



Eastern Time Program Schedule . December 17, 2007 - March 30, 2008

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM 8:00 AM 4:00 PM	Physical Activity: Improving Your Health	Obesity: Winning the Battle	Nutritional Needs: Prescription for Health	Physical Activity: Improving Your Health	Obesity: Winning the Battle	Nutritional Needs: Prescription for Health	Obesity: Winning the Battle
12:30 AM 8:30 AM 4:30 PM	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
1:00 AM 9:00 AM 5:00 PM	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	Emphysema & Chronic Bronchitis
1:30 AM 9:30 AM 5:30 PM	Managing Chronic Pain	Advance Directives: Making Family Health Decisions	The Journey: Stories of Hope for New Amputees	Managing Side Effects of Anti-Inflammatory Medications	Taking Medications: A to Z	Advance Directives: Making Family Health Decisions	Taking Medications: A to Z
2:00 AM 10:00 AM 6:00 PM	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
2:30 AM 10:30 AM 6:30 PM	Leg Pain: When to Act	Congestive Heart Failure: Beating the Odds	Controlling Hypertension	Congestive Heart Failure: Beating the Odds	Controlling Hypertension	Congestive Heart Failure: Beating the Odds	Controlling Hypertension
3:00 AM 11:00 AM 7:00 PM	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
3:30 AM 11:30 AM 7:30 PM	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need to Know	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need to Know	Staying Safe in the Hospital: Patient Essentials	Staying Safe in the Hospital: Patient Essentials	Staying Safe in the Hospital: Patient Essentials
4:00 AM 12:00 PM 8:00 PM	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
4:30 AM 12:30 PM 8:30 PM	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
5:00 AM 1:00 PM 9:00 PM	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
5:30 AM 1:30 PM 9:30 PM	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Managing Your Diabetes
6:00 AM 2:00 PM 10:00 PM	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol
6:30 AM 2:30 PM 10:30 PM	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics
7:00 AM 3:00 PM 11:00 PM	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
7:30 AM 3:30 PM 11:30 PM	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