



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

Health & Wellness

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Advance Directives: Making Family Health Decisions	---	---	---	---	---	12:30am 8:30am 4:30pm	---
Alzheimer's Disease: Hope and Help	---	---	---	---	---	---	12:00am 8:00am 4:00pm
Chronic Care: Improving Quality of Life	---	---	6:30am 2:30pm 10:30pm	---	---	---	---
Controlling Cholesterol	---	---	5:00am 1:00pm 9:00pm	---	---	5:00am 1:00pm 9:00pm	---
Healthy Aging	---	---	---	---	---	1:00am 9:00am 5:00pm	---
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	---	---
Managing High Cholesterol	---	5:00am 1:00pm 9:00pm	---	---	5:00am 1:00pm 9:00pm	---	---
Nutritional Needs: Prescription For Health	---	---	7:00am 3:00pm 11:00pm	---	---	---	---
Taking Antibiotics Properly	---	---	---	---	---	7:00am 3:00pm 11:00pm	---
Patient Safety: Doctors' Stories	---	---	---	---	---	---	4:00am 12:00pm 8:00pm
Physical Activity: Improving Your Health	---	---	---	---	---	---	7:00am 3:00pm 11:00pm
Preventing High Cholesterol	5:00am 1:00pm 9:00pm	---	---	5:00am 1:00pm 9:00pm	---	---	5:00am 1:00pm 9:00pm
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	4:00am 12:00pm 8:00pm
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	---	---	---	---

Tests That Can Save Your Life	---	6:30am 2:30pm 10:30pm	---	---	---	---	---
Understanding Obesity: The Key to Effective Weight Loss	7:00am 3:00pm 11:00pm	---	---	7:00am 3:00pm 11:00pm	---	---	---

Questions for your doctor or nurse: