

8:00	4:00	12:00	Choices (Advance Directives)
8:15	4:15	12:15	Pain Management: The Three R's
8:30	4:30	12:30	Smoking and Human Physiology
8:46	4:46	12:46	Smoking: Getting Ready to Quit
9:02	5:02	1:02	Introduction to Heart Disease Risk Factors
9:17	5:17	1:17	Congestive Heart Failure
9:31	5:31	1:31	Signs and Symptoms of a Heart Attack
9:40	5:40	1:40	Recovering From a Heart Attack
9:57	5:57	1:57	Welcome From Our CEO
9:59	5:59	1:59	Your Surgery-Heart
10:12	6:12	2:12	Your Recovery-Heart
10:33	6:33	2:33	Pacemakers
10:49	6:49	2:49	Understanding Anticoagulant Medications
11:00	7:00	3:00	Helping Recovery at Home
11:09	7:09	3:09	Coping with Cancer
11:31	7:31	3:31	Chemotherapy: An Introduction to Treatment
11:43	7:43	3:43	Quitting Smoking (Staying Free: A Guide to Remaining a Nonsmoker)
12:01	8:01	4:01	What is Diabetes? (Type 2 Diabetes)
12:17	8:17	4:17	Introduction to Carbohydrate Counting
12:31	8:31	4:31	Welcome From Our CEO
12:33	8:33	4:33	Putting Carbohydrate Counting into Practice
12:57	8:57	4:57	A Message from the Auxiliary President
12:59	8:59	4:59	Monitoring Your Blood Glucose: Key Concept
1:19	9:19	5:19	Diabetes Skin and Foot Care in Step
1:32	9:32	5:32	Welcome From Our CEO
1:34	9:34	5:34	Oral Medication for Diabetes
1:59	9:59	5:59	Understanding insulin
2:19	10:19	6:19	Injecting Insulin
2:40	10:40	6:40	Welcome From Our CEO
2:42	10:42	6:42	Emotional Aspects of Diabetes
2:57	10:57	6:57	Welcome From Our CEO
2:59	10:59	6:59	How to Allergy-Proof Your Home
3:28	11:28	7:28	Stress and Relaxation Techniques for Pulmonary Patients
3:44	11:44	7:44	Smoking: Getting Ready to Quit

a.m. p.m.



UCSF Medical Center

UCSF Children's Hospital

8:00	2:00	8:00	2:00	Welcome From Our CEO
8:01	2:01	8:01	2:01	Choices (Advance Directives)
8:15	2:15	8:15	2:15	Pain Management (The Three R's)
8:29	2:29	8:29	2:29	Welcome From Our CEO
8:30	2:30	8:30	2:30	Introduction to Heart Disease Risk Factors
8:45	2:45	8:45	2:45	Understanding Anticoagulant Medications (Coumadin)
8:54	2:54	8:54	2:54	Helping Recovery at Home (Lovenox)
9:01	3:01	9:01	3:01	Welcome From Our CEO
9:02	3:02	9:02	3:02	What is Diabetes? (Type 2 Diabetes)
9:17	3:17	9:17	3:17	Monitoring Your Blood Glucose
9:36	3:36	9:36	3:36	Emotional Aspects of Diabetes
9:49	3:49	9:49	3:49	Introduction to Carbohydrate Counting
10:02	4:02	10:02	4:02	Putting Carbohydrate Counting into Practice
10:25	4:25	10:25	4:25	Oral Medications for Diabetes
10:47	4:47	10:47	4:47	Understanding Insulin
11:05	5:05	11:05	5:05	Injecting Insulin
11:26	5:26	11:26	5:26	Diabetes Skin and Foot Care In Step
11:38	5:38	11:38	5:38	Coping with Cancer
11:59	5:59	11:59	5:59	Chemotherapy: An Introduction to Treatment
12:11	6:11	12:11	6:11	Smoking and Human Physiology
12:26	6:26	12:26	6:26	Smoking: Getting Ready to Quit
12:41	6:41	12:41	6:41	Quitting Smoking (Staying Free)
12:58	6:58	12:58	6:58	Stress and Relaxation Techniques for Pulmonary Patients
1:13	7:13	1:13	7:13	How to Allergy Proof Your Home

a.m. p.m.