

Health Today 2006 Summer/Winter Program Schedule

Colorectal Cancer Treatment Update

Guest: Dr. Michael Del Rosario, *surgeon*

Special Report: A Look at the MRI, with Dr. David Begleiter, *radiologist*

Wellness Corner: Silver Sneakers, with Sandy Sughue, *program instructor*, Tilton Fitness – Shore Memorial's fitness partner

NBC40: July 15 & 16, Sept. 16 & 17, Nov. 18 & 19

Mainland Channel 2: July 19 & 20, Sept. 20 & 21, Nov. 22 & 23

Stockton Channel 13: July 20, Sept. 21, Nov. 23

Women and Stroke: Know the Risks

Guest: Deb Dagrosa, RN, *Neuroscience Center*

Special Report: Clot Busting tPA is Saving Lives, with Linda Carson, RN, *Emergency Department*

Wellness Corner: The Benefits of Exercise for Women, with Karen Walterson, *personal trainer*, Tilton Fitness – Shore Memorial's fitness partner

Financial Health Report: The Importance of a Will, with Ronald Wagenheim, Esq.

NBC40: July 22 & 23, Sept. 23 & 24, Nov. 25 & 26

Mainland Channel 2: July 26 & 27, Sept. 27 & 28, Nov. 29 & 30

Stockton Channel 13: July 27, Sept. 28, Nov. 30

Women and Heart Disease:

You May Be at Risk and Not Even Know It

Guest: Christina Kozmor, RN, M.Ed., *director of cardiopulmonary rehabilitation and community outreach*

Special Report: HPV testing, with Dr. Robert Beach, *pathologist*

Wellness Corner: Cardiac Fitness, with Karen Walterson, *personal trainer*, Tilton Fitness – Shore Memorial's fitness partner

Financial Health Report: Living Wills and Durable Power of Attorney, with Raymond Beebe, Esq.

NBC40: July 29 & 30, Sept. 30 & Oct. 1, Dec. 2 & 3

Mainland Channel 2: Aug. 2 & 3, Oct. 4 & 5, Dec. 6 & 7

Stockton Channel 13: Aug. 3, Oct. 5, Dec. 7

Palliative Care

Guest: Dan Mikus, *director of coordinated care*

Special Report: When to Use the Emergency Department, with Dr. William Schumacher, *emergency medicine*

Wellness Corner: Cardio Equipment Choices, with Ben Ragucci, ATC, CSCS, *fitness director*, Tilton Fitness – Shore Memorial's fitness partner

NBC40: Aug. 5 & 6, Oct. 7 & 8, Dec. 9 & 10

Mainland Channel 2: Aug. 9 & 10, Oct. 11 & 12, Dec. 13 & 14

Stockton Channel 13: Aug. 10, Oct. 12, Dec. 14

Shore Memorial Cancer Center's Penn Connection: What the Affiliation with the University of Pennsylvania Cancer Network Means to You

Guests: Jeanne Rogers, RN, M.Ed., *administrative director*, University of Pennsylvania Cancer Network and Dr. Robert Beach, *medical director*, Shore Memorial Cancer Center

Special Report: Live, Laugh, Love Boutique, with Charlene Mahoney, *Shore Memorial Cancer Center*

Wellness Corner: Exercise to Improve Knee Strength, with Ben Ragucci, ATC, CSCS, *fitness director*, Tilton Fitness – Shore Memorial's fitness partner

NBC40: Aug. 12 & 13, Oct. 14 & 15, Dec. 16 & 17

Mainland Channel 2: Aug. 16 & 17, Oct. 18 & 19, Dec. 20 & 21

Stockton Channel 13: Aug. 17, Oct. 19, Dec. 21

Cancer Risk Evaluation Program: What your Genes Can Tell You

Guest: Lisa Aiello-Laws, RN, MSN, *certified genetics nurse manager*, Shore Memorial Cancer Center

Special Report: Lymphedema Management, with Jennifer Hay, MPT, CLT-LANA, *physical therapist*

Wellness Corner: Setting Realistic Fitness Goals, with Karen Walterson, *personal trainer*, Tilton Fitness – Shore Memorial's fitness partner

NBC40: Aug. 19 & 20, Oct. 21 & 22, Dec. 23 & 24

Mainland Channel 2: Aug. 23 & 24, Oct. 25 & 26, Dec. 27 & 28

Stockton Channel 13: Aug. 24, Oct. 26, Dec. 28

Cervical Spine Surgery:

Watch this very special program featuring show host Robin Stoloff as she undergoes this procedure

Guest: Dr. Fernando Delasotta, *neurosurgeon*

Special Report: A Look at Digital Mammography, with Kathy Clark, RT, *section chief*, diagnostic imaging

Wellness Corner: Exercises for a Healthy Back, with Ben Ragucci, ATC, CSCS, *fitness director*, Tilton Fitness – Shore Memorial's fitness partner

Financial Health Report: Bypass Trusts, with Robert Garrett, Esq.

NBC40: Aug. 26 & 27, Oct. 28 & 29, Dec. 30 & 31

Mainland Channel 2: Aug. 30 & 31, Nov. 1 & 2, Jan. 3 & 4

Stockton Channel 13: Aug. 31, Nov. 2, Jan. 4

Computer Assisted Joint Replacement: Watch This Amazing New Surgery

Guests: Dr. Jack McCloskey and Dr. Stephen Zabinski, *orthopedic surgeons*

NBC40: Sept. 2 & 3, Nov. 4 & 5, Jan. 6 & 7

Mainland Channel 2: Sept. 6 & 7, Nov. 8 & 9, Jan. 10 & 11

Stockton Channel 13: Sept. 7, Nov. 9, Jan. 11

Emergency Preparedness at your Community Hospital

Guest: Albert L. Gutierrez, *president and CEO*

Special Report: Lab Testing Tips, with Dr. Robert Beach, *pathologist*

Wellness Corner: Employee Fitness is Good for Business, with the experts from Shore Memorial and Tilton Fitness

NBC40: Sept. 9 & 10, Nov. 11 & 12, Jan. 13 & 14

Mainland Channel 2: Sept. 13 & 14, Nov. 15 & 16, Jan. 17 & 18

Stockton Channel 13: Sept. 14, Nov. 16, Jan. 18



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Saturdays • 9am & 7pm
Sundays • 11am

MAINLAND CHANNEL 2

Wednesdays & Thursdays
9am, Noon, 3pm, 6pm & 9pm

STOCKTON CHANNEL 13

Thursdays • 11am & 9pm

ON THE RADIO

Sundays • 6am

WTKU 98.3 FM • WMGM 103.7 FM
WOND 1400 AM • WONZ 1580 AM

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