



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

Parenting Programming

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

Questions for your doctor or nurse:

Sponsored By:



Lifestyle Programs							
Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hospital Stays: What You Need To Know	---	3:00am 11:00am 7:00pm	---	3:00am 11:00am 7:00pm	---	---	---
Nutritional Needs: Prescription For Health	---	---	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
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	---

Questions for your doctor or nurse: