


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

Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
A Mother's Gift	1:30am	1:30am	1:30am	1:30am	1:30am	1:30am	1:30am
	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am	9:30am
	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm
Baby Basics	3:30am	3:30am	3:30am	3:30am	3:30am	3:30am	3:30am
	11:30am	11:30am	11:30am	11:30am	11:30am	11:30am	11:30am
	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm
Healthy Mother	5:30am	5:30am	5:30am	5:30am	5:30am	5:30am	5:30am
	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm	1:30pm
	9:30pm	9:30pm	9:30pm	9:30pm	9:30pm	9:30pm	9:30pm
Newborn Care	12:00am	12:00am	12:00am	12:00am	12:00am	12:00am	12:00am
	8:00am	8:00am	8:00am	8:00am	8:00am	8:00am	8:00am
	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm

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	---	2:00am 10:00am 6:00pm	---	2:00am 10:00am 6:00pm	---	---	---
Nutritional Needs: Prescription For Health	---	---	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
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	---

Questions for your doctor or nurse: