00am 11:00am 7:00pm	---	---	---
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
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:**