



**Eastern Time Program Schedule . December 15, 2008 - March 29, 2009**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>12:00 AM</b> <b>8:00 AM</b> <b>4:00 PM</b>	Physical Activity: Improving Your Health	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Nutritional Needs: Prescription for Health	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Taking Antibiotics Properly
	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Nutritional Needs: Prescription for Health	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Taking Antibiotics Properly	Physical Activity: Improving Your Health
<b>12:30 AM</b> <b>8:30 AM</b> <b>4:30 PM</b>	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
<b>1:00 AM</b> <b>9:00 AM</b> <b>5:00 PM</b>	Asthma: One Breath at a Time	Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis	Nasal Congestion & Controlling Your Allergies	Preventing Flu and Pneumonia	Managing Sinus Problems	Alzheimer's Disease: Hope and Help
<b>1:30 AM</b> <b>9:30 AM</b> <b>5:30 PM</b>	Managing Chronic Pain	Taking Medications: A to Z	Managing Weight Issues in Children	Managing Side Effects of Anti-Inflammatory Medications	Going Home on Blood Thinners	Advance Directives: Making Family Health Decisions	Taking Medications: A to Z
<b>2:00 AM</b> <b>10:00 AM</b> <b>6:00 PM</b>	Heart Disease: Recognizing the Risks	Irregular Heartbeats: Restoring the Rhythm	Osteoporosis: Strength for Life	Heart Disease: Women at Risk	Heart Disease: Recognizing the Risks	Healthy Aging	Heart Disease: Women at Risk
<b>2:30 AM</b> <b>10:30 AM</b> <b>6:30 PM</b>	Leg Pain: When to Act	Congestive Heart Failure: Beating the Odds	Healthy Living After a Heart Attack	Congestive Heart Failure: Beating the Odds	Controlling Hypertension	Congestive Heart Failure: Beating the Odds	Controlling Hypertension
<b>3:00 AM</b> <b>11:00 AM</b> <b>7:00 PM</b>	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
<b>3:30 AM</b> <b>11:30 AM</b> <b>7:30 PM</b>	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time	Smoking Cessation: One Day at a Time
<b>4:00 AM</b> <b>12:00 PM</b> <b>8:00 PM</b>	Deep Vein Thrombosis: Are You at Risk?	Stroke Care: Every Minute Counts	Deep Vein Thrombosis: Are You at Risk?	Angina: When to Get Help	Deep Vein Thrombosis: Are You at Risk?	Stroke Care: Every Minute Counts	Angina: When to Get Help
<b>4:30 AM</b> <b>12:30 PM</b> <b>8:30 PM</b>	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift
<b>5:00 AM</b> <b>1:00 PM</b> <b>9:00 PM</b>	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Stays: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital	Staying Safe in the Hospital: Patient Essentials	Patient Safety: Doctors' Stories
<b>5:30 AM</b> <b>1:30 PM</b> <b>9:30 PM</b>	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Managing Your Diabetes
<b>6:00 AM</b> <b>2:00 PM</b> <b>10:00 PM</b>	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol
<b>6:30 AM</b> <b>2:30 PM</b> <b>10:30 PM</b>	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics
<b>7:00 AM</b> <b>3:00 PM</b> <b>11:00 PM</b>	Living with Cancer	Preventing Colon Cancer	Lung Cancer: Improving Survival	Breast Cancer: New Reasons for Hope	Cancer Related Fatigue	Cancer & Nutrition	Living with Prostate Cancer
<b>7:30 AM</b> <b>3:30 PM</b> <b>11:30 PM</b>	Your Surgery: Before, During and After	Tests That Can Save Your Life	Chronic Care: Improving Quality of Life	Coping with Low Back Pain	Osteoarthritis: Fighting Joint Pain	Controlling Stomach Acid Reflux	Depression: Treatments That Work