



New Season!



Fresh Topics!

**COMMUNITY HEALTH MATTERS**

*Thoughtful!  
Engaging!  
Informative!*

*Community Health Matters is a vital health and wellness program focusing on the medical issues that are important to you and to your family.*



KOCT Channel 18  
Check [koc.org](http://koc.org) for times

A new season of **Community Health Matters** begins in April on KOCT Your Community television channel!

Discover the many local health resources available in North County. Tri-City Medical Center, North County Health Services and Vista Community Clinic have created more than a dozen new programs about a variety of health topics such as dental health and services, health education, women's health resources and cancer screening.

**Website**

This new series was made possible by a generous grant from Tri-City Healthcare District Board of Directors and the Community Healthcare Alliance. KOCT would like to thank them for their ongoing support of local media, and we are pleased to highlight and support our local health resources in return.

KOCT is available in Oceanside on Cox Cable channels 18 & 19 on the standard definition tier. KOCT is available county-wide on AT&T's U-Verse (channel 99) service, too.

The new season of *Community Health Matters* can be seen Monday through Friday at 7:30 pm on Channel 18 or on Monday, Wednesday and Friday at 3:30 pm. Or, every Saturday morning at 10 am on KOCT's channel 19.

"But how can my Tri-City friends in Vista and Carlsbad watch these informative programs?" you ask.

By checking out KOCT's [Video on Demand](#) (VOD) service available via [KOCT.ORG](http://KOCT.ORG). All of these new programs can be seen as VOD on your computer, laptop, iPad or smart phone! Saw a great program about Midwifery in the 21st Century, or about childhood obesity you'd like to share? It's easy to send a video on demand link by e-mail or text.

Community television is important, because the loss of our local newspaper has made it harder to stay informed about important issues—like local health resources. In this new series of *Community Health Matters*, you'll likely to see your own doctor, nurse or local health professional and discover that quality, affordable health care is a reality in north county.

Check out KOCT's new season of *Community Health Matters* and share with your friends too.



*Tri-City's Wayne Knight (left) discussing Open Enrollment with Host John Bonosoro*



*North County Health Services: (L-R) Dr. Carmel Murphy, Dr. Melanie Murphy and Host Delaney Serfling*



*Tri-City Medical Center (L-R) Jenelle Lovelady, Glen W. Newhart and Host John Bonosoro*



*Vista Community Clinic (L) Fernando Sanudo and Raye Clendening*



**Community Connection**

All the news from KOCT, your Community TV Channel in Oceanside