



Saturdays • 9 a.m. & 7 p.m.
Sundays • 11 a.m.

MAINLAND CHANNEL 2

Wednesdays • 9 a.m., 3 p.m. & 11 p.m.
Saturdays • 9 a.m. & 4 p.m.

STOCKTON CHANNEL 9

Thursdays • 11 a.m. & 9 p.m.

ON THE RADIO

Sundays • 5:30 a.m.
WTKU 98.3 FM • WMGM 103.7 FM
WJSE 102.7 FM
Sundays • 6 a.m.
WOND 1400 AM • WGYM 1580 AM

*Dates and times are subject to change.
Please refer to your local channel guide
for current program schedule.

HEALTH TODAY

is a production of
Shore Memorial Hospital

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South Jersey's Only Weekly
TV Health Show

Health TODAY

from Shore Memorial Hospital

Program Schedule
February 2009 - September 2009



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Health Today TV Show Schedule

Shore Tomorrow: A look at the future of Shore Memorial Hospital

Guests: Albert L. Gutierrez, president and CEO of Shore Memorial Hospital and Dr. Leonard Galler, chairman, Department of Surgery

Special Report: Support Shore Tomorrow with Scott Halliday, chairman, Shore Tomorrow Campaign, Mitchell and Diana Gurwicz, and Dr. Stephen Zabinski, director, division of orthopedic surgery

NBC40: February 14 & 15, April 11 & 12, June 6 & 7, August 1 & 2

Mainland Channel 2: February 18 & 21, April 15 & 18, June 10 & 13, August 5 & 8

Stockton Channel 9: February 19, April 16, June 11, August 6

Is your life a balancing act? Learn how the Balance Center helps control dizziness and falls

Guest: Jennifer Pesce, PT, director of rehabilitation services
Special Report: DEXA, Dee Yard, RT (R) (M) (CT), lead technologist

Wellness Corner: Rolling your way to fitness, with Robin Stoloff, NBC40 health reporter

NBC40: February 21 & 22, April 18 & 19, June 13 & 14, August 8 & 9

Mainland Channel 2: February 25 & 28, April 22 & 25, June 17 & 20, August 12 & 15

Stockton Channel 9: February 26, April 23, June 18, August 13

You and Your Health: What you can do to improve your life

Guest: Christina Kozmor, RN, director of cardiopulmonary rehabilitation and community outreach

Special Report: Color Doppler imaging with Judy Groce, RDCS, echocardiographer

Wellness Corner: Making recipes healthier with Registered Dietitian Andrea Cortellessa

NBC40: February 28 & March 1, April 25 & 26, June 20 & 21, August 15 & 16

Mainland Channel 2: March 4 & 7, April 29 & May 2, June 24 & 27, August 19 & 22

Stockton Channel 9: March 5, April 30, June 25, August 20

Custom knee replacement—A perfect fit!

Guest: Dr. Benjamin Epstein, orthopedic surgeon

Special Report: Getting fit for surgery with Jennifer Pesce, PT, director of rehabilitation services

NBC40: March 7 & 8, May 2 & 3, June 27 & 28, August 22 & 23

Mainland Channel 2: March 11 & 14, May 6 & 9, July 1 & 4, August 26 & 29

Stockton Channel 9: March 12, May 7, July 2, August 27

Talking with your child about health issues

Guests: Maria Spear, child life specialist and Pat Jaggie, RN, patient educator

Special Report: Children and Sleep Disorders with Nancy Keiluhn, SleepCare

Wellness Corner: Getting kids to eat healthy with Registered Dietitian Andrea Cortellessa

NBC40: March 14 & 15, May 9 & 10, July 4 & 5, August 29 & 30

Mainland Channel 2: March 18 & 21, May 13 & 16, July 8 & 11, September 2 & 5

Stockton Channel 9: March 19, May 14, July 9, September 3

Oh, my aching back! Shore's Spine Center now stronger than ever

Guest: Dr. Scott Strenger, neurosurgeon and medical director of the Neuroscience Center at Shore Memorial Hospital

Special Report: Tired of being tired? A sleep study can help—with Dan Mikus, MSW, MBA, administrative director, affiliated services

Wellness Corner: Food Safety with Dietitian Melissa Southrey

NBC40: March 21 & 22, May 16 & 17, July 11 & 12, September 5 & 6

Mainland Channel 2: March 25 & 28, May 20 & 23, July 15 & 18, September 9 & 12

Stockton Channel 9: March 26, May 21, July 16, September 10

Toe Joint Replacement Surgery: It's not just for hips and knees

Guests: Dr. Charles Birk, podiatrist and patient Raymond Green

Wellness Corner: Eating out and eating healthy with Dietitian Melissa Southrey

NBC40: March 28 & 29, May 23 & 24, July 18 & 19, September 12 & 13

Mainland Channel 2: April 1 & 4, May 27 & 30, July 22 & 25, September 16 & 19

Stockton Channel 9: April 2, May 28, July 23, September 17

Congestive Heart Failure: What you should know

Guest: Dr. Mike Shanker, cardiologist, medical director of cardiac rehabilitation at Shore Memorial Hospital

Special Report: Lab Testing with Dr. Robert Beach, director, division of pathology.

Wellness Corner: Zumba with Robin Stoloff, NBC40 health reporter

NBC40: April 4 & 5, May 30 & 31, July 25 & 26, September 19 & 20

Mainland Channel 2: April 8 & 11, June 3 & 6, July 29 & August 1, September 23 & 26

Stockton Channel 9: April 9, June 4, July 30, September 24

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