


Mountain 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	---	---	---	---	11:30pm	7:30am 3:30pm	---
Chronic Care: Improving Quality of Life	---	---	5:30am 1:30pm 9:30pm	---	---	---	---
Controlling Cholesterol	---	---	4:00am 12:00pm 8:00pm	---	---	4:00am 12:00pm 8:00pm	---
Healthy Aging	---	---	---	---	---	12:00am 8:00am 4:00pm	---
Hospital Stays: What You Need To Know	---	3:00am 11:00am 7:00pm	---	3:00am 11:00am 7:00pm	---	---	---
Managing High Cholesterol	---	4:00am 12:00pm 8:00pm	---	---	4:00am 12:00pm 8:00pm	---	---
Nutritional Needs: Prescription For Health	---	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---
Taking Antibiotics Properly	---	---	---	---	---	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	---	---	---	6:00am 2:00pm 10:00pm
Preventing High Cholesterol	4:00am 12:00pm 8:00pm	---	---	4:00am 12:00pm 8:00pm	---	---	4:00am 12:00pm 8:00pm
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	---	---	---	---
Tests That Can Save Your Life	---	5:30am 1:30pm 9:30pm	---	---	---	---	---
Understanding Obesity: The Key to Effective Weight Loss	6:00am 2:00pm 10:00pm	---	---	6:00am 2:00pm 10:00pm	---	---	---

Questions for your doctor or nurse: