



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

Questions for your doctor or nurse: