



Pacific 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	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
12:30 AM 8:30 AM 4:30 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
1:00 AM 9:00 AM 5:00 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
1:30 AM 9:30 AM 5:30 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
2:00 AM 10:00 AM 6:00 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
2:30 AM 10:30 AM 6:30 PM	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Managing Your Diabetes
3:00 AM 11:00 AM 7:00 PM	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol
3:30 AM 11:30 AM 7:30 PM	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics
4:00 AM 12:00 PM 8:00 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
4:30 AM 12:30 PM 8:30 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
5:00 AM 1:00 PM 9:00 PM	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	Physical Activity: Improving Your Health
5:30 AM 1:30 PM 9:30 PM	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
6:00 AM 2:00 PM 10:00 PM	Asthma: One Breath at a Time Preventing Flu and Pneumonia	Preventing Flu and Pneumonia Emphysema & Chronic Bronchitis	Emphysema & Chronic Bronchitis Nasal Congestion & Controlling Your Allergies	Nasal Congestion & Controlling Your Allergies Preventing Flu and Pneumonia	Preventing Flu and Pneumonia Managing Sinus Problems	Managing Sinus Problems Emphysema & Chronic Bronchitis	Emphysema & Chronic Bronchitis Asthma: One Breath at a Time
6:30 AM 2:30 PM 10:30 PM	Managing Chronic Pain Advance Directives	Advance Directives The Journey: Stories of Hope for New Amputees	The Journey: Stories of Hope for New Amputees Managing Side Effects of Anti-Inflammatory Meds	Managing Side Effects of Anti-Inflammatory Meds Taking Medications: A to Z	Taking Medications: A to Z Advance Directives	Advance Directives Taking Medications: A to Z	Taking Medications: A to Z Managing Chronic Pain
7:00 AM 3:00 PM 11:00 PM	Heart Disease: Recognizing the Risks Irregular Heartbeats: Restoring the Rhythm	Irregular Heartbeats: Restoring the Rhythm Osteoporosis: Strength for Life	Osteoporosis: Strength for Life Heart Disease: Women at Risk	Heart Disease: Women at Risk Heart Disease: Recognizing the Risks	Heart Disease: Recognizing the Risks Healthy Aging	Healthy Aging Heart Disease: Women at Risk	Heart Disease: Women at Risk Heart Disease: Recognizing the Risks
7:30 AM 3:30 PM 11:30 PM	Leg Pain: When to Act Congestive Heart Failure: Beating the Odds	Congestive Heart Failure: Beating the Odds Controlling Hypertension	Controlling Hypertension Congestive Heart Failure: Beating the Odds	Congestive Heart Failure: Beating the Odds Controlling Hypertension	Controlling Hypertension Congestive Heart Failure: Beating the Odds	Congestive Heart Failure: Beating the Odds Controlling Hypertension	Controlling Hypertension Leg Pain: When to Act

accessible

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empowering