

CHANNEL GUIDE



Proudly presented by:

Effective October 1, 2025 thru December 31, 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.

1. _____

2. _____

3. _____

4. _____

5. _____

