



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

Parenting Programming

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
A Mother's Gift	4:30am	4:30am	4:30am	4:30am	4:30am	4:30am	4:30am
	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm
	8:30pm	8:30pm	8:30pm	8:30pm	8:30pm	8:30pm	8:30pm
Baby Basics	6:30am	6:30am	6:30am	6:30am	6:30am	6:30am	6:30am
	2:30pm	2:30pm	2:30pm	2:30pm	2:30pm	2:30pm	2:30pm
	10:30pm	10:30pm	10:30pm	10:30pm	10:30pm	10:30pm	10:30pm
Healthy Mother	12:30am	12:30am	12:30am	12:30am	12:30am	12:30am	12:30am
	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am	8:30am
	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
Newborn Care	3:00am	3:00am	3:00am	3:00am	3:00am	3:00am	3:00am
	11:00am	11:00am	11:00am	11:00am	11:00am	11:00am	11:00am
	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm

Questions for your doctor or nurse:

Sponsored By:



Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Alcohol and Drug Addition	---	---	---	---	---	7:30am 3:30pm 11:30pm	---
Hospital Stays: What You Need To Know	---	5:00am 1:00pm 9:00pm	---	5:00am 1:00pm 9:00pm	---	---	---
Nutritional Needs: Prescription For Health	---		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
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	---

Questions for your doctor or nurse: