



ESPN980
HOME OF THE REDSKINS 
980 AM 92.7 FM 94.3 FM
REDSKINS 2011 SEASON SCHEDULE

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|----------|------------|---------|
| Sept. 11 | GIANTS | 4:15 pm |
| Sept. 18 | CARDINALS | 1:00 pm |
| Sept. 26 | @ COWBOYS | 8:30 pm |
| Oct. 2 | @ RAMS | 1:00 pm |
| Oct. 16 | EAGLES | 1:00 pm |
| Oct. 23 | @ PANTHERS | 1:00 pm |
| Oct. 30 | @ BILLS | 4:05 pm |
| Nov. 6 | 49ERS | 1:00 pm |
| Nov. 13 | @ DOLPHINS | 1:00 pm |
| Nov. 20 | COWBOYS | 1:00 pm |
| Nov. 27 | @ SEAHAWKS | 4:05 pm |
| Dec. 4 | JETS | 1:00 pm |
| Dec. 11 | PATRIOTS | 1:00 pm |
| Dec. 18 | @ GIANTS | 1:00 pm |
| Dec. 24 | VIKINGS | 1:00 pm |
| Jan. 1 | @ EAGLES | 1:00 pm |

 
STREAMING LIVE ON ESPN980.COM

ESPN 980 Radio Station SCH02 Schedule Magnet

Qty: 7,500

Revenue: \$1,300

Summary: Multi-sponsor handout at community event





TIPS FOR MANAGING DIABETES

- Learn to deal with stress, so that you can better control your diabetes.
- Don't smoke! Ask your doctor for help if you need it.
- Watch your calories! Monitor intake of carbohydrates, fat and protein.
- Always keep your medicine and healthy snacks with you.
- Have your eyes examined at least yearly.
- Visit your dentist every six months.
- Move! Take time to exercise.
- Learn how to check your blood sugar yourself. Ask your doctor for details.
- Visit your doctor for regular checkups to monitor your cholesterol and blood pressure and overall health.

JenCare Neighborhood Medical Centers...Bringing you better primary care!
 Richmond Area: 804-644-0059 | Tidewater Area: 757-838-1136
 toll free 1-855-JCMED-4U (526-3348) | JenCareMed.com



HEALTHY EATING TIPS FOR SUCCESS!

1. Fill up on fruits and vegetables. Eat a variety of them and remember, no single food supplies all the nutrients you need.
2. Drink plenty of water to flush toxins and to avoid dehydration.
3. Limit sugar and salt.
4. Plan to eat healthy. Create menus and make an effort to shop for fresh, healthy foods.
5. Eat plenty of whole grains, fruits and vegetables.
6. Exercise regularly and eat sensibly to maintain a healthy weight.
7. Eat moderate portions and have regular meals.
8. Choose low-fat foods whenever possible.
9. Cook at home more often.
10. Eat breakfast! Start your day and your metabolism.

If you have any questions, ask your JenCare doctor!
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JenCare Community Health Center SCH02 Schedule Magnet

Qty: 10,000 (5,000 each of 2 versions)

Revenue: \$2,100

Summary: Health education item hand-out to patients

