



Pacific 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	6:00am 2:00pm	---	---	---	---	---	10:00pm
Emphysema & Chronic Bronchitis: Coming Up For Air	---	10:00pm	6:00am 2:00pm	---	---	10:00pm	6:00am 2:00pm
Nasal Congestion & Controlling Your Allergies	---	---	10:00pm	6:00am 2:00pm	---	---	---
Preventing Flu and Pneumonia	10:00pm	6:00am 2:00pm	---	10:00pm	6:00am 2:00pm	---	---

Questions for your doctor or nurse:

Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hospital Stays: What You Need To Know	---	2:00am 10:00am 6:00pm	---	2:00am 10:00am 6:00pm	---	---	---
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
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: