

SAINT JOSEPH'S HOSPITAL

Revised:09/30/2002

DIAMOND INPATIENT HEADACHE PROGRAM ACTIVITY SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	Breakfast ☺☺☺☺☺ DAY &	Breakfast ☺☺☺☺☺ TIME TO	Breakfast ☺☺☺☺☺ BE	Breakfast ☺☺☺☺☺ ANNOUNCED	Breakfast ☺☺☺☺☺ FOR	Breakfast ☺☺☺☺☺ DOCTOR'S	Breakfast ☺☺☺☺☺ BAG
9:00AM			Orientation Group <i>Barbara Gary</i>			Orientation Group <i>Barbara Gary</i>	
10:00AM		Art Therapy <i>Marcia Mallerdino</i>	Diet Class <i>Nancy Jerger</i>	Stress Management <i>Marcia Mallerdino</i>	Assertiveness Training <i>Lisa Yusk, PsyD</i>		Relaxation Group
11:00AM	Biofeedback Orientation	Biofeedback Orientation	Biofeedback Orientation	Biofeedback Orientation	Biofeedback Orientation	Biofeedback Orientation	Biofeedback Orientation
12:00PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00PM		Relaxation Group <i>Marcia Mallerdino</i>	Exercise & Pain <i>Sylvia Tkalitch</i>	Spirituality Group <i>Rabbi Lewison</i>		Support Group <i>Lorna London, Ph.D.</i>	
2:00PM	Videos such as: PBS HA		Support Group <i>Lisa Yusk, PsyD</i>	MAOI Class <i>Richard Wenzel, PharmD</i>	Pharmacy Class <i>Richard Wenzel, PharmD</i>		Videos such as: Dr. Shulman's Video
3:00PM		Posture & Pain <i>Sylvia Tkalitch</i>		Tai Chi (Relaxing Exercise) <i>Amy Burd, OT</i>		Neck/Spine & Posture <i>Sylvia Tkalitch</i>	
4:00PM							
5:00PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00PM			Substance Abuse & Pain <i>John Houlihan</i>				
7:00PM	Videos/Movies	Videos/Movies	Videos/Movies	Videos/Movies	Videos/Movies	Videos/Movies	Videos/Movies

ALL GROUPS TAKE PLACE IN PATIENT CLASSROOM UNLESS OTHERWISE SPECIFIED

9:00 -12 and 1:00 -4:00

BIOFEEDBACK SESSIONS ARE MANDATORY

Visiting Hours: 11:00am to 8:30pm