



Eastern 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	---	1:30am 9:30am 5:30pm	---	---	---	1:30am 9:30am 5:30pm	---
Alzheimer's Disease: Hope and Help	---	---	---	---	---	---	1:00am 9:00am 5:00pm
Chronic Care: Improving Quality of Life	---	---	7:30am 3:30pm 11:30pm	---	---	---	---
Controlling Cholesterol	---	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---
Healthy Aging	---	---	---	---	---	2:00am 10:00am 6:00pm	---
Hospital Stays: What You Need To Know	---	5:00am 1:00pm 9:00pm	---	5:00am 1:00pm 9:00pm	---	---	---
Managing High Cholesterol	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---
Nutritional Needs: Prescription For Health	---	---	8:00am 4:00pm	12:00am	---	---	---
Taking Antibiotics Properly	---	---	---	---	---	8:00am 4:00pm	12:00am
Patient Safety: Doctors' Stories	---	---	---	---	---	---	5:00am 1:00pm 9:00pm
Physical Activity: Improving Your Health	12:00am	---	---	---	---	---	8:00am 4:00pm
Preventing High Cholesterol	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm
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	---	---	---	---
Tests That Can Save Your Life	---	7:30am 3:30pm 11:30pm	---	---	---	---	---

Understanding Obesity: The Key to Effective Weight Loss	8:00am 4:00pm	12:00am		8:00am 4:00pm	12:00am		
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Questions for your doctor or nurse: