


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

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
A Mother's Gift	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
Baby Basics	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm	5:30am 1:30pm 9:30pm
Healthy Mother	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm	7:30am 3:30pm 11:30pm
Newborn Care	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm	2:00am 10:00am 6:00pm

Questions for your doctor or nurse:

Sponsored By:



Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Alcohol and Drug Addition	---	---	---	---	---	6:30am 2:30pm 10:30pm	---
Nutritional Needs: Prescription For Health	---	---	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
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	2:30am 10:30am 6:30pm
Staying Safe in the Hospital: Patient Essentials	4:00am 12:00pm 8:00pm	---	---	---	---	4:00am 12:00pm 8:00pm	---

Questions for your doctor or nurse: