

# CHANNEL GUIDE



Proudly presented by:

Effective July 1, 2025 thru September 30, 2025

## TURN TO CHANNEL

### MON | WED | FRI | SUN

#### LIVING WITH CANCER

6:00am | 2:00pm | 10:00pm

#### HEALTHY AGING

6:30am | 2:30pm | 10:30pm

#### STRESS & YOUR HEALTH

7:00am | 3:00pm | 11:00pm

#### HEALTHY EATING

7:30am | 3:30pm | 11:30pm

#### LIVING WELL WITH COPD

8:00am | 4:00pm | 12:00am

#### MANAGING HEART FAILURE

8:30am | 4:30pm | 12:30am

#### ATRIAL FIBRILLATION

9:00am | 5:00pm | 1:00am

#### DEMENTIA: FAMILY STORIES

9:30am | 5:30pm | 1:30am

#### TAKING MEDICATIONS SAFELY

10:00am | 6:00pm | 2:00am

#### QUIT SMOKING AND TOBACCO

10:30am | 6:30pm | 2:30am

#### STROKE RECOVERY

11:00am | 7:00pm | 3:00am

#### HEART ATTACK: MANAGING RISK FACTORS

11:30am | 7:30pm | 3:30am

#### ADDRESSING ADDICTION

12:00pm | 8:00pm | 4:00am

#### DIABETES BASICS

12:30pm | 8:30pm | 4:30am

#### PREVENTING HEART DISEASE

1:00pm | 9:00pm | 5:00am

#### YOUR SURGERY

1:30pm | 9:30pm | 5:30am

### TUES | THURS | SAT

#### CANCER AND NUTRITION

6:00am | 2:00pm | 10:00pm

#### ADVANCE DIRECTIVES

6:30am | 2:30pm | 10:30pm

#### LIVING WITH ANXIETY & DEPRESSION

7:00am | 3:00pm | 11:00pm

#### HEALTHY LIFESTYLE CHANGES

7:30am | 3:30pm | 11:30pm

#### PREVENTING PNEUMONIA AND FLU

8:00am | 4:00pm | 12:00am

#### MANAGING HEART FAILURE

8:30am | 4:30pm | 12:30am

#### IMPROVING YOUR CHOLESTEROL

9:00am | 5:00pm | 1:00am

#### JOINT REPLACEMENT: AT HOME RECOVERY

9:30am | 5:30pm | 1:30am

#### PAIN MANAGEMENT

10:00am | 6:00pm | 2:00am

#### QUIT SMOKING AND TOBACCO

10:30am | 6:30pm | 2:30am

#### STROKE RECOVERY

11:00am | 7:00pm | 3:00am

#### IMPROVING YOUR HEART HEALTH

11:30am | 7:30pm | 3:30am

#### ADDRESSING ADDICTION

12:00pm | 8:00pm | 4:00am

#### DIABETES AND NUTRITION

12:30pm | 8:30pm | 4:30am

#### PREVENTING HEART DISEASE

1:00pm | 9:00pm | 5:00am

#### PREVENTING BLOOD CLOTS

1:30pm | 9:30pm | 5:30am

To view more videos, visit:

Passcode:



## *Looking for more information about* **MANAGING YOUR ILLNESS AND LIVING WELL?**

Go to the website printed on the front of this guide to access our entire library of **health videos and resources**.\*

### *Please* **ASK QUESTIONS!**

Speak up to stay healthy once you leave the hospital.

- ☒ Do I understand my discharge instructions?  
Are they written down?
- ☒ Can I eat what I usually do, or do I have a special diet?
- ☒ What activities should I avoid?
- ☒ Will I need medical equipment at home?
- ☒ How often should I check or change my bandages?
- ☒ What medicines should I take? Will they work with other medicine and vitamins that I am currently taking?
- ☒ Who do I call if I don't feel right?
- ☒ When should I see my doctor again?
- ☒ Who do I call in an emergency?

### *Questions for the doctor.*

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